

2024 Rattlers X-Country Running Information

X-country running is one of the seven sports in which MHC participates as part of the Alberta Colleges Athletic Conference (ACAC). The Rattlers X-country team is open to any full-time MHC student (MHC or Brooks 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 - Head Coach

Cell: 780-538-2369

E-mail: bcorcoran@mhc.ab.ca

Instagram: b_money_mhc

Snapchat: bmoneygp or Rattlers Running Group Chat

Unofficial Team Website: <https://rattlersrunning.ca/>

2024 is Bill's 34th season of ACAC Cross Country. After 29 years at Grande Prairie Regional College, he assumed the head coach position with the Rattlers in 2020. Bill has coached runners who have won a total of 2 CCAA National team titles, 3 CCAA National individual titles, and dozens of other CCAA and ACAC medals. He is a fully certified NCCP Performance Coach (Athletics – Endurance).

Landon Swartz – Assistant Coach

E-mail: landonswar00@gmail.com

After a distinguished running career at the University of Lethbridge and SAIT Polytechnic, local legend Landon Swartz joins the Rattlers' staff this fall. Look for Landon to jump into a few workouts this Fall and inspire some of the quicker runners to get even better this year.

Shintaro Iwata – Assistant Coach

E-mail: shintaroiwata5@gmail.com

2023 team captain Shintaro Iwata is another new addition to the coaching staff this Fall. Shintaro improved a ton in his three seasons with the Rattlers and looks to contribute his expertise to the team this year.

Sean Freeman – Co-Coach Indoor Track

Email: medicinehatbulldogstrackclub@gmail.com

Medicine Hat's premier sprints and multi-event coach is back for a 3rd season with the Rattlers. We will see Sean and his sprint group out at practices this fall; we will see him a lot more when indoor track training starts in mid-November

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Coach's 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; Rattlers XC should be the highlight of a student-athlete's time at MHC.
6. To make a positive contribution to Rattlers Athletics, MHC, and the local community through volunteer activities.

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. 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 1.7 in their previous semester to travel and compete.

Athletes' Benefits

- Experienced coaching
- Eligibility for Athletic Scholarships (see below)
- Opportunity to meet fitness-minded students
- Opportunity to train for indoor track
- Expenses paid travel
- Fun!!
- Resume builder
- Some cool team gear

Athletes' Commitment

- Willingness to abide by the rules and regulations set out by MHC Athletics.
- Normally, completing at least 3 of the 4 scheduled workouts per week
- Normally, completing 1 or 2 non-scheduled workouts per week
- Notifying the coach about your absences from scheduled workouts
- Competing in the ACAC and CCAA Championships and at least one other ACAC meet.
- Enthusiastically participating in team fundraising events (i.e., you may have to do a Bingo or other fundraising event.)
- Completing a minimum of 10 hours of volunteering in the community during the school year.
- Maintaining a positive attitude towards team mates, coaches, and the team in general

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Rattlers Paperwork, Online Courses, etc.

To be eligible to run in ACAC races and be a part of the Rattlers Varsity XC Team, you must first fill out and return the *MHC Letter of Intent (LOI)*. This form is available from Coach Bill.

In addition to completing the LOI, all athletes must complete a two CCAA online courses – one about *Drug Free Sport* and one about *Preventing Sexual Violence*. The Drug Free course takes about 2 hours to complete; the Sexual Violence course is shorter.

Please note that all the online training and paperwork must be fully completed before competing in an ACAC competition. Don't leave everything until the last minute!

Athletic Scholarships

MHC does not have a specific budget for XC running and IT scholarships. However, in most years, some money becomes available once allocations to other Rattlers teams are sorted out. We are usually able to award a few AAA scholarships to Alberta residents. The distribution of these scholarships should be known by the middle or end of October. Ask Coach Bill for details.

Team Fee and Uniforms

A team fee of \$200 will be assessed to each varsity runner. For this amount, you will receive: a ticket to the athletic awards banquet, a Rattlers hoody, a long sleeve XC Team t-shirt, a backpack, and a team jacket. You are also provided with a Rattlers uniform to race in that needs to be returned at the end of the season.

Also, for races, you will require a pair of black shorts or a pair of black tights or half tights.

Athlete's Orientation/Rattlers Combine (Fitness Testing)

On Thursday, August 29, we will participate in the **Rattlers Combine and Athlete's Orientation**. The Combine is a series of fitness tests (e.g. Beep Test, Bench Press, Vertical Jump, etc.). Please make yourself available on that day. Pictures will be taken at the end of the day, so look pretty 😊

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 5:15 p.m. on Mondays, Tuesdays and Thursdays. (Note: We modify this time slightly based on the class schedules of this year's athletes.) If we are not racing on a Saturday (or on a Holiday Monday), the workout time is normally 10:30 a.m.

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The Monday workout is usually a distance run, the Tuesday workout is usually hill training in Kin Coulee 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 Indoor Track season begins and runs until early March. See below for details.

The **46th Annual Rattler Run** (10 km, 5 km, or 3 km) takes place on Saturday, April 26th. Team members will be preparing to run in this event after the Indoor Track season concludes.

Cross Country Races

All x-country races are held on grassy or wooded terrain. Generally, the courses are 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.

2024 ACAC Conference Champs/CCAA Nationals

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

Saint Mary's University in Calgary hosts the **ACAC Championships** this year on **Saturday, October 26**.

The **CCAA National X-C Running Championships** will take place in Windsor, ON on **Saturday, November 9**. The College has agreed to send our teams if they place in the top 3 at the ACAC Championships. Individuals who place in the top 10 will also be sent if the team doesn't qualify.

ACAC Indoor Track

MHC will compete in its fourth ACAC Indoor Track season this winter. The indoor track program consists of six individual races (60m, 300m, 600m, 1000m, 1500m, and 3000m) and two relays (4 x 200m and 4 x 400m). We plan to field a team of up to 8 men and 8 women for this season that will compete in one or two local meets, two or three ACAC meets and in the ACAC Championship Meet in mid-March. We expect that most of the XC runners will be a part of MHC's Indoor Track team.

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2024 Team Schedule

(Subject to Change – check group chat for updates)

Date	Time	Event	Location
Wed, Aug 28	5:15	Workout	MHC
Thurs, Aug. 29	8:30 a.m.-4:30 p.m.	Rattlers Orientation	MHC
Sat, Aug 30	10:30	Workout	Rotary Track
Mon, Sep 2 (Labor Day)	10:30	Workout	MHC
Tues, Sep 3	5:15	Workout	MHC
Thurs, Sep 5	5:15	Workout	MHC
Fri. Sep. 6	2:00(TBA)	Depart for Edmonton	MHC
Sat, Sep 7	8:30 a.m.	Park Run	Strathcona Is Park
	noon	ACAC Race #1 (six athletes only)	Gold Bar Park
Mon, Sep 9	5:15	Workout	MHC
Tues, Sep 10	5:15	Workout	MHC
Thurs, Sep. 12	5:15	Workout	MHC
Sat, Sep. 14	10:30	Workout	MHC
Mon, Sep. 16	5:15	Workout	MHC
Tues, Sep 17	5:15	Workout	MHC
Thurs, Sep 19	5:15	Workout	MHC
Sat., Sep 21	8:15 a.m.	Depart for Lethbridge	
	noon	ACAC #3 – Lethbridge	Nicholas Sheridan
	late afternoon	Return from Lethbridge	
Mon, Sep. 23	5:15	Workout	MHC
Tues, Sep 24	5:15	Workout	MHC
Thurs, Sep 26	5:15	Workout	MHC
Sat, Sep 28	7:15 a.m.	Depart for Calgary	
	Noon	ACAC Race #4	St. Mary's Uni
	Early evening	Return from Calgary	
Mon, Sep 30 (TR Day)	10:30 a.m.	Workout (no classes)	MHC
Tues, Oct 1	5:15	Workout	MHC
Thurs, Oct 3	5:15	Workout	MHC
Sat, Oct 5	10:30 a.m.	Workout	MHC

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Date	Time	Event	Location
Mon, Oct 7	10:30 a.m.	Workout	MHC
Tues, Oct 8	5:15	Workout	MHC
Thurs, Oct 10	5:15	Workout	MHC
Fri, Oct. 11	3:00 (TBA)	Leave for Camrose	MHC
Sat Oct 12	noon evening.	ACAC #4 – Augustana Return from Camrose	Camrose Nordic
Mon, Oct 14	5:15	Workout	MHC
Tues, Oct 15	5:15	Workout	MHC
Thurs, Oct 17	5:15	Workout	MHC
Sat, Oct 19	10:30 a.m.	Workout	MHC
Mon, Oct 21	5:15	Workout	MHC
Tues, Oct 22	5:15	Workout	MHC
Thurs, Oct 24	5:15	Workout	MHC
Sat, Oct 26	7:15 a.m.. noon Early evening.	Leave for Calgary ACAC Championship Return from Calgary	MHC St Mary's Uni
Mon, Oct 28	5:15	Workout	MHC
Tues, Oct 29	5:15	Workout	MHC
Thurs, Oct 31	5:15	Workout	MHC
Sat, Nov 2	8:30 a.m.	Park Run	Strathcona Island
Mon, Nov 4	5:15	Workout	MHC
Tues, Nov 6	5:15	Workout	MHC
Wed Nov 7	TBA	Travel to Windsor, Ontario	
Sat, Nov 9	noon	CCAA Championships	St Clair College
Sun, Nov 11	TBA	Return from Ontario	

Dates after XC Season

Late Nov to early Mar	TBA	Indoor Track Workouts and Meets
March-April	TBA	Spring Training runs
March ?	TBA	MHC Athletic Awards Banquet
April XXX , 2025	10:30 a.m.	2025 Rattler Run Road Race 5 km/10 km

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