

LAKER GIRL'S CROSS COUNTRY



www.lakercrosscountry.weebly.com

2016 Goal
One Point, One Place, One Goal!

HANDBOOK

Why Me?

Most kids have asked themselves this question while they are out running in all weather elements. Hot, cold, rain, snow, sleet, and wind don't stop us from running meets, or practices. This can be intimidating at times, but as a cross country runner you begin to take this as a badge of pride and honor.

So after wondering what you got yourself into with this cross country stuff, I will focus on all the things you will gain from joining this great sport.

-Team-The cross country family is the best team you will ever be apart of. Just ask a veteran on the team and they will tell you all the reasons why.

-Academics-Cross country runners tend to be really smart. They tend to make everyone on the team better academically. Plus, you can get help with classes from really intelligent people. We are the true definition of student/athletes.

-Work Ethic-This sport will push you beyond what you ever thought you could do. **Once you push yourself past the comfort level you've got it figured out!**

-Team/Individual-Even though this is a team sport. All athletes get to perform every week. You, the athlete, has the ability to improve individually which helps the team at all levels.

-Success-Through all your hard work success will come. Whether it is at a team level or an individual P.R. Cross country runners aren't so much about how fast you run, rather more about your effort and accomplishing something that most people can't do. You will have many people tell you that they could NEVER DO THAT. The truth is they could. YOU are the proof!



BEFORE THE SEASON

1. Make sure you have your physical taken care of before you start the season. If this is a problem, please talk to me and we can make a plan.
2. Plan your work around practice.
3. Compile your summer miles so that I can take a look at them.
4. Be honest to yourself. Please give me the miles you have completed. I would much rather you tell me zero than say you ran way more that you did. Being honest will help you avoid injury.

*WHAT TO BRING TO PRACTICE:

runner clothing-have things for all types of weather in case you need it. example-pants, hat, gloves, jacket etc.

*A Good pair of running shoes...talk to myself or one of the other coaches to help you with this.

*Water bottle! Runners need to drink plenty of water each day to stay hydrated.

*Diet-EAT! EAT! EAT! When you are running you must take in calories to fuel your body. We must really focus on maintaining our iron levels.

*Watch

*Swimsuit and Towel

[Iron Level Foods](#)

During the Season

We primarily have one meet a week. Most of those meets happen on Thursdays with the exception of 3 this year. During that time you will need to work hard to cover your academic workload, as well as, the workload of practice and meets. School always comes first since you are a Student/Athlete. Stay on top of your school

work. When we travel you will be responsible for bringing money for after the meets. Also, pack a lunch to have with you during the meet.

Meet Schedule-Varsity/JV/Middle School

1. Communicate-During the season your job is to communicate with your coaches and teammates. If you are going to miss a practice that must be communicated to the coach. Please do not go through teammates. If contact is not made with the coach you will be considered unexcused. This will hinder your ability to travel with the team. Talk to me! I'm an understanding guy.
2. Saturday Practice-This is required for varsity runners. Anyone not on varsity, that is aspiring to be on varsity, surely should attend. The varsity line-up can change on a weekly basis. I also understand that things come up. Communicate with me.
3. Commitment-I realize that things do come up. Please be fair to myself and your teammates by giving as much notice as possible when you are going to miss practice, or an event.

RACE DAY

Before the meet-

Familiarize yourself with the course. Ask a coach for a map, or better yet even talk to the returning runners that have ran there before.

Bring all of the equipment you will need. Bring your school issued uniform along with clothing to wear over it. **BE DRESSED IN YOUR UNIFORM PRIOR TO LEAVING.** Many times it is difficult to find proper places to change. Bring dry clothing that can be worn after the meet. You'll feel much better. **DON'T** forget your shoes and racing shoes if you have them.

Once at the meet-

You will receive your chip or bib that you will need for you to compete. Get that taken care of right away before you head anywhere else. Once done, all levels of competitors should walk the course **TOGETHER.** The only way this would be different is if time does not allow it for one group of runners.

50 minutes prior to your race you should start to warm up as a team.

This will include...

15 minute warm-up run

Stretching

2 minute hard run

Stretching/Relaxing/Last minute preparations

Be at the start line at least ten minutes prior to the start where you will complete your warm-up. Movement drills, striders, team fire-ups

After the race...

It is very common for runners to become weak in the knees, or light headed. This will pass relatively quickly. To help aid recovery, you must stay on your feet. Water or Gatorade will help in recovery.

COOL DOWN...

All runners must go on a 10-15 minute cool down after their race. This will help you get the lactic acid out of your legs and aid in quicker recovery. **DO THIS AS A TEAM.** If you ran together, cool down together. This should happen 10/15 minutes after your race.

Heading Home...

I am responsible for you while we are at meets. The only way you are able to go home with a parent is if I talk to them personally. I do favor you riding home on the bus with the team, since this is the best part of Cross Country, but I do realize that things come up.

Team Scoring

In cross country, teams are scored based upon the top five runners. The sixth and seventh runners are used as tie breakers if needed. The lower the score you have the better your team has done. Every place counts.

Example.

Lakers Placing:

2,5,8,10,20

Total Score: 45 points

Perfect score in Cross Country is 15 points.

Laker Placing

1,2,3,4,5

Total Score 15 points

Cross Country Lettering Requirements

ATTITUDE

The coaching staff will determine if the athlete's attitude is acceptable based on the following:

- Does the athlete consistently accept assigned workouts with enthusiasm?
- Does the athlete consistently work up to her ability at practice and at meets?
- Does the athlete serve as a good role model and display good sportsmanship?

- Does the athlete take care of equipment, uniform, and locker room?
- Does the athlete show interest in the performance of self and teammates?
- Does the athlete properly prepare for her competition?
- Does the athlete advocate for the sport?

ATTENDANCE

Attendance is crucial to an athlete's success; consistently missing practice will hinder an athlete's performance. Therefore, in the interest of the team as a whole we have a strict attendance policy in place.

- The athlete must arrive on time to practices and participate in practice for a minimum of 1.5 hours.
- The athlete must be on time to meets.
- The athlete will schedule work commitments around their meet and practices schedule.
- The athlete may be removed from the team if she has more than 5 unexcused absences.
- The athlete may be removed from the team if she misses 2 meets.
- The athlete will clear all absences from practices/meets with coaches, in advance, when possible.
- The athlete is committed to attending practices/meets and works hard while there.
- The athlete is not allowed to attend practice if they are ill or experiencing symptoms as this is in their best interest as well as that of the team.
- Athlete must COMPLETE the season as a productive member of the team.

Provided that attitude, attendance, and participation are satisfactory, a letter will be awarded to each individual who achieves:

- The athlete is an honor roll student.
- The athlete ran on Varsity during the season.
 - The athlete placed in the top twenty-five.
 - Competed on a Junior Varsity Team that won a meet.
- The athlete is 3rd year participant of the Cross Country team.
 - Section Meet/Conference Meet Participant

Please note: The head coach and assistant coaches will make the final decisions regarding lettering.



What do I bring to the team?

For this assignment...this year!

1. Know your name.
2. Be ready to get recorded. I want a word or two about what XC means to you. You girls will be in charge.

I will also need...

cell phone numbers...sign up for remind or have a parent, updated address info.

I will use this to communicate with you.

Use the website...www.lakercrosscountry.weebly.com

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