

Wolves X-Country Running Information

X-country running is one of the five sports in which GPRC participates as part of the Alberta Colleges Athletic Conference (ACAC). The Wolves X-country team is open to any full-time GPRC student (GP or Fairview campus) who is academically eligible to compete in ACAC sports. Previous competitive running experience is not required to be part of the team. Any athlete willing to regularly attend workouts and participate in team activities will be given the opportunity to represent the College in meets.

Coaches

Bill Corcoran
Co-Head Coach
Part Time Instructor

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Rick Scott
Co-Head Coach
Happily Retired Dude

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Coaches' Objectives

1. To foster an appreciation for life long fitness through running and/or other endurance sports.
2. To develop athletic skills in cross country, indoor, and distance running.
3. To maintain a healthy balance between schoolwork, athletics, and other commitments.
4. To achieve individual and team excellence through winning ACAC/CCAA medals and awards.
5. To provide a superior student experience; Wolves XC should be the highlight of the student-athlete's time at GPRC

Team Membership

Any athlete who maintains a commitment to the team will be eligible to compete for the College in local races. For out-of-town races, we may need to limit the team to as few as 12 athletes (normally 6 men and 6 women) due to transportation and budget limitations. Normally, only athletes who attend the ACAC and CCAA Championships will be eligible for athletic scholarships. Scholarships require a minimum of a 2.0 average in the previous semester. Athletes must be enrolled in at least an equivalent of 60% of a full workload (9/15 credits in most programs) and have a GPA of 1.5 in their previous semester to travel and compete.

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Athletes' Benefits

- Experienced coaching
- Opportunity to meet fitness-minded students
- Expenses paid travel
- Resume builder
- Eligibility for Scholarships (Jimmie Condon or Wolf Pack X-Country)
- Opportunity to train for indoor track
- Fun!!

Athletes' Commitment

- Willingness to abide by the rules and regulations set out in the GPRC College Athlete's handbook
- Completing at least 3 of the 4 scheduled workouts per week
- Completing 1 or 2 non-scheduled workouts per week
- Notifying the coaches about your absences from scheduled workouts
- Competing in the ACAC and CCAA Championship, at least one other out-of-town meet, and one or two local meets
- Enthusiastically participating in team fundraising events (i.e., working shifts as a minor official in 2 tournaments.) We will also ask you to participate in the Adopt-a-Wolf Fundraising program.
- Maintaining a positive attitude towards team mates, coaches, and the team in general

Workouts

The team will meet four times per week from early September to mid-November. In addition, you will be expected to work out one or two other times per week on your own. Training sessions will include endurance running, fast running, hill and interval training, sprinting, and mobility drills. (See schedule below.)

The normal meeting time for workouts will be 5:30 p.m. on Mondays, Tuesdays and Thursdays. The Monday workout is usually a distance run out at the Wapiti Nordic Ski Trails, the Tuesday workout is usually hill training in Muskoseepi Park, and the Thursday workout is usually tempo work and repetitions. Local or out of town races are on Saturdays. (See Schedule)

Starting in late November, the ACAC Indoor Track season begins and run until early March. You have the opportunity to earn a Winter semester scholarship by participating in indoor track.

Races

All x-country races are held on grassy or wooded terrain. Generally the courses a good mix of uphill, downhill, and level running. The women's ACAC distance is 6 kilometres; the men's ACAC distance is 8 kilometres.

Please note: You will not be expected to attend every race we have listed on the schedule. Most athletes will compete between 4 and 6 times during the Fall.

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2019 ACAC Provincials/CCAA Nationals

We plan to enter teams in both the ACAC and CCAA Championships this year.

SAIT (Calgary) hosts the ACAC Championships this year on October 27. The Wolves women placed 6th in 2018; the guys were 5th. We should be able to improve upon those showings this year.

The CCAA X-C Championships will be hosted right here in Grande Prairie on Saturday, November 9. In 2018, both the men's and women's teams placed in the top 20 at Nationals.

Athletics Canada XC Nationals – November 30, Abbotsford, BC

There may be an opportunity for the top runners, especially in the U20 category, to attend the Athletics Canada XC Nationals in Abbotsford at the end of November. This trip is being organized by the Peace Country Wolves Athletics Club. Athletes attending this meet will self-fund a portion of their expenses for this trip. See Bill for details.

Jimmie Condon Scholarships

GPRC is able to award up to five (5) Jimmie Condon scholarships per gender to cross country runners. Each Condon scholarship is valued at \$900 per semester (\$1800 per academic year.)

Most of Jimmie Condon Scholarships have been committed to recruited and returning athletes. (See Bill if you are unsure of your status.) However, we do have a small amount of other scholarship money available that will be awarded based on season's performance.

Please note:

- Jimmie Condon recipients must be Canadian citizens and students must be Alberta residents.
- Fall term recipients of Condon scholarships are expected to train and compete at indoor track or another alternate sport (see below) to receive the Winter term portion of the award.
- Condon scholarship recipients will be expected to compete at the 2019 CCAA Nationals.

Indoor Track and Field

The team will contest a few indoor track and field meets in this winter. Tentatively, we plan to do a meet in January, one in early February, and the ACAC Championships in early March. Participating in indoor track season will allow runners who earned a Jimmie Condon scholarship for x-country running to earn the second half of the scholarship for the Winter 2020 term.

Students who do not run x-country will be eligible to train for and compete in indoor track. We welcome long sprinters and mid distance runners to join us for these competitions.

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2019 Team Schedule

(Subject to Change)

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Tues, Sept 3	5:30	Workout/	Gym
Thurs, Sept 5	5:30	Workout	Gym
Sat, Sept 7	10:30 a.m.	Workout or ACAC #1	W.Biathlon or Edm.
		Note: 4 to 6 athletes will travel to Edmonton – the others will run a workout at Wapiti Nordic	
Mon, Sep 9	5:30	Workout	Wapiti Nordic
Tues, Sep 10	5:30	Workout	Gym
Thurs, Sep 12	5:30-9	Athlete's Orientation	Gym
Sat, Sept 14	10:30 a.m.	Workout or Dawson Crk	Wap Bia or DC
Mon, Sep 16	5:30	Workout	Wapiti Nordic
Tues, Sep 17	5:30	Workout	Gym
Thurs, Sep. 19	5:30	Workout	Gym
Sat, Sep. 21`	11 a.m.	ACAC #3 (help with set up/take down)	Muskoseepi Park
Mon, Sep. 23	5:30	Workout	Wapiti Nordic
Tues, Sep 24	5:30	Workout	Gym
Thurs, Sep 26	5:30	Workout	Gym
Fri, Sep 27	10:00 a.m.	Leave for Calgary	Meet at Gym
Sat., Sep 28	12 noon	ACAC #4 Race	Calgary
	11:59 p.m.	Return from Calgary	
Mon, Sep. 30	5:30	Workout	Wapiti Nordic
Tues, Oct 1	5:30	Workout	Gym
Thurs, Oct 3	5:30	Workout	Gym
Sat, Oct 5	10:30	Workout	Wapiti Biathlon

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Mon, Oct 7	---	Thanksgiving Workout	On your own
Tues, Oct 8	5:30	Workout	Gym
Thurs, Oct 10	5:30	Workout	Gym
Fri, Oct 11	2:30	Leave for Camrose	Gym
Sat, Oct. 12	noon	ACAC #5	Camrose
		Return to GP Saturday night	
Mon, Oct 14	5:30	Workout	Wapiti Nordic
Tues, Oct 15	5:30	Workout	Gym
Thurs, Oct 17	5:30	Workout	Gym
Fri, Oct 18	2:30	Help set up race course	Meet at Gym
Sat, Oct 19	11:30 a.m.	XC Relay TBA?	W. Nordic Biathlon
Mon, Oct 21	5:30	Workout	Wapiti Nordic
Tues, Oct 22	5:30	Workout	Gym
Thurs, Oct 24	5:30	Workout	Gym
Fri, Oct 25	8:30 a.m.	Leave for Calgary	Meet at Gym
Sat, Oct 26	noon	ACAC Championship	Calgary
Sun, Oct 27	2 p.m.	Return from Calgary	
Mon, Oct 28	5:30	Workout	Wapiti Nordic
Tues, Oct 29	5:30	Workout	Gym
Thurs, Oct 31	5:30	Workout (Halloween!!)	Gym
Sat, Nov 2	10:30 a.m.	Workout	Gym
Mon, Nov 4	5:30	Workout	Gym
Tues, Nov 5	5:30	Workout	Gym
Thurs Nov 7	5:30	Workout	Gym
Sat, Nov 9	noon	CCAA Championships	Toronto, ON

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<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Tentative Dates after XC			
Mid to Late Nov	TBA	Workouts for those going to AC Nats	
Sat., Nov 30	All day	AC XC Nationals	Abottsford, BC
Dec-Mar	T.B.A.	Indoor track workouts	County Sportsplex
Dec	TBA	Help with HS BBall Tourn	Gym, etc
Jan ?	?	Help with JHS BBall Tourn	
Jan 25, 2020	?	ACAC 1 Indoor Meet	Edmonton
Feb ?	?	ACAC 2 Indoor Meet	?
Mar 15, 16, 2020	?	ACAC Indoor Champs	?
March ?	TBA	Festival of FOG Awards	

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