Brighton Boys Cross Country

Character **Camaraderie** **Competition** **Commitment**

Take strides towards excellence

Summer training will give you a leg up on the competition and prepare you for an excellent fall.

"How can I get in shape for the upcoming season?"

This is an excellent question that can best be answered at our optional conditioning workouts in July. Your coaches and captains are eager to help you reach the next level.

Visit our website:

www.brightonxc.com

Brighton Boys Cross Country By The Numbers

10-1	117	2	15	1
Dual/Tri meet record (2016-2017)	All-Conference Runners	State Championships	Returning runners under 18:00	Individual State Champion

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Why run cross country?

With so many teams, clubs, and other organizations competing for your time, some ask, "Why should I run cross country?" While the reasons to join cross country are more numerous than can be listed here, we have given a few of the reasons to join this excellent program.

- **Winning program**
  The BHS Boys Cross Country program is one of the most successful athletic programs at the high school. The program has won 2 state titles and has had multiple top 10 finishes.

- **Become the best version of yourself**
  We look at every day as an opportunity to improve. You will be surrounded by teammates who share this positive attitude and who have a desire to reach their true potential.

- **Lasting friendships**
  The runners on the cross country team are some of the best and most friendly people you will meet. Entering the high school as a freshman can be an intimidating proposition. Joining the cross country team helps you to start the school year off with several friendships with the upperclassman.

- **Camp**
  Spend a week in early August with your teammates training, gaming, and playing. Camp is a great experience and one of the highlights of the season.

- **Compete**
  Competition is a beautiful thing. Find out what you're truly made of as you compete against your opponent, the clock, and yourself.

- **Earn a varsity letter as a freshman**
  There is no freshman cross country squad. Everyone has the opportunity to earn a varsity letter, even the freshman.

- **Everyone is important**
  Everyone is important on our team whether you come in first place or last place. The opportunity to compete and improve is given to all. Everyone's success is celebrated.

Coach's contact info

E-mail: elseyc@brightonk12.com
R-mail: clc

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2018 Meet and Event Schedule

June 18th	Summer Workouts Begin	BHS
June 27th	Single Track Trail	Island Lake
July 11th	Single Track Trail	Milford Trail
July 12th	Kensington Camp	Kensington Metropark
July 18th	Single Track Trail	Highland Rec Area
July 23rd – July 26th	Middle School Camp	SMS
July 27th	July Time Trial	Bishop Lake
August 8th	First Day of Practice	Bishop Lake
August 9th (tentative)	Parent Meeting	BHS Cafeteria
August 10th	Camp Time Trial	Bishop Lake
August 13th-17th	Cross Country Camp	Hale, MI
August 27th	10K Relay and Picnic	Huron Meadows Metropark
August 28th	Mustang Invite	Cass-Benton Park
August 30th	Early Bird Invite	Huron Meadows Metropark
September 8th	Averil Invite	Kensington Metropark
September 11th	Northville/Canton/Brighton	Cass-Benton Park
September 14th	Spartan Invite	East Lansing
September 18th	Salem/Brighton	Huron Meadows Metropark
September 22rd	Jefferson Invite	Monroe, MI
September 29th	Legends Invite	Huron Meadows Metropark
October 2nd	Novi/Plymouth/Brighton	Cass-Benton Park
October 6th	Greater Flint Championships	Mount Morris
October 9th	Howell/Hartland/Brighton	Three Fires Elementary
October 13th	Gabriel Richard Invite	Hudson Mills Metropark
October 18th	KLAA Lakes Championship	Huron Meadows Metropark
October 24th	End of Autumn Open	Huron Meadows Metropark
October 26th	MHSAA Regional	Huron Meadows Metropark
November 3rd	MHSAA State Finals	Brooklyn, MI
November 26th (tentative)	Awards Night	SMS

- **Metropark Pass is needed for Huron Meadows, Hudson Mills, and Kensington**
- **Recreation Passport License Plate Tab is need for Bishop Lake and the Jefferson Invite**

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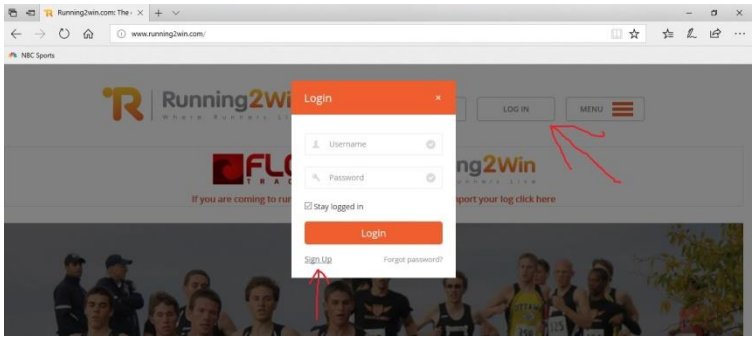
www.running2win.com

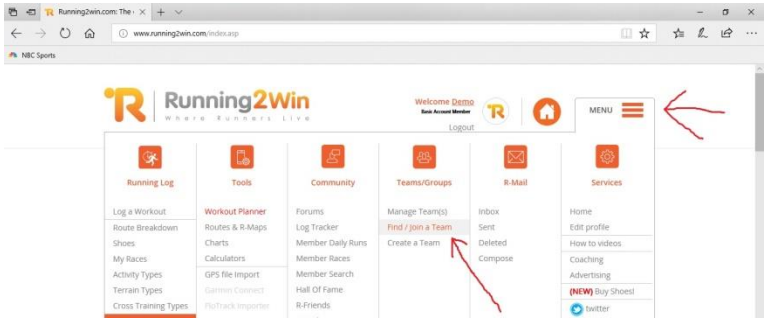
All Brighton XC runners need to join the team BHSdistance on the website running2win.com. The site is used for logging mileage and regular communication. Creating an account and joining BHSdistance is free and easy.

1. Go to the site www.running2win.com and click the login button at the top of the page. The login pop up will open, click sign up.

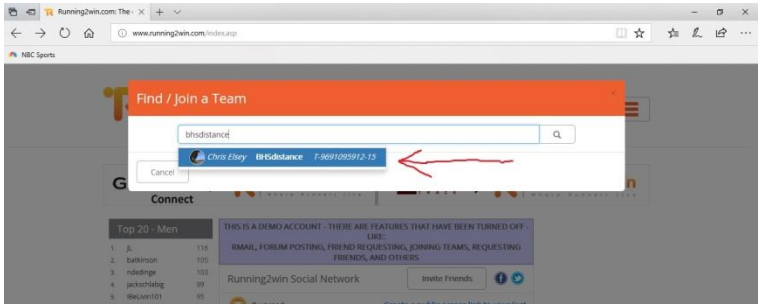


2. Complete the registration form.

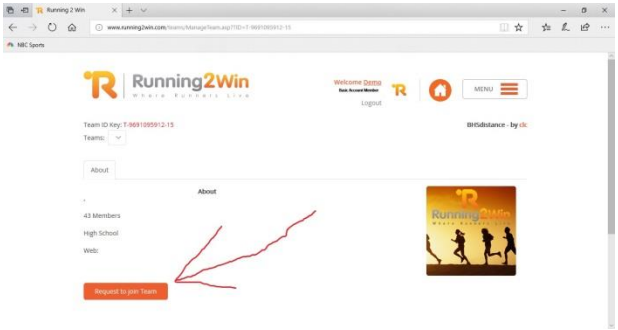
3. Once an account is setup click the menu button in the top right corner and then click find/join a team.



4. Type BHSdistance in the search bar and click on it when it appears in the drop down menu.



5. Click request to join.



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Brighton XC on the Remind App

Last minute communication and quick reminders are sent using Remind. Again, signing up is free and easy.

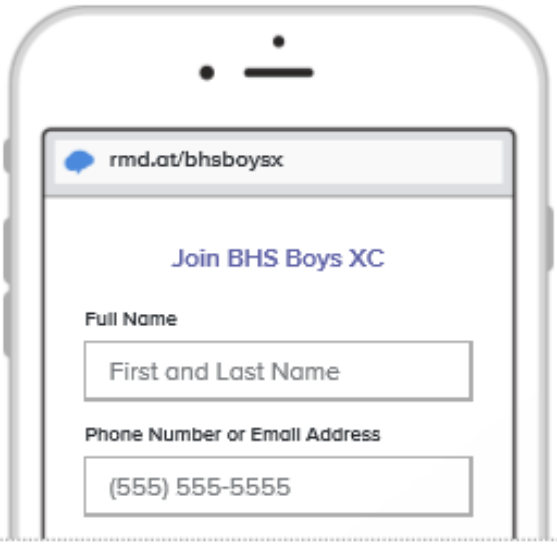
A

If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/bhsboysx

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B

If you don't have a smartphone, get text notifications.

Text the message @bhsboysx to the number 81010.

If you're having trouble with 81010, try texting @bhsboysx to (206) 981-3356.

** Standard text message rates apply.*

Don't have a mobile phone? Go to rmd.at/bhsboysx on a desktop computer to sign up for email notifications.

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Summer Calendar

<u>June Training</u>

Mileage

- Incoming freshman and new runners should be running 3-5 days per week with a weekly mileage between 15-25 miles. Join the BHSdistance team on Running2win then send Coach Elsey an r-mail to get specifics on mileage targets.
- Returning runners should be running 5-7 days per week. R-mail Coach Elsey if you haven't received mileage targets.

Supplemental

- Runners should incorporate the following activities into their training
  - 3 drills (high knees, butt kicks, A-skip, etc.) before each run.
  - Core at least twice week.

Events

- Senior Camp
- Single Track Trail Wednesday – Island Lake

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 MHSAA Track and Field State Finals
3	4	5	6	7	8 Last Day of School	9
10	11	12	13	14 Senior Camp @ Island Lake 9-1	15 Track and Field New Balance Nationals	16 Track and Field New Balance Nationals
17 Track and Field New Balance Nationals	18 Meet @ BHS 8-10:15 a.m.	19 Meet @ Huron Meadows 8-10 a.m.	20 Meet @ Bishop 8-10 a.m.	21 Meet @ BHS 8-10:15 a.m. Yoga @ The Space 10:50-11:45	22 Fun Friday @ Bishop 8-10:30 a.m.	23 Long @ Kensington EBL 8-9:15 a.m.
24	25 Meet @ BHS 8-10:15 a.m.	26 Meet @ Huron Meadows 8-10 a.m.	27 Island Lake Yellow Trail – Carpool from BHS 8:00	28 Meet @ BHS 8-10:15 a.m. Yoga @ The Space 10:50-11:45	29 Fun Friday @ Bishop 8-10:30 a.m.	30 Long @ Kensington EBL 8-9:15 a.m.

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July Training

Mileage

- Incoming freshman and new runners should be running 4-6 days per week with a weekly mileage between 20-30 miles.
- Returning runners should be running 5-7 days per week.
- R-mail Coach Elsey for specific mileage targets.

Supplemental

- Continue drill work before each run.
- We will incorporate our core routine at Huron Meadows and Bishop.
- Weight Room Mondays and Thursdays at BHS

Events

- Single Track Trail Wednesdays – Milford Trail & Highland Rec
- Kensington Camp
- July Time Trial
- Middle School XC Camp at SMS – Athlete volunteers needed

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Dead Week	3 Dead Week	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week
8 Dead Week	9 Meet @ BHS 8-10:15 a.m.	10 Meet @ Huron Meadows 8-10 a.m.	11 Milford Trail – Carpool from BHS 7:30	12 Kensington Camp 11-4	13 Fun Friday @ Bishop 8-10:30 a.m.	14 Long @ Kensington EBL 8-9:15 a.m.
15	16 Meet @ BHS 8-10:15 a.m.	17 Meet @ Huron Meadows 8-10 a.m.	18 Highland Rec Trail – Carpool from BHS 7:30	19 Meet @ BHS 8-10:15 a.m. Yoga @ The Space 10:50-11:45	20 Fun Friday @ Bishop 8-10:30 a.m.	21 Long @ Kensington EBL 8-9:15 a.m.
22	23 Middle School XC Camp 10-11:30.	24 Middle School XC Camp 10-11:30	25 Middle School XC Camp 10-11:30	26 Middle School XC Camp 10-11:30	27 July Time Trial @ Bishop 8-10:30 a.m.	28 Long @ Kensington EBL 8-9:15 a.m.
29	30 Meet @ BHS 8-10:15 a.m.	31 Meet @ Huron Meadows 8-10 a.m.				

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August Training

Mileage

- Incoming freshman and new runners should be running 5-6 days per week with a weekly mileage between 25-35 miles.
- Returning runners should be running 5-7 days per week.
- R-mail Coach Elsey for specific mileage targets.

Supplemental

- Daily core and drill work.
- Weight Room Wednesdays at BHS

Events

- CTF Thursday, Ultimate Friday, and Nuke'em Monday
  - Meet at south side of park
- Camp Time Trial
  - Top 20 runners who run under 12:30 are eligible for camp.
- Team Camp
  - Loon Lake Retreat – Hale, MI. You can still be on the team if you don't attend camp.
- 10K Relay and picnic
- Mustang Invite
- Early Bird Invite

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 CTF Thursday @ Huron Meadows 9:30-11:00 a.m.	3 Ultimate Friday @ Huron Meadows 9:30-11:00 a.m.	4
5	6 Nuke'em Monday @ Huron Meadows 9:30-11:00 a.m.	7	8 First official practice @ Bishop 8-10:15 a.m.	9 Practice @ Bishop 8-10:15 a.m.	10 Camp Time Trial @ Bishop 8-10:15	11 Optional Practice @ Kensington EBL 8-9:15 a.m.
12	13 Depart for Team Camp	14 Team Camp	15 Team Camp	16 Team Camp	17 Return from Team Camp	18 Optional Practice @ Kensington EBL 8-9:15 a.m.
19	20 Practice @ Huron Meadows 8-10:15 a.m.	21 Practice @ Bishop 8-10:15 a.m.	22 Practice @ BHS 8-10:15 a.m.	23 Practice @ Bishop 8-10:15 a.m.	24 Practice @ Huron Meadows 8-10:15 a.m.	25 Optional Practice @ Kensington EBL 8-9:15 a.m.
26	27 10K Relay and Family Picnic @ Huron Meadows 3-6:30 p.m.	28 Mustang Invite @ Cass-Benton Park	29 Practice @ BHS 3-5:15 p.m.	30 Early Bird @ Huron Meadows	31 Practice @ Huron Meadows 8-10:15 a.m.	

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Huron Meadows Top 10 Records

Freshman

1.	Zach Stewart 16:00	2016
2.	Scott Spaanstra 16:47	2016
3.	Josh Partridge 16:50	2006
4.	Tyler Partridge 17:04	2008
5.	Nick Costello 17:13	2008
6.	Steve Scarlett 17:26	2008
7.	Neil Smith 17:30	2005
t8.	Jack Kosaian 17:33	2009
t8.	John Childers 17:33	2005
10.	Andrew Wilson 17:34	2017

Sophomores

1.	Zach Stewart 15:43	2017
2.	Jack Spamer 16:02	2017
3.	Josh Partridge 16:13	2007
4.	Tim Jurick 16:17	2009
5.	Matt Neely 16:21	2005
6.	Scott Spaanstra 16:23	2017
7.	Jack Kosaian 16:26	2010
8.	Tyler Partridge 16:33	2009
9.	Nick Costello 16:41	2009
10.	Connor Parrell 16:45	2013

Juniors

1.	Nick Costello 15:44	2010
2.	Tim Jurick 16:09	2010
3.	Tyler Partridge 16:11	2010
4.	Josh Partridge 16:12	2008
5.	Matt Neely 16:23	2006
6.	Jack Kosaian 16:26	2011
7.	Eric Evans 16:29	2010
t8.	Andy Mitchell 16:35	2013
t8.	Nick Berry 16:35	2013
10.	Sean Foster 16:42	2017

Seniors

1.	Nick Costello 15:47	2011
2.	Tim Jurick 15:48	2011
3.	Chip Osborne 15:57	2015
t4.	Jack Kosaian 16:00	2012
t4.	Matt Neely 16:00	2007
t6.	Jimmy Birney 16:08	2012
t6.	Tyler Partridge 16:08	2011
8.	Josh Partridge 16:15	2009
9.	Nick Berry 16:31	2014
10.	Eric Evans 16:35	2011

Overall Top 10

1.	Zach Stewart 15:43	2017
2.	Nick Costello 15:44	2010
3.	Tim Jurick 15:48	2011
4.	Chip Osborne 15:57	2015
t5.	Matt Neely 16:00	2007
t6.	Jack Kosaian 16:00	2012
7.	Jack Spamer 16:02	2017
t8.	Tyler Partridge 16:08	2011
t8.	Jimmy Birney 16:08	2012
10.	Josh Partridge 16:12	2008

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Announcing Sport Physicals for the 2018-19 School Year

BAS students playing school sports MUST have a current (on or after 4/15/18) physical on file to participate in the 2018-2019 school year.

Brighton Athletics will be offering sports physicals for ALL Brighton Student Athletes, those in neighboring communities and also for any youth sport athletes who need a sports physical for the coming year.

Date: Wednesday, May, 30, 2018
Time: 6:00pm to 8:00pm
Location: Brighton High School Fieldhouse

Cost: $20.00 - Make checks payable to: B.A.S. Athletics - Physical

Please bring completed physical forms (except medical portions) with you to physical. No physical will be conducted without Insurance Statement, Medical History, and Parent Signature completed fully completed.

Forms are available at school offices or on-line at:
WWW.GoDogs.org

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