

BXC

Brookwood Cross Country Information Packet



INFORMATION PACKET - 2009 BROOKOOD GIRLS CROSS COUNTRY TEAM

Questions/Contact Info

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Team highlights - Consistently competitive at County, Region and State levels.

- Varsity Region 8-AAAAA Champions
- JV Region Champions Runners-up
- Varsity – 4th place in State AAAAA

Travel to top level meets - overnight trips

Team summer trip to Myrtle Beach

Top level athletes who are also school leaders, good students

60% plus of team gets scholar athlete award (90 average during competitive season)

Athletes must turn in physicals before they start practice. You cannot practice or accumulate summer mileage until a physical is turned in.

Physical forms can be printed out from our website: www.xc.brookwoodtxc.org.

General Information

Practice starts at 2:30 p.m. under the trees in front of the school. Practice will last about an hour and a half. We will practice everyday, regardless of the weather. In the event of unsafe weather conditions, we will practice indoors.

Participation Requirements

- You must have a current school physical and insurance 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 9th 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—1st offense = 1 meet suspension. 2nd offense = dismissal
2. Drug abuse = One year suspension.
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. No metal jewelry is allowed at meets and shorts must not be rolled up (STATE RULES). 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. Violations will be dealt with as they occur, and may involve missing meets or dismissal from team.

****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. Attendance at practice and meets is mandatory.

2. Practice Attendance

- a. In all situations, if an athlete is going to miss practice, she must notify Coach Carter PRIOR to missing practice that she will be absent.
- b. Schoolwork – If a student needs to make up school work, please try to make that work up during guided study or before school. If you make up the work after school, always come to practice immediately following after-school work – check in with coach before practice concludes to be counted present. Student-athlete must produce a note from the teacher.
- c. Excused absences (student-athlete has dental/doctor appointment, etc. and produces a note explaining the absence. Excuse must be submitted in writing to be counted.): 1st and 2nd offenses: No penalties. 3rd+ offense: Time is added to next race in 15 second increments (15 sec. for 3rd time, 30 for 4th, etc.)
- d. Failure to complete practice will count as an excused absence.
- e. An unexcused absence (coach calls roll and receives no communication as to where student-athlete is): 1st offense: Warning; 2nd offense: 1 min. time penalty; 3rd offense: dismissal.
- f. 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.

**ALTERNATE PRACTICE ARRANGEMENTS- If an athlete knows ahead of time that she will miss practice (the athlete is going to miss practice due to after-school academic help, school clubs, driver's ed., or other school related extra-curricular activities), she will make arrangements with Coach Carter for an alternate time to practice. If the athlete does not show up at the arranged time, that will count as an unexcused absence.*

3. Meet Attendance

- a. **In order to run in a meet, a student-athlete must meet the following criteria:**
 - i. **Be able to run 3 consecutive miles without stopping**
 - ii. **Meet the practice attendance requirements**
 - iii. **Not have an injury that would put the runner at risk**
- b. Excused 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 3rd miss will mean dismissal from the team.
- c. Unexcused Meet Absences – The 1st unexcused meet absence will result in that runner being ranked last for that meet. A 2nd unexcused missed meet will mean dismissal from the team.
- d. 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.

4. Injuries

- a. If an athlete misses more than two meets due to injury, that athlete will be removed from the “official” rankings. The coaches will then consult with the athlete, that athlete's parents, and teammates in order to determine in which meets (varsity, JV, out of town, etc.) that athlete will compete.

****There are always special circumstances that don't fall into any of the above categories. If one arises, Coach Carter will discuss the situation with all involved parties and come to a satisfactory conclusion.****

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 2008 season.

LETTERING STANDARDS:

Run the following race times (3.1 miles/5K):

- Freshmen- 23:45 (7:39/mile)
- Sophomores- 22:50(7:21/mile)
- Juniors- 22:00(7:05/mile)
- Seniors- 21:40(6:59/mile)

You may also letter by meeting one of the following criteria:

1. Finish in the top 20 in the final team rankings
2. Race in the Varsity County or Region meets
3. Place in the top 15 at the JV County or JV Region meets
4. Finish the season ranked in the top 3 in your grade
5. Have run XC for 3 years, met the participation certificate standards in each of those years, and finish the season in good standing

Summer mileage bonus! (10½ weeks)

****If a runner meets the following summer mileage goals AND attends 23 of 29 summer practices, she can add thirty seconds to the lettering standards and still be awarded a letter:**

- Freshmen- 210 miles (20 per week)
- Sophomores- 262 miles (25 per week)
- Juniors- 315 miles (30 per week)
- Seniors- 367 miles (35 per week)

- An athlete may also letter by being on the team for 3 years, meeting the standards for receiving a participation certificate in each of those years, and completing the season in good standing.

LETTERING WITH RECOGNITION STANDARDS (get a plaque):

Run the following race times (3.1 miles/5K):

- Freshmen- 22:45(7:20/mile)
- Sophomores- 22:15(7:10/mile)
- Juniors- 21:30(6:56/mile)
- Seniors- 21:11 (6:49/mile)

You may also letter with recognition by meeting one of the following criteria:

1. Race in the State Championship meet
2. Finish in the top 20 in the Varsity County or Varsity Region meets
3. Finish in the top 10 in JV County meet
4. Finish in the top 5 in the JV Region meet

To letter with recognition and get a HUGE plaque:

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

PARTICIPATION CERTIFICATE STANDARDS:

In order to be awarded a participation certificate at the end of the season, an athlete must compete in all but 2 of the meets in which she is eligible.

TRAVELING TO MEETS/COMPETITIONS:

- We will use a ranking system of cumulative times to determine who runs varsity and travels to out of town meets, beginning with a *5k/3.1 mile time trial at Alexander Park on Aug. 15th at 7:30 a.m.* If a meet allows 7 runners to run in the varsity race, we will take the top 7 in the rankings (the 7 lowest cumulative times).

- ***Injuries:*** If an athlete misses more than two meets due to injury, that athlete will be removed from the “official” rankings. The coaches will then consult with the athlete, that athlete’s parents, and teammates in order to determine in which meets (varsity, JV, out of town, etc.) that athlete will compete.

****This system rewards consistency and hard work over the summer (the cornerstones of a successful cross country program.)***

SUMMER PRACTICE (THIS APPLIES TO THE SEASON, TOO!)

“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 re-enforcer 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.

1. **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 out running when others are out running. More importantly, we must be out running when others are not.**
2. Call each other for easy runs. Team bonding is essential.
3. Do one long run each week – approximately 20-30% of that week’s mileage. **LONG RUNS ARE ESSENTIAL!**
4. Recruit others; encourage your teammates to improve; invite them to run with you. We will all be better for your leadership.
5. 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!!!
6. There are two main things to remember: **WATER**, lots of it, and 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.

A 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 distance and terrain differs 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 runner finishes the race, 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 6th 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 score of 97) will lose to a team finishing 16, 17, 19, 21, 23 (a score of 96).

Training

- Practice sessions are scheduled at 2:30 P.M. 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.

- **All runners, at some point, experience muscle soreness and various aches and pains. Please 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: **WATER**, lots of it, and 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
9th Grade Boys – 9th grade Boys – Unlimited
9th Grade Girls – 9th grade Girls - Unlimited
- Transportation to and from meets will be provided 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!

B r o o k w o o d G i r l s X C / T r a c k T r a i n i n g L o g

This log will help you keep track of the miles you run and will help the coaches keep up with your progress! No paper needed!! Below are the steps to create your personal log and get added onto the ***Brookwood Girls Distance*** team page.

1. Go to the following website: www.running2win.com
2. Under the Login button, click “Register me!”
3. Create your user name and password. Your user name is the first initial of your first name and your last name. Example: Kelly Sowers = ksowers. (This is very important because if we want to send you an email using running2win we send it using your user name.)
4. Fill in the rest of the personal information for your account and register.
5. Once you have created your account, click on the word “Teams” located at the top of the page in the big blue bar.
6. Click on “Find a Team”. Scroll down until you see “Brookwood Girls Distance”.
7. Click on it and request to join the team. A request will be sent to us and we will add you to the team! Now you are ready to log some runs!!!

After you have joined the Brookwood Girls Distance team, you can explore your own page by pressing “Home” at the top of the page in the blue bar.

Next try logging a run:

1. Next to today's date select: "Log today's run"
2. Enter as much information as you want about your run.
3. Save your run.

Make sure to remember your user name and password and update your account everyday. It is easy and quick and it is a great way for us to keep up with your mileage!

-The Coaches-

2008 BROOKWOOD GIRLS CROSS COUNTRY BOOSTER CLUB BUDGET



1. T-shirts, plaques, photos, etc.	⇒	\$3780.00
2. Assistant Coaches	⇒	\$2500.00
3. Banquet	⇒	\$2670.00
4. Meet Supplies/Expenses	⇒	\$ 935.00
5. Website	⇒	\$ 160.00
6. Gatorade/Cups (practice)	⇒	\$ 175.00
7. Meet Entry Fees	⇒	\$ 400.00
8. Meals / Rooms for Coaches / Bus Drivers (overnight trips)	⇒	\$ 700.00
9. Scholar-Athlete Awards	⇒	\$ 300.00

TOTAL	\$11,620.00
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INCOME

Booster Club Dues (70 x \$150)	\$ 10,500.00
<u>Fund Raisers (car wash, donations, etc.)</u>	<u>\$ 1,200.00</u>
TOTAL	\$ 11,700.00

