Welcome to the first edition of *Citius, Altius, Fortius*, the Warren Cross Country e-Newsletter. *Citius, Altius, Fortius* is latin for Faster, Higher, Stronger, the Olympic motto, which means not Faster, Higher, Stronger than our competitors, but ourselves. The striving of bettering ourselves.

This one will be short and to the point, and I hope to keep future versions the same. My goal, keep us informed, keep us together, keep communication together, and provide some helpful advice, tips, and suggestions to provide you with a better experience in running, school, and maybe, if we’re lucky, in life in general. If you have any questions, or ideas for topics to be addressed, feel free to email me at any time. And now, on with this week’s edition!

**ACADEMICS**

I am pleased to announce that our high school cross country team has compiled an outstanding academic record. The boys cross country team has a cumulative GPA of 3.383 and a third nine weeks GPA of 3.432. The girls cross country team has a cumulative GPA of 3.451 and a third nine weeks GPA of 3.573. Further, in the fall the Cross Country team had 16 students with a 3.5 GPA or above. We had 2 students above 4.0, 8 students with a 4.0, and 6 with above 3.5. Our team GPA during the season was a 3.60 for the girls and a 3.27 for the boys. In addition, in light of the superintendents recent quote in the paper that only 35% of students in Washington County attended college or post-secondary opportunities, my records indicate over the past 3 years, all 15 seniors in the cross country program are currently enrolled in college, with 5 of those receiving athletics based aid, in addition to numerous academic scholarships. During this past cross country season, at least 4 of the students on the team were enrolled in the PSEO option, where they excelled. I have had the pleasure of hosting 5 of these students for job shadowing, and they have all been very well-received by my colleagues; in addition, I have had the honor to write letters of recommendation for student applications to prestigious academic institutions such as Duke, MIT, Carnegie-Mellon, and others. I am very pleased with the efforts of our team members, and I encourage everyone to strive to improve their academic standing. In addition, cross country has excelled athletically, as these students have won SEOAL Championships both team-wise and individually, won team and individual district championships, qualified for regionals as teams and individuals, and participated in the state championships, placing in the top 10 in 2007 with two students placing in the top 8 as individuals. Many of our team members are also active in numerous other school and community activities, and so must balance and prioritize their time. Congratulations!

And let me say this…winning is fun, but nothing makes me happier and prouder than when we do well academically and when we present ourselves appropriately. One of my favorite moments last season was when upon returning from one of our trips, every one of students thanked the bus driver as they exited the bus! *It's nice to great, but it's even greater to be nice!*

To help us continue our academic ways, here are some tips to help you maximize your study efforts:

**Ten Tips for Academic Success**

1. **Location, location, location...**Serious about getting work done? Find a good location. Use libraries, study rooms, or empty classrooms. TV's and radios and the Facebook page open and IM on and cell phone ringing are NOT good study environments!
2. **Make It a Habit: Do Coursework Every Day** Cramming is not conducive to understanding and retaining large amounts of information. Time on your courses each day is the best way to learn. Use the time between classes to stay on top of readings.
3. **Help Exists! Seek It Out and Improve Your Grades.** Whether you’re an ‘A’ student or a ‘D’ student, you can strengthen your skills. Ask your instructors for help, take the time and effort to seek their assistance. Ask your teammates for tutoring.
4. **Write It Down.** Use a day planner or wall calendar. Plan time for coursework. Plan ahead for assignments and exam periods.
5. **Get Energized - Eat, Exercise, Sleep** Fatigue and stress weaken memory and comprehension. Eat properly, exercise regularly, and get adequate sleep.
6. **Perform Like a Pro: Go to Class Prepared and Take Thorough Notes** Don't miss class. Someone else's notes aren't going to be as good as having gone to the class yourself. While taking notes, listen for emphases and examples. Questions after the lecture? Go to your teacher and ask. Learn as you go and you won't find yourself unprepared the night before an exam.
7. **Lectures and Textbooks: What’s the BIG Picture?** Use course outlines, tables of content, and headings and subheadings to organize information.
8. **Do Something to Remember Key Information** Be active! Generate examples, create mnemonics, make summary notes, identify key words, highlight textbooks, or add margin notes. Improve your memory by being creative and interested.
9. **Think You'll Remember Key Points? Prove It.** No matter how well you understand something, without practice forgetting will occur. Before a test, recall information without looking at notes or textbooks and by doing practice questions.
10. **Be Test Smart** Don't lose marks because of test-writing errors. Use strategies to tackle different types of tests (e.g., multiple-choice). Read instructions, budget time, and do less difficult questions first to build confidence.

**HELPING OTHERS**

Homeless Shelters: If you live in a city of any size, then there is at least one homeless shelter that helps homeless people with meals, beds and other services. Most homeless shelters welcome volunteers and have a variety of programs through which you can get involved. You might help prepare or distribute meals, work behind the scenes in the business office, help organize a food drive to stock the pantry, etc. You can learn more about the problem of homelessness and ways you can help by looking at this site.
Food Banks: Food banks often work with homeless shelters, but they also serve poor people living in the community (especially around the holidays). Food banks collect food, manage their inventory and distribute food to those in need. The following link shows you the different volunteer opportunities available at food banks around the country:

[Special Olympics](http://www.specialolympics.org)

Special Olympics: As described on the web site for Special Olympics International, “Special Olympics is an international program of year-round sports training and athletic competition for children and adults with mental retardation.” The site also describes a wide variety of volunteer activities, including sports training, fund raising, administrative help, competition planning and staffing, etc. Look in the phone book for a local office or search the Special Olympics Web Site for more information.

Habitat for Humanities

Habitat for Humanities: builds and gives houses to poor people in local communities. Volunteers not only help others, but can learn a great deal about building houses by getting involved. See the Habitat for Humanities web site for more information. Call the national office or your local office for information about volunteer programs in your area.

State Parks: Many state parks offer volunteer programs, and in these programs you can try anything from educational programs to trail construction and maintenance. Contact a state park near you and see what options are available if you are interested.

**RUNNING TIP OF THE WEEK**

Training Logs: Imagine this scenario. You go to the doctor for an unknown illness. The doctor comes into the examination room, and without asking any questions, says “I’m going to do surgery on you.” You reply “but you don’t know what’s wrong with me!”, to which the doctor responds “Oh, it doesn’t matter, once I open you open a few different places and cut a few things out, we’ll eventually figure it out.”

Not a very good image, huh? Doesn’t sound very practical or smart, right? Seems like there should be a better way? Exactly! By keeping a training log, you can provide the information your coaches need to help you become a better runner and avoid a lot of the “opening up a few different places and cutting a few things out” process. Each of you is an individual, is different, and so if we can know what you’ve been running (or not running), and how your body has responded (good, bad, injured, sick, etc), we can do a better job of formulating a plan for you, to help you get better. Patterns and trends start to emerge. Things start to make sense. What works for you, doesn’t work for someone else maybe. But without training logs, especially from the summer when we are not together every day, this process becomes more difficult. So I encourage you to keep a training log. You can keep the paper logs that I gave you and that are on the CD, or a simple spiral notebook and lined paper, or what I recommend, is a free online training log, at [www.running2win.com](http://www.running2win.com). You can register for free, and then on the right side of the screen scroll down and click on “join a team”. The next screen will ask you to enter the team ID of the team you wish to join – our team ID is: T-609074605-10. This will then generate an email to me and I will approve it. These are neat tools because they also gives us the opportunity to motivate each other, follow each others progress, and you can track mileage per week, month, how much on different shoes, and more.

**VIDEO OF THE WEEK**


**QUOTE OF THE WEEK**

“Be sure to follow your summer training schedules. Putting in summer miles was by far the most important area of my improvement when I ran in college. I did not run much in the summer in high school and I didn’t realize how much faster I could have been in both cross-country and track until after I had already graduated from high school. Winter training is also very important. The first winter that I actually ran and trained during high school was the winter of my senior year. My running and times improved dramatically the following spring during my senior track season. I often think of how much better I could have been in high school and what college scholarships I may have missed out on due to not staying in shape and running in the off season.” Matt Lupardus, Warren HS 1999, Marietta College 2004.

Note – I coached for Matt when he ran at Marietta College. Matt had a personal best of 18:30 or in high school. In his 2nd season of college cross country, after a dedicated summer of running, Matt was running 16:30 for the first 5K of a 5 mile race. He was running a faster pace for 5 miles than he could ever run for 5K in high school. Consistency, dedication, and commitment made the difference.

Ok folks, that’s all for this time! Hopefully I’ll be back next week. And we’ll start exploring the cross country CD a little bit!

Until then, good running!

Rich Hoffman
Cross Country Coach
Warren High School
[http://oak.cats.ohiou.edu/~hoffmar1/warrencc.html](http://oak.cats.ohiou.edu/~hoffmar1/warrencc.html)
Rich Hoffman, M.S.
Neuromusculoskeletal Physiology Laboratory
Department of Biomedical Sciences
210C Irvine Hall
Ohio University College of Osteopathic Medicine
Athens OH 45701
740-593-2233
http://www.oucom.ohiou.edu/dbms-clark/neuro-physio-lab.htm