

Atlantic

Cross-Country Handbook



Trojan / Trojans 2011

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Assistant Coaches: Sandy Cooper and Bruce Henderson***

Cross Country is a great sport to be a part of. Whether you are a state caliber runner or just want to be part of a running family at school, cross-country offers you a chance to become a better athlete, teammate, competitor, and have fun being part of a co-ed team at the same time.

EXPECTATIONS: *(if you have individual concerns you are always encouraged to talk privately with a coach!)*

Practice:

Practice started August 8, and two practices per day took place until school began. This year we had 15 practices before school began. Students were required to attend 12 practices if they were a newcomer to the sport or if they had run at least 100 miles over the summer. Other veterans without 100 summer miles were required to be at 13 practices. Students who do not have enough practices in the preseason need to make up the practices, or they will not be allowed to compete at the start of the season. New students who join after practice is underway need to attend at least 10 practices before they will be allowed to compete. Those who have previously run cross-country will need to run 15 practices before they will be allowed to compete.

Practices are held after school on Mondays, Tuesdays, and Thursdays starting at 3:35. Practices on Wednesday are usually held when teachers finish their meetings at 4:30. On Fridays we practice in the morning (usually about 6:00 a.m.) to free students up for travel and marching band for football games. Students should plan to arrive at least 5 minutes early to look at workout and result sheets, and prepare themselves to practice. In addition to regular practices, some make-up and/or optional practices may be held on Saturday mornings. Students are encouraged to take off from running one day on weekends to allow the body to recover. It is a training goal to include two days of weight conditioning per week as well.

Meets:

Athletes represent their team, the Atlantic School District, and the Atlantic Community as a whole. Students are expected to behave in a way that reflects the best of sportsmanship and respect.

If we are leaving school early for a meet, students are dismissed from class 10 minutes prior to the bus leaving. Students are expected to visit with teachers ahead of time to get assignments and find out what they will be missing. Students may sleep, do homework, or talk quietly on the bus, but should also be preparing themselves mentally to run. Respect your teammates' different ways of preparing for races. A light snack may be appropriate, depending on when your race is, but food should not be a distraction from your primary purpose (to race well).

When we arrive at the course athletes are expected to jog/walk (more jog than walk) the course with your teammates, getting a feel for the terrain. It is important to discuss strategy with your teammates and have an individual plan of attack for your personal race strategy. At the team campsite stretch and get ready, making sure you have numbers on if they are required. Make sure you are following state uniform rules for uniforms and jewelry.

Uniform rules: no jewelry, although a watch may be worn if it doesn't have GPS capability. Girls may have unadorned "hair control devices" that are less than 2 inches in length, (or soft – like rubber bands).

If clothes are worn under the uniform (like shirts or running tights) they must be the same solid color for everyone that chooses to wear such. For simplicity, Atlantic teams have decided that black will be the color. Whatever is worn under the uniform must be solid black color and not have any manufacture's logos larger than 2 inches.

In general, hats and gloves are not allowed, unless the meet director gives permission.

When you are not running or preparing for a race you are expected to be cheering for you teammates out around the course, and mostly away from where the biggest crowds are. Your team should also run a cool-down of at least a 5-minute run. We are grateful for the food parents bring to eat after the meet, but all students should wait until the final team has raced and had a chance to recover.

If you are leaving a meet with your parents they must sign you out after the last race. If you wish to leave with someone else you must get permission signed prior in the day from an administrator.

ELIGIBILITY:

Atlantic will follow the state rules for academic eligibility, which sets a date of 30 days after the first allowable meet for any student who has received a failing grade in the previous semester (or earlier – if they have not “worked” it off through another sport). This year, the first meet an academically ineligible student from Atlantic may participate in is the Harlan meet.

Students are expected to exhibit lives of good character, and if students make poor behavior choices they will be subject to the school’s “Good Conduct Policy”. (For more detail see the information at the end of this handbook). Students with eligibility concerns will be allowed to be a part of the team, subject to the school discipline standards. For the purposes of this team, students need to have met the required number of practices before a meet will count against their penalty. (For example, a student can not wait for the competitive season to begin and then join to serve his game/meet suspension ; He must meet the required practices first, and then sit out the served suspension. Students will be allowed to run the sport of cross country to “work off” their eligibility issues, but will be expected to remain with the team, support teammates, and run to their ability. Finally, they are expected to complete the season in good standing if they wish to avoid having their eligibility suspensions applied to future sports.

SCORING / VARSITY STATUS / POINTS / LETTERING

One of the best things about cross country is that everybody gets to run, and everybody gets a chance to improve. The top seven runners in both boys and girls will run varsity races, with the top 5 adding up their finish places for the team score (low score wins). All others run JV, and the top 5 JV runners count toward the JV score.

The top seven varsity runners are determined initially through the time trial held prior to the first meet. While the final decision rests with the coaching staff, these are the general guidelines that determine the varsity teams...

- The top 7 (eligible) finishers in the time trial will run varsity in the first meet
- Someone that can’t run the time trial for an excused reason may be allowed to run at a separate time by himself. If his time places him in the top 7 (barring weather differences), he or she may be inserted into the varsity lineup at coach’s discretion
- In general, if an individual beats someone in 2 out of 3 future races they may bump a person for varsity status.
- When more than 2 athletes are involved (for example, Adam beats Ben for 2 of 3 weeks, but Ben beats Chad 2 out of 3 times and Chad beats Adam 2 of 3 times), times may be added up to determine who is doing better overall.
- All things else being equal, coaches may factor health, practice, and race conditions into decisions.
- Students with questions about their status are encouraged to visit with the coach one-on-one in private for an explanation of any decisions.
- Top JV students have an opportunity to run at varsity status (and score varsity points) in at least one meet (usually Adair-Casey).

Students running at the varsity level may earn points as listed on the following pages...

Cross Country con't

10 points for running on varsity for each meet.

20 points for reporting regularly for practice and abiding by the training rules in the judgment of the coach.

100 points for participating for three or four years and still needing points for his letter, he/she may receive 100 points in his/her senior year. Seniors in good standing who initially came out in their junior year may earn an additional 60 points toward their letter in their senior year if they have not received one.

100 points for being a member of a varsity squad that wins the Conference Meet.

1100 points must be earned to receive a Trojan Head

If 180 points or more are earned or accumulated during a season, the participant must start the next season with no points.

If 180 points are not earned in one season, those points that are earned will be carried over to the next season or seasons until enough points are earned for a letter.

Final decision for lettering of an injured athlete rests with the head coach.

If for any reason, other than physical disability or sickness, a squad member is dismissed or quits the squad (this doesn't include serving a Code of Conduct violation), he/she will lose all points earned to date.

Parents can help their students be successful as well!

- appreciate the support for your kids in their activities
- Helping your kids be successful
 - They are the ones responsible, but parents can make it easier
 - Getting to practice on time / having what they need
 - Good supportive shoes are critical for injury prevention.
 - (distance) spikes helpful for races, but not necessary for all
 - – We have some racing shoes available
 - be their best fans – be a positive support for them & encourage them
 - if they are down build them up
 - parent versus coach role
 - encourage them to take care of themselves and get enough rest
 - report injuries to coaches, don't be afraid to call at home
 - Mike Rohde (Physical Therapy) is a valuable resource at CCMH
 - Fritz Baier at Body Basics Chiropractic also helps find ways to heal while still competing when possible
 - Need for liquids
 - iron supplements (esp. girls) – If they seem tired or sluggish this could be a concern: ferritin levels should be higher than 30 for distance runners.
- Jessica Finsel in the office has done a great job of coordinating all the activities. Her organization skills have enabled us to host great meets and get the opportunity to host district meets, but she needs workers for our home meets. If you can sign up to help she will make sure you are free during your son or daughters races.
- PARENT SUPPORT OPPORTUNITIES – senior parents have this binder that gets passed on from year to year – I didn't really realize how many things parent have been doing behind the scenes for years
 - Cross country tent –
 - rain, shade, home base
 - a little privacy before or after a race
 - parents who can bring it and have it set up when we get there
 - sandwiches – saves a stop on way home, saving time and \$
 - water, fruit, banana bread (extra plusses)
 - yard signs
 - Team nights
 - pizza party
 - year end banquet
- The Blake family has undertaken the coordination of the senior parents for this year, so they would appreciate any support you can give them. With about 50 runners on the team, there could seem like a lot to do, but with extra volunteers and support it becomes easier for all!

ADD!!!

Cross Country points at meets breakdown page

Cross Country Roster

Cross Country Schedule

Eligibility rules