I would like to take the time to Welcome you to the Fall Season for Girls’ Cross Country at Coppin Academy High School. I am excited to provide a comprehensive educational and enlightening experience for your young ladies. We are off to a good start and remain impressed with the progress the young ladies have made thus far during the preseason. We cannot wait to see them in their 1st Meet on Sept. 5, 2018!

Coach Dorsey

1ST LONG ENDURANCE RUN

The Girl’s Cross Country Team took part in their first season long run at the end of the first week to Druid Hill Park. They did an Exceptional Job on Day 6th of Week 1. Their formation and push of one another was GREAT to see.

GIRLS’ CROSS COUNTRY NIGHT AT ROAD RUNNER’S SPORTS

Thank you to all the parents, families and athletes for making our Kick Off Fundraiser and Educational Night at RR Sports a Success. See the full story and recap on our Facebook Page – Coppin Academy Athletics.

GIRLS’ CROSS COUNTRY ALL UNIFORMED UP!

The young ladies received their Practice Uniform during Week 1 of the Preseason and you can tell they OFFICIALLY felt like a Team. They have been recognized and received compliments ever since that day. They are putting in hard word and deserved accolades of their success from time to time.
The Girls’ Cross Country Team has been working hard over the last few weeks. They have been engaging in classroom time, strength and conditioning, speed work, nutrition discussion, race strategy, goals, vocabulary, clinics, etc. The goal of the Program is for the athletes’ to begin thinking beyond the sport into the untapped possibilities in self and in the future.

Featured to the right are just a few pics from training during the Pre-Season which includes cross training in the pool, strength and conditioning, etc. The Girls’ Cross Country Team are engaged in six day a week practices until school starts, averaging 13 hours a week, assisting the girls in untapping their potential within SELF. We have seen breakthroughs in each young lady, individually and as a Team. Their bonds on and off the field continue to assist in pushing one another to be her BEST.

Coach Gibbons (Assistant Coppin State University CC/T&F Coach) spoke with parents/athletes at our Parent/Athlete meeting on July 31, 2018. His message was simple, use this time to get stronger and better (academically) so that your next level goals will come true. Also ALL Track Athletes run Cross Country on the Collegiate level; its not an Option.

My goals this season remain clear (1) assist the athletes to uncover their untapped potential; (2) reducing injury and increasing performance; (3) set the stage for a great academic year and preparation for Collegiate Level (if interested); (4) ALL athletes will be swimming by the end of the season.

Coach Dorsey
Stepping Up
Training Regimen

The Girls’ Cross Country Team continue to increase their training regimen each week. Each week they are progressively engaging in tough, challenging but fun workouts to prepare them for the season and especially their 1st Cross Country Meet of the season on September 5, 2018. Cross Country is very much an individual sport, although the athletes take part as a team in training. The Girls’ are encouraged to begin thinking like “Competitors vs Social Mates” during practices. This theory is beginning to show great success as time continues.

The Girls’ Cross Country Team took part in their 1st Mock Cross Country Meet where they ran from Coppin Academy to Druid Hill Park Pool and back. They were able to navigate their way back to the home site. The two key reasons for Mock Meets are to familiarize athletes with long runs; to ensure athletes understand the importance of awareness on the course, and to prepare their minds for the long haul of a competition. The Girls’ were able to BELIEVE more in SELF by digging deep within and reminder of all the training they have already engaged in for preparation purposes.

The Girls’ Cross Country Team along with other athletes from Coppin Academy took part in a Run Clinic where the focus remained on Breathing, Swing, and Stride. These core fundamental elements are essential to an exceptional Cross Country and Track & Field season. During the workout activities the athletes’ showed tremendous improvements from a change in their form (swing and stride) and breathing alone.

See full stories on Facebook Coppin Academy Athletics
Pre-Season Highlights

The Girls’ Cross Country Team had the pleasure to assist the NEW incoming Assistant Principal, Mr. Collins. We were able to assist your helpers while unpacking his things and then the very next day, we were able to capture this photo with him. Welcome to Coppin Academy, Mr. Collins. We appreciate your support.

During the Girls’ Cross Country Team’s 1st Mock Cross Country Meet, Student-Athlete, Ayanna needed some encouragement and motivation along the way. One of the runners from the Park ran alongside Ayanna from the Park back to Coppin Academy as Coach Dorsey followed with the other athletes. Great job Ayanna for showing yourSELF what you can achieve as long as your BELIEVE!

The Girls’ Cross Country Team during their cross training in the pool over the last two weeks and remain all smiles during times in which they are not pounding the pavement in running. Cross Country is an excellent opportunity to improve an athletes’ self confidence, self-esteem, self-awareness and overall improvement in what they could truly accomplish, especially in the swim.

The Girls’ Cross Country Team had the opportunity to meet and hear from Coach Gibbons from Coppin State University during our Parent/Athlete Orientation Night. Coach Gibbons re-inforced some of the expectations Coach Dorsey mentioned for the season that are also expected of their collegiate athletes. Coach Dorsey’s goal remains that some of Coppin Academy Girl Athletes one day become Coppin State University Collegiate Athletes.