

PARENTS BE A PART OF OUR TEAM

Parents are encouraged to join us on our summer runs and walk or run in the park.

I encourage parents to network and supply the runners with treats and drinks, hosting “Pasta Parties”, and traveling to meets to cheer for our team.

Get Involved Be Creative!

Athletes will be involved in community service projects and a fundraiser may be organized to help with summer camp fees.

Join the Blue Thunder Booster Club.

A parent meeting will be scheduled in August.

Every athlete needs a yearly physical.

Contact the athletic department if you have any questions. 815-547-3884

For text “Reminds” text to **81010** the message @**bnorthxc**

Head Coach Troy Yunk
815-543 7488 Cell
E-Mail tyunk@district100.com
BNHS 815-547-3861
Assistant Coach Aaron Leonard
and Jacob O’Hara

RUNNING TIPS

Warm Up- Slow running of 800 to 1600 meters followed by light stretching.

Do not over stretch

Run for time (20-30 Minutes)
or for distance (3-5 Miles)

Record your workouts on a calendar or running log. This helps you keep track of weekly, monthly, and yearly mileage. Weekly miles should not increase by more than 7 miles. Contact the coaches for a summer workout plan.

Include build ups/strides once or twice a week. Include some barefoot strides on grass, for foot strength.

Always wear good running shoes.

Gradually increase your mileage daily/weekly to avoid injury.

Rest is also an important part of training.

Push the pace on your runs once or twice a week, mainly on the return of your run.

Be careful when running in hot weather. Drink water before, during, and after long runs. Run early on hot days.

Include some strength training.

Barefoot running/strides on soft grass.

BELVIDERE NORTH HIGH SCHOOL

BLUE THUNDER BOYS CROSS COUNTRY



**CLASS 2A
STATE CHAMPIONS
2009 - 2010 - 2011
State Runner-up
2008 - 2012
NIC-10 Champs
08, 09, 10, 11, 12, 13,
15, 16, 17**

COACH TROY YUNK

Member of the Illinois Track and Cross
Country Coaches Association Hall of Fame.

NIC 10 Cross Country Coach of the year
17 times

Illinois Cross Country Coach of the
Year 2009, 2010, 2011.

NIC 10 All Sports Male Coach of the year
2008, 2009, 2010

3rd Place IHSA Class 2A State 2007

2nd Place IHSA Class 2A State 2008

1st Place IHSA Class 2A State 2009

1st Place IHSA Class 2A State 2010

1st Place IHSA Class 2A State 2011

2nd Place IHSA Class 2A State 2012

8th Place IHSA Class 2A State 2015

6 Sectional Championships 2001, 2008,
2009, 2010, 2011, 2012.

15 Regional Championships

17 Conference Championships

13 Teams Qualified for IHSA State

8 Individual State Qualifiers

Individual State Champion- Paul Zeman 2009
State Runner Up- Tyler Yunk 2010, 2011

NIC 10 Sportsmanship Award in 2015

IHSA Academic Team Award 2004, 2005,
06, 07, 08, 09, 10, 11, 12, 13 14, 15, 16, 17

Rockford College Cross Country MVP

SUMMER RUNNING BEGINS TUESDAY JUNE 12TH

6:00 PM AT PRAIRIE FIELDS

(The park on Fairgrounds Rd)
Weight lifting - Mondays, 8:00am
at BNHS

Summer running will continue Tuesday &
Thursday 6:00pm through July 26th, 2018.

Summer runs will develop your base, most
runs will be distance runs according to your
fitness level.

Summer runs will also include tempo runs,
speed play, timed intervals, and hill
training.

A good pair of running shoes is required.



Interested in
Cross Country Summer Camps?
Contact Coach Troy Yunk at
tyunk@district100.com
815-543-7488

2018 SCHEDULE

June 12th - July 26th Tue. Thur. 6:00PM
At Prairie Fields (bring water)
Mondays at 8:00am at BNHS

Captains Week- Trail runs at Spencer Park
July 30th - August 7th Mon-Fri.
9:00AM & 4:30PM center circle drive

**AUGUST 8TH FIRST PRACTICE AT
BELVIDERE NORTH 9:00AM
Meet by the Athletic Entrance**

Sign up for REMIND to get text updates

2018 MEET SCHEDULE

Tuesday,	8/28	Sycamore
Saturday	9/1	Crystal Lake
Tuesday	9/4	NIC 10 Preview
Saturday	9/8	Peoria
Saturday	9/15	Kaneland
Saturday	9/22	Sterling
Tuesday	10/2	Burl. Central
Saturday	10/13	NIC 10 @ Jeff
Saturday	10/20	Regional
Saturday	10/27	Sectional
Saturday	11/3	IHSA State