

# 2007 Brookwood Cross Country Information Packet



## **IMPORTANT BOOSTER CLUB MEETING:**

**\* MONDAY, AUGUST 20 FROM 7-8:30 P.M. IN BROOKWOOD COMMONS AREA**

## **REMINDER ABOUT PHYSICALS:**

- You must have a valid physical to participate in cross country.
- Physical forms need to be filled out completely, including insurance information, in order to participate.
- Physical forms are available online at [www.xc.brookwoodtxc.org](http://www.xc.brookwoodtxc.org) and [www.brookwoodsports.com](http://www.brookwoodsports.com).

## **SUMMER PRACTICE:**

- Practice begins June 4<sup>th</sup>, 8:00-9:30am – every M-W-F this summer (no practice the week of July 2<sup>nd</sup>).
- Attend 16 summer practices and turn in mileage sheets to make earning a varsity letter easier!

## **SUMMER CAMPS:**

- July 21-28 – team camp at MYRTLE BEACH (Time trial will determine who goes).

Check our website regularly for updates: [www.xc.brookwoodtxc.org](http://www.xc.brookwoodtxc.org)

## **QUESTIONS?**

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## GENERAL INFORMATION

### Participation Requirements

- You must have a current school physical to participate in cross country.
- You must have passed 5 high school classes during the last semester, plus be on track to graduate. (This does not apply to upcoming 9<sup>th</sup> graders)
- There are no cuts in cross country as we try to encourage as much participation as we can. You must understand that even though no cuts are made, we expect all of our athletes to commit their efforts and time to this sport.
- You must abide by team rules at all times.

### Team Rules

1. Smoking and alcohol consumption—1<sup>st</sup> offense-1 meet suspension. 2<sup>nd</sup> offense-dismissal
2. Drug abuse—One year suspension from all sports.
3. Behavioral problems—Behavior not up to Brookwood standards (generally behavior that would not be tolerated at school). If on a road trip, parents will be called and student-athlete will not run in that meet. In other cases, disciplinary action will be decided upon by the coaches, and if necessary, the athletic director and administrators. Parents will also be notified. School rules apply to all cross country practices and meets.
4. Uniformity— In competition, all student-athletes are expected to wear the uniform issued by the school, running/racing shoes, and plain socks. The student-athlete is expected to represent Brookwood honorably, without drawing attention to herself with her attire. Exceptions to this policy must be approved by Coach Carter prior to competition.  
1<sup>st</sup> violation - 1 meet suspension, 2<sup>nd</sup> violation - dismissal.

\*Situations may arise which are not covered by these rules. In these situations, coaches will make decisions and consult with parents if the situation warrants it. We will always make every attempt to be fair and consistent.

### Attendance

1. Absences because of schoolwork – student-athlete must produce a **note** from the teacher. **Always** come to practice immediately following after-school work – check in with coach before practice concludes to be excused.
2. Excused absences (student-athlete has dental/doctor appointment, school work to make up, or family emergency and produces a note explaining the absence. Excuse must be submitted **in writing** to be counted.):  
1<sup>st</sup> and 2<sup>nd</sup> offenses - No penalties.  
3<sup>rd</sup>+ offense-time is added to next race in 15 second increments (15 sec. for 3<sup>rd</sup> time, 30 for 4<sup>th</sup>, etc.)  
***\*If a student-athlete needs extra help with school work after school, that student-athlete will talk with Coach Carter. We will work out a schedule to ensure that the student-athlete can maintain good progress in school and keep up with Cross-Country workouts.***
3. An unexcused absence (coach calls roll and receives no communication as to where student-athlete is): 1<sup>st</sup> offense-No Penalty. 2<sup>nd</sup> offense-1 min. time penalty. 3<sup>rd</sup> offense-dismissal.
4. Once a student-athlete has missed 5 or more practices (excused or unexcused, even if Coach approved), she must attend **5 consecutive practices leading up to each competition** in which she is to compete. This is a safety issue.
5. Meet absences — Runners may miss 1 meet with prior permission of the coaches with no penalty and be excused. However, if the current #13 runner misses a meet, she will be ranked with the #13 time for that meet; likewise, our #22 runner who misses would be ranked with the #22 time, etc. If a second meet is missed, the runner will be counted as coming in last and her ranking will be affected accordingly. A 3<sup>rd</sup> miss will mean dismissal from the team. An unexcused miss will result in that runner being ranked last in that meet. A 2<sup>nd</sup> unexcused miss will mean dismissal.

### Perfect Attendance Awards

At the banquet, a plaque will be awarded to any student-athlete who attends all required practices and meets for which she is eligible. To qualify, student-athletes must have no absences, excused or unexcused. The plaque will include the student-athlete's name, a photograph, and statistics for the 2007 season.

## **LETTERING**

### **To earn a letter:**

1. Finish in the top 20 in the final team rankings
2. Depending on your grade, run one of the following times for 5k (3.1 miles):  
Senior-22:00; Junior-22:30; Sophomore-23:00; Freshman-23:30
3. Run cross country for 3 years
4. Come to 16 practices over the summer (must be there at 8:00 a.m. & stay until the session is over to be counted present), meet summer mileage goals, turn in all summer mileage sheets, and run one of the following times:  
Senior-22:30; Junior-23:00; Sophomore-23:30; Freshman-24:00
5. Summer Mileage Goals (9weeks): Senior-315 miles (35/week); Junior-270 miles (30/week); Sophomore-225 miles (25/week); Freshman-180 miles (20/week)

### **To earn a letter with recognition and a plaque:**

1. Qualify for the State meet
2. Finish in the top 25 in the varsity region or county meets, top 12 in JV region or county meets, or in the top 10 in the 9<sup>th</sup> grade region or county meets.
3. Run one of the following times based on your grade:  
Senior-21:30; Junior-22:00; Sophomore-22:30; Freshman-23:00
4. Come to 16 practices over the summer (must be there at 8:00 a.m. & stay until the session is over to be counted present), meet summer mileage goals, turn in all summer mileage sheets, and run one of the following times:  
Senior-22:00; Junior-22:30; Sophomore-23:00; Freshman-23:30
5. Summer Mileage Goals (9weeks): Senior-360 miles (40/week); Junior-324 miles (36/week); Sophomore-297 miles (33/week); Freshman-252 miles (28/week)

### **To letter with recognition and get a HUGE plaque:**

Meet criteria for lettering with recognition & be 3 or 4-year letterman.

## **RANKINGS**

We will use a ranking system to decide the top 20 award winners at the end of the season, who will go to meets that limit the # of runners that may participate, etc. Beginning with the Time Trial on August 26th, the cumulative time of each runner in each race will be kept. The runner with the lowest cumulative time at the end of the season will be ranked #1, the runner with the second lowest cumulative time will be ranked #2, etc. Wendy's and Region will count double. The varsity team for region and state will consist of the top 7 in the rankings after the Coach Wood Invitational, 10/20. This system rewards consistency. Runners may miss one meet with prior permission of the coaches with no penalty (see Attendance Policy). In the case of special circumstances (injuries, ties in the rankings, etc.), Coach Carter will meet with the coaching staff, parents, and Leadership Council (see below) to determine the best course of action for the team.

## **BROOKWOOD 2007 CROSS COUNTRY MEET SCHEDULE**

\*\*A tentative meet schedule has been posted on our website. This schedule is tentative and is subject to change.

## **LEADERSHIP COUNCIL**

The 1<sup>st</sup> week of September (before our 1<sup>st</sup> meet), all student-athletes will vote for one representative from each class to join the Leadership Council. Members of the Leadership Council will meet with the coaches regularly to discuss team issues, team activities, awards, t-shirt ideas, etc. Members of the Leadership Council are expected to maintain the highest standard of conduct and leadership in all areas (school, athletics, and personal conduct). Members of the Leadership Council will receive special recognition at the Cross-Country Banquet at the end of the year.

# MYRTLE BEACH TEAM CAMP

**July 21-28 -- A team camp for our elite runners.**

**Who will attend:**

1. We will give the top 10 times in a 2 mile time trial on June 29th first shot at it. We will then look at the top 3 in each class to fill out the rest of the spots. Other spots that may be left will be filled by looking at time-trial results. The Myrtle Beach trip will be the week of July 21.
2. In addition to meeting the criteria above, the student-athlete must have attended summer practice regularly.

## SUMMER PRACTICE

*“Autumn holds no secrets about how summer was spent.”*

The team concept at Brookwood is important. At some schools, a runner meets her teammates in September when they start a competitive schedule. Here at Brookwood, we have a different and unique opportunity as well as an important responsibility. The “team” to a Bronco runner is much more advanced. As an individual, a Bronco runner uses the team as a motivator, a challenger and a reinforcer of positive ideals and training goals. A Bronco understands that her ultimate running ability depends not only upon herself, but also upon the relationship she develops with teammates. Understand what is expected of you as a member of a long line of championship performers. The opportunity is obvious...train with the best and you will be the best. Work hard together; have fun together; dream together.

**Reminders...**

1. Our **training philosophy** depends on the work we do in the **summer** – follow the mileage prescribed for you. Take personal responsibility for your individual success and we will succeed as a team.
2. **Log your miles!** Keep a printed record of the mileage, time, course, etc. This is a requirement.
3. As you head out to your camps, retreats and vacations...**stay on schedule with your running!** We can all make excuses for not doing our weekly workouts, and our opponents would like us to do just that. The great runners, however, always find a way to follow through and complete workouts, even when it becomes difficult to do so. Your ultimate success is a direct result of how strong you get during the summer, mentally and physically. **It is on the days that other teams are inside, not running, that we gain the valuable seconds that we need to defeat them and become champions. In order to do that, we must be running when others are running. More importantly, we must be running when they are not.**
4. Call each other for easy runs. Team bonding is essential.
5. We use mileage to measure the work we do, especially in the summer. Keep up with the schedule.
6. We train hard roughly every other day. Build endurance with long and easy mileage in between harder practices.
7. Do one long run each week – approximately 20-30% of that week’s mileage. **LONG RUNS ARE ESSENTIAL!**
8. We will have practice on every Monday, Wednesday, and Friday throughout the summer (except the week of July 2<sup>nd</sup>).
9. Recruit others; encourage your teammates to improve; invite them to run with you. We will all be better for your leadership.
10. Women distance runners are especially susceptible to stress-fractures and anemia. It is EXTREMELY important for runners to take in sufficient **iron** (red meats), **calcium** (dairy products), and **Vitamin C** (fruits). Distance running is not easy, and a good diet is of the utmost importance in order to stay healthy and perform to your full potential!!!
11. There are two main things to remember: drink WATER, lots of it, and eat foods which are EASY to digest, primarily carbohydrates. Experienced athletes often speak of carbo-loading prior to a race, with foods such as pasta, rice, pancakes, etc.

### **Mileage Sheets**

You will find mileage sheets on our website. Print them out and turn these in by the following Friday. Turning in mileage sheets and meeting mileage goals (see above) makes it easier to letter!

## Summer Practice Dates

Summer workouts are not mandatory to make the team; however, being able to earn a varsity letter is easier if you attend. 90% of our team will meet at Brookwood High School all summer. If you are gone for a week, that's okay. Keep up with mileage and turn it in when you come back.

We will meet at 8:00 a.m. at the front of Brookwood High. Practice will last 1 1/2 hours at the most.

- NO OFFICIAL PRACTICE WEEK OF JULY 4<sup>th</sup>! (dead week, declared by state legislature)
- Practice begins June 4<sup>th</sup>.
- School starts August 13<sup>th</sup>. Practice will be every weekday after school: 2:30-4:00 p.m., Monday–Friday.

## Mileage and Off Season Running Program

We will do our tempo runs and hill repeats at practice. Once a week, do a **long run** (about 20% of weekly mileage). On your own, you should be working on endurance training (long/easy runs). These “easy” miles are intended to increase endurance, help prepare your muscles and joints for harder training, and help you recover from our more difficult workouts.

These easy runs need to be run at a relatively easy, comfortable pace. Often considered a pace at which you could carry on a conversation: conversational pace. This pace can be identified several ways:

1. Approximately 2:00 slower per mile than 5k race pace
2. 70-75% of HR Max (maximum heart rate – get a heart monitor to help with this!)
3. “Comfortable pace” at which breathing is at a 2:1 ratio. That is, you can comfortably take 2 strides per inhalation and 2 strides per exhalation.

**Remember!** Arrange to meet your teammates for easy runs away from practice. If we work together as a team, we will succeed as a team.

**Our Summer Training Programs are posted online.**

## A Parent's Guide to Cross Country

What is Cross Country?

- Long distance running; a team sport.
- Not held on a fixed track like athletics (AKA track and field).
- Athletes usually race across open terrain; golf courses, steeplechase courses; most often through a combination of woods, fields and always a hill or two, or three, etc.
- Course distances and terrains differ for each race.
- There are no national, world, or Olympic records for this sport.

What Distances are normally run?

- The National Federation of High School Associations has set a minimum distance of 2.5K and a maximum of 5K for cross country races, not to be confused with training distances that can be greater.
- Most of Brookwood's races will be 5K, or 3.1 miles.

Scoring

- Cross country scoring is different from most sports, that is, the lowest score wins.
- A cross country team usually consists of seven athletes. As each athlete finished the race, he/she is given a place card while in the chutes. This card is given to the coaches as soon as possible after the race, to be turned in to the judges.
- The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the team with a higher-finishing 6<sup>th</sup> place runner is the winner.
- It is important for the team to run as close together as possible. For example, a finish of 1, 3, 4, 6 and 83, a total score of 97, will lose to a team finishing 16, 17, 19, 21, 23, with a total score of 96.

Training

- Practice sessions are scheduled at school after dismissal from classes. Check the schedule provided for specific details.
- Practice runs are comprised of conditioning drills and runs of different distances through school neighborhoods.
- Training is always supervised by the Cross Country Coaching Staff, assisted by upper classmen.
- If a student-athlete has not been training on a regular basis, she will probably experience muscle soreness and various aches and pains. Feel free to discuss these cases with the coaching staff. Their experience is invaluable in addressing these problems and your concerns.

## Nutrition

- There are two main things to remember: drink WATER, lots of it, and eat foods which are EASY to digest, primarily carbohydrates. Experienced athletes often speak of carbo-loading prior to a race, with foods such as pasta, rice, pancakes, etc.
- Women distance runners are especially susceptible to stress-fractures and anemia. It is EXTREMELY important for student-athletes to take in sufficient iron (red meats), calcium (dairy products), and Vitamin C (fruits). Distance running is not easy, and a good diet is of the utmost importance in order to stay healthy and perform to your full potential!!!

## Cross Country Meets

- Cross country meets are normally scheduled after school and on Saturday mornings. Meets may last a few hours or all day, depending on the organization and number of entries. Please check the schedule that will be provided for specific meet locations and times.
- Races are often divided by age group or divisions:
  - V Boys – Varsity Boys – Top 7
  - V Girls – Varsity Girls – Top 7
  - JV Boys – Junior Varsity Boys – Unlimited
  - JV Girls – Junior Varsity Girls – Unlimited
  - 9<sup>th</sup> Grade Boys – 9<sup>th</sup> grade Boys – Unlimited
  - 9<sup>th</sup> Grade Girls – 9<sup>th</sup> grade Girls - Unlimited
- Transportation to and from meets will be provided in instances when meets are not local. For most local meets, student-athletes will be expected to provide their own transportation.
- Cross Country is not the typical spectator sport, because you cannot see the entire race from one location. Spend a few minutes prior to the start of the race to pick your “spot,” and remember: cheering for Brookwood is required!