

2026-27 Rattlers X-C Running Information

X-country running is one of the eight 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 be a part of the team.

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/>

2026 is Bill's 36th 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).

Assistant Coach – XC Running

Addison Weir

Email: uniaddison.weir@icloud.com

Sean Freeman – Co-Coach Indoor Track

Email: medicinehatbulldogstrackclub@gmail.com

Medicine Hat's premier sprints and multi-event coach is back for a 5th 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

Team Captains

Reyna Woodruff – XC and IT - reyna.woodruff@mymhc.ca

Presley Brennan – XC and IT - presley.brennan@mymhc.ca

Adara Both – IT only - adara.both@mymhc.ca

Chris Nelissen – XC and IT - christop.nelissen@mymhc.ca

Alejandro Ayala - XC and IT - alejandr.ayalaagu@mymhc.ca

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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/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
- Opportunity to meet fitness-minded students
- Expenses paid travel including meal money
- Resume builder
- Eligibility for Athletic Scholarships
- Opportunity to train for indoor track
- Fun!!
- 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 on your own 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.

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 *Sport Integrity in Canada*. The Drug Free course takes about 2 hours to complete; the Integrity 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!

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Athletic Scholarships

MHC has a very small budget for XC running and IT scholarships. However, in most years, more 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 \$250 will be assessed to each varsity runner. For this amount, you will receive: a ticket to the athletic awards banquet, a Rattlers hoody, a couple of t-shirts, 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

On Monday, August 31, we will participate in the **Athlete's Orientation**. You will meet and socialize with your teammates and other Rattler's Athletes, as well as receive information about being a Rattler Athlete. 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 workout 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. If we are not racing on a Saturday (or on a Holiday Monday), the workout time is normally 10:30 a.m. Practices typical last for 90 minutes or less.

The Monday workout is usually a distance run, the Tuesday workout is usually hill training in a graveyard, and the Thursday workout is usually tempo work and repetitions. Local or out-of-town races are on Saturdays. (See Schedule.) It is useful to bring a water bottle and watch (a \$20 "Timex special" is fine) to every workout – feel free to Strava any of your runs 😊

Starting in late November, the Indoor Track season begins and runs until mid March. See below for details.

The **2026 Rattler Run** (10 km, 5 km, or 3 km) takes place on Saturday, April 25th. 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 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 (except for ACAC 1 which is 6 km). It is generally helpful to

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have a pair of distance running spikes available to run in, especially when conditions are wet and slippery. (You can also use these spikes for indoor track.)

At the present time, twelve Alberta colleges, polytechnics, and small universities take part in ACAC cross country running. Typically, ACAC races have between 40 and 80 runners in each race.

2026 ACAC Conference Champs/CCAA Nationals

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

RDP in Red Deer hosts the **ACAC Championships** this year on **Saturday, October 31**. Last year, the MHC women placed second in the ACAC Champs, while the men were 4th – one point shy of the bronze-medal position.

The **CCAA National X-C Running Championships** will take place in Edmonton on **Saturday, November 14**. 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 15 will also be sent if the team doesn't not qualify. (Please note, MHC has had representation at every CCAA Championship since the re-start of the program in Fall 2020.)

ACAC Indoor Track

MHC will compete in its sixth 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 local meet, three ACAC meets, and 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.

Behaviour, Dispute Resolution

While this should be obvious, when you are online, out in the community and when you travel, you are representing the Rattlers and MHC. As such, you need to always behave in a polite, respectful, and professional manner. In addition, as team member you need to maintain a positive attitude towards your teammates, coaches, and the team in general.

Should a conflict or dispute arise, we expect you to take an "adult" approach to resolving the situation. The first step should always be to speak directly to the person you are having difficulty with (e.g. teammate, team captain, coach, staff member, etc.) and attempt to find common ground. (If you are uncomfortable approaching the person you are having an issue with, you may involve a team captain at the initial step.) **The first step is not appealing to the Athletics Manager or the College President.** In addition, the first step should not require back-up from your parents, your boyfriend/girlfriend, or other non-involved parties. While non-resolved disputes can always be escalated to the next level if need be, always make an honest effort to first deal directly with the person who is causing you grief. Fix things at the lowest level – avoid un-necessary drama.

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2026-27 Team Schedule

(Subject to Change – check group chat for updates)

Date	Time	Event	Location
Mon, Aug 31	8:30 a.m.	Athlete's Orientation	MHC Theatre
Tues, Sep 1	5:30	Workout	MHC
Thurs, Sep 3	5:30	Workout	MHC
Sat, Sep 5	10:30 a.m.	Workout	MHC
Mon, Sep 7 (Labour Day)	10:30 a.m.	Workout	MHC
Tues, Sep 8	5:30	Workout	MHC
Thurs, Sep. 10	5:30	Workout	MHC
Sat, Sep. 12	9:30 a.m.	ACAC 1B Race	MHC
Mon, Sep. 14	5:30	Workout	MHC
Tues, Sep 15	5:30	Workout	MHC
Thurs, Sep 17	5:30	Workout	MHC
Sat., Sep 19	7:30 a.m.	Depart for Calgary	St. Mary's U
	noon	ACAC #2 – Calgary	
	early evening	Return from Calgary	
Mon, Sep. 21	5:30	Workout	MHC
Tues, Sep 22	5:30	Workout	MHC
Thurs, Sep 24	5:30	Workout	MHC
Sat, Sep 26	10:30	Workout	MHC
Mon, Sep 28	5:30	Workout	MHC
Tues, Sep 29	5:30	Workout	MHC
Thurs, Oct 1	5:30	Workout	MHC
Sat, Oct 3	6:15 a.m.	Leave for Red Deer	MHC
	Noon	ACAC Race #3 – Red Deer	TBA
	evening	Return from Red Deer	
Mon, Oct 5	5:30	Workout	MHC
Tues, Oct 6	5:30	Workout	MHC
Thurs, Oct 8	5:30	Workout	MHC
Sat Oct 10	10:30	Workout	MHC

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Date	Time	Event	Location
Mon, Oct 12 (Holiday)	10:30 a.m.	Workout (gobble, gobble)	MHC
Tues, Oct 13	5:30	Workout	MHC
Thurs, Oct 15	5:30	Workout	MHC
Friday, Oct 16	4 p.m.	Leave for Edmonton	MHC
Sat, Oct 17	noon	ACAC 4 – Edmonton	TBA
Mon, Oct 19	5:30	Workout	MHC
Tues, Oct 20	5:30	Workout	MHC
Thurs, Oct 22	5 p.m.	Workout	MHC
Sat Oct 24	10:30 a.m.	Workout	MHC
Mon, Oct 26	5:30	Workout	MHC
Tues, Oct 27	5:30	Workout	MHC
Thurs, Oct 29	5:30	Workout	MHC
Fri, Oct 30	3:30 p.m.	Leave for Red Deer	MHC
Sat, Oct. 31	noon	ACAC Championship	TBA- Red Deer
	Late evening.	Return from Red Deer	
Mon, Nov 2	5:30	Workout	MHC
Tues, Nov 3	5:30	Workout	MHC
Thurs, Nov 5	5:30	Workout	MHC
Sat, Nov 7	8:30 a.m.	Park Run	Strathcona Island
Mon, Nov. 9	5:30	Workout	MHC
Tues, Nov 10	5:30	Workout	MHC
Thur, Nov 12	10:30 a.m.	Workout (no classes)	MHC
Fri. Nov 13	8:30 a.m.	Leave for Edmonton	MHC
Sat Nov 14	noon	CCAA Championships	TBA - Edmonton
	Late Evening	Return from Edmonton	

Dates after XC Season

Dec-Apr	TBA	Bingo Fundraisers – TBA	Top Hat Bingo Hall
Late Nov to early Mar	Mon/Thurs/Sat	IT Workouts – xcr group	Big Marble/Outdoors
Sat, Jan 23	TBA	ACAC 1 – Edmonton	U of A - Butterdome
Sat, Feb 6	10 a.m.	ACAC 2 – Red Deer	The Gary
Sat, Feb 27	TBA	ACAC 3 – Edmonton	U of A - Butterdome
Sat/Sun Mar 20/21	TBA	ACAC IT Champs	U of A – Butterdome
Feb or early March	TBA	Panthers Indoor Meet	Big Marble
March-April	TBA	Spring Training runs	
March ?	TBA	MHC Athletic Awards Banquet	
April 24, 2027	10:30 a.m.	2027 Rattler Run Road Race 5 km/10 km	