

WG GEORGETOWN KG

2009 Handbook

Becoming a Cross Country Expert

What to Bring?

Meet schedule, lawn chairs, binoculars, water, camera, stopwatch

Meet Etiquette

DO:

- Make sure your child eats a healthy breakfast
- Support the entire team in a positive manner
- Encourage your child to be a part of what the team is doing
- Understand not every child has a great race every week
- Be willing to help when needed
- Be willing to simply watch and cheer when not needed
- Leave the coaching for the coaches
- Have a great time watching these hard working kids compete in a great sport
- Eliminate the following phrase from post meet vocabulary: “Great job, but . . .”
- Hug your child after every race
- Cheer LOUD!!!

DO NOT:

- Follow your child around as they prepare to race
- Panic when they throw up on your shoes
- Gather at the starting line or tent with the athletes as they prepare to race
- Place extra unnecessary pressure on athletes on meet days
- Fill your child full of “energy booster” supplements or drinks
- Criticize your child’s performance
- Take your child from a meet without signing a release prior to departure from Georgetown

Don’t Panic; It’s normal!

After a race, your child will possibly be more physically spent than you would anticipate. Symptoms may include rubbery knees, general weakness, the appearance of fainting, glassy eyes, nausea, and salivating (great sport, huh?). These symptoms usually pass quickly. There are trainers at each meet to treat any more serious problems. Many of these can be avoided with proper hydration.

Scoring: “We came! We ran! We!? . . . Wait. how did we do?”

Cross country is a true team sport. Every person on the team has an affect on the team’s outcome. Cross country is like golf. LOW score wins. Times do not impact team scores. Each team can have up to seven runners.

Each individual finishing a race is assigned a finishing order. For example, the first finisher scores 1 point, the second finisher two points, etc... The places of the first five runners from a team added together compute the team score. The sixth and seventh runners serve to “bump” an opposing team’s score by finishing ahead of opposing runners.

If there is a tie in the team score, the tie is broken by comparing the finish of the sixth runner on each team. There have been state championships decided by sixth runners. EVERY RUNNER ON THE TEAM IS IMPORTANT!!!

Race Tactics

Cross country racing on the surface appears to be simple, right? The fastest runner wins, how tough can it be? The thing is cross country is a team sport. In fact no other sport emphasizes the meaning of team more. In order to have a good team, all of the runners must be able to perform well. Therefore, the most important aspect of cross country tactics is pack running. The important statistic of pack running other than score is the “spread” or “gap” time. This is the time from when the team’s first runner finishes until their fifth runner finishes. Great teams have spread times under 30 seconds. Most good teams have spread times under 60 seconds.

As for the rest of the tactics being simply, try explaining these: negative splits, positive splits, even splits, crest the hill, controlled falling, tempo, pace awareness, competitor awareness, controlled hill climbing, mid race recovery, hard surge, break up the course, long surge, race plan, Velcro, intimidation pass, and everyone’s favorite . . . “fartlek.”

Program Objectives

1. To provide an environment in which young men and women develop a sense of self respect, pride and confidence.
2. To develop young men and women of strong moral character
3. To encourage individual responsibility and team accountability
4. To develop the perseverance and work ethic so valuable throughout life’s journey.
5. To Win
6. To enjoy the experience.

Equipment

All athletes must have:

1. Quality running shoes
2. A runner’s watch (one that has a stop watch)
3. For girls(Jog Bra that covers midriff)
4. Spikes (recommended)

The school will issue your child additional equipment throughout the year. Athletes are required to return all equipment at the conclusion of the season. (Note: please do NOT dry uniforms). Apparel issued to the athlete is to be worn only during practices and competitions.

Communication

Kellye Richardson
richardsonk@georgetownisd.org
512 943-5100 ext. 7278
512 296-8416

Doug Hunt
huntjd@georgetownisd.org
512 943- 5117
512 635-4929

Please feel free to contact me if you have any concerns regarding your child. All concerns should be directed to the head coach. To ensure positive, productive communication, we always operate within the following parameters.

1. Discussion will be about your child only
2. Please schedule an appointment and refrain from approaching coaches with concerns at a meet or at practice.
3. The athlete will be a part of all parent/coach conferences.
4. Learning to communicate is vital for our children. We will discuss a concern with a parent only after we have discussed the same concern with the athlete. ((Exception: if you are concerned with your child's health, please contact us immediately).

Booster Club

We highly encourage all parents to be active participants in the Georgetown Booster Club. Our booster club does an excellent job organizing spirit activities and provides funding for special needs within our program.

As boosters (parents), we must abide by all UIL rules. You can give YOUR child anything you please, but you MAY NOT give ANYTHING to any other athlete. Please clear all spirit ideas with Coach Richardson or Coach Hunt beforehand.

Schedule

Practice

Athletes should expect to have either practice or a meet every Monday-Saturday until the second week of November. Athletes should arrive 5-10 minutes before the scheduled start time. It is important athletes are on time because we are often on a tight time schedule and often head to locations away from Georgetown High School. Athletes are expected to be at all practices.

Meets

See the attached meet schedule. Also, We will e-mail the meet schedule for each cross country meet to athletes and parents a week in advance.

Injuries

Due to the demanding nature of our sport, injuries are inevitable. Early detection of injuries and how we treat injuries plays a very important role in the success of our season. Injured athletes are to report to the training room every morning for treatments.

If you feel your child has an injury that needs to be examined by a doctor, please contact the trainer first. In order to ensure the best possible care for your child, we highly encourage you to let our trainer refer you to one of the doctors who works closely with our teams and specializes in sports related injuries.

Good rule of thumb with most running injuries: ICE! ICE! ICE! We can think of very few instances when heat (hot packs, hot tubs, etc) is the answer. In fact, heat is likely to cause the problem to get worse especially if applied immediately after a running session.

Nutrition

Water – Athletes should consume AT LEAST 128 ounces per day (that is one gallon or 1-eight ounce cups!) Dehydrations cause 10%-20% performance decreases (that can equate to 1-3 minutes in a XC race). Most importantly, dehydration is dangerous, especially during hot practices.

- A balanced meal of complex carbohydrates, meats, vegetables, fruits, and fluids is best.
- Athletes should eat before and after every workout and race.
- Breakfast is a must! Please make sure your child eats every morning, especially before the morning workouts even if it is only a piece of fruit or granola bar.

- Athletes should consume 6 servings of fruits and vegetables each day. Snack on fruits!
- What about vitamins? A good multivitamin is sufficient.
- During racing season, athletes should avoid carbonated drinks
- “Junk food” should be eaten in moderation and must never replace the essentials of a healthy, balanced diet.
- All athletes need to consume enough calories to maintain their weight. NO ONE should be on a “diet” or diet pills of any kind. There are some athletes, especially those who are exercising strenuously for the first time, who will experience some weight loss. If you suspect your child is not eating properly, please bring this to Coach Richardson or Coach Hunt’s attention immediately.

The Championship Season

The championship season consists of the district, regional, and state meets. In order to advance to the next round of the championship season, we must finish as one of the top three teams in the race. The district meet will be held at Old Settler’s Park in Round Rock, Texas. The regional meet will be in Arlington, Texas at Vandegriff Park. The State Championships will be in Round Rock at Old Settler’s Park. Only the top 7 varsity runners are eligible to advance to the regional and state meets. Additional athletes may be asked to travel with the varsity as alternates. All other athletes and parents are strongly encouraged to attend all championship meets.

TEAM POLICIES

1. Engage in no activity that might be detrimental to yourself or your team.
2. Follow all policies outlined in the ATHLETIC HANDBOOK and STUDENT HANDBOOK.
3. Attend all team functions, and be on time. The ATHLETE must notify the coach ahead of time if you will be late or absent.
4. Serious athletes make sacrifices in exchange for excellence. Any use of alcohol, tobacco, drugs or illegal performance enhancing drugs will be dealt with according to policies outlined in the GISD athletic handbook.
5. Exhibit class and sportsmanship at all times.
6. Address any concerns you may have directly with the coach either before or after practice, never during. The coach should be the first to know about concerns, not the last.
7. Always place the best interest of the team first.

ACADEMICS

1. You are a student-athlete. Student FIRST. Athlete SECOND.
2. Treat your teachers with the utmost respect.

PRACTICE

1. NO JEWELRY (exception: sports watch)
2. At the beginning of each week, you will be provided with a copy of the week’s workout plan. It is the individual athlete’s responsibility to know what is on the workout and to know what YOU are supposed to do each day during practice.

3. Practice is a time to make you better and to prove yourself to the coaching staff. Avoid “buddy systems” in practice. Support one another, but BE COMPETITIVE.
4. Practice is over once you have completed your workout, cooled down, stretched, completed abs, completed weights, and checked out with Coach Richardson or Coach Hunt.

ABSENCE

Excused – illness with a doctor’s note, some school sponsored activities (check beforehand), family emergency (i.e. death in the family, serious illness, accident). Other situations may be deemed excused at the head coach’s discretion. Check beforehand. The head coach must know about any excused absence BEFORE the start of practice. The ATHLETE leaving a message on my cell phone is sufficient. If you are too ill to make it to practice consistently, you can expect NOT to compete in the next meet. If you plan on racing, you are expected to be at practice. However, athletes should communicate with the coach’s when sick as workout adjustments may need to be made.

Unexcused – All other absences are unexcused. Athletes with more than one unexcused absence will miss the next meet on the schedule.

If you miss a meet for ANY reason, you may lose your roster spot and may have to earn back that spot through practice and meet performance.

COMPETITIONS

1. Travel squads and roster placements will be determined weekly and will be based ENTIRELY on coaches’ discretion.
2. NO JEWELRY!!! Do not get yourself disqualified from a competition. Remove all jewelry before setting foot on the bus.
3. NO CELL PHONES. Athletes may use their cell phones on the trip home from the meet.
4. Cheer for all your teammates. We are all members of the same team.
5. **The team tent and warm up area are for Georgetown Cross Country athletes only. All athletes are expected to help load and unload tent, pick all trash up around our area and maintain a safe and clean racing environment. Boys are responsible for putting up the frame and girls are responsible for attaching the side paneling to the tent.**
6. You will not always perform as well as you would like. Do not allow your negative emotions affect the morale of the team.
7. **COMPETE!!!**

TRAVEL

1. All athletes must travel to and from competitions with the team. In extenuating circumstances you may be allowed to ride home with YOUR parents, but I must have a signed form BEFORE we depart from GISD.
2. Guys and girls DO NOT sit together on the bus and are NEVER in each other’s hotel rooms.
3. The team will meet 30 minutes before scheduled departure time to load the bus.

INJURIES/TRAINING ROOM

1. Report all injuries, regardless of perceived severity to the coach.
2. Being injured or sick is not an excuse for missing practice. If you are injured, you are either observing practice or completing an alternative workout.
3. Injured athletes should report to the training room each morning at 7:00 am.

PARENTS/GUARDIANS

1. Positive parental support and involvement is essential to our team's success.
2. Parents will have no influence on coaching decisions. The coach will NOT discuss team strategy, event placements or anyone else's child. All conversations will take place by appointment only.
3. Please support all Georgetown athletes. We are all on the same team.

LETTERING

All lettering will be under the coaches discretion

CLOSING

When your child decided to join this team, you joined too! We want to encourage you to be an active part of this exciting and rewarding experience. The tradition of excellence amongst Georgetown Eagles continues with us! We have a great opportunity as athletes, parents and coaches to have a positive impact on our school.

“Success is a journey, not a destination.”

Breakfast: The most important meal of an athlete's day

By Nancy Clark, MS, RD

Without question, breakfast is the meal that makes champions. Unfortunately, many active people follow a lifestyle that eliminates breakfast or includes foods that are far from champion-builders.

I commonly counsel athletes who skip breakfast, grab only a light lunch, train on fumes, gorge at dinner and snack on "junk" until bedtime. They not only rob their bodies of the nutrients needed for health, but also lack energy for high-quality workouts.

A satisfying breakfast tends to invest a better health than does a grab-anything-in-sight dinner. Sarah, a collegiate athlete learned that fueling her body's engine at the start of her day helps her feel more energetic and also able to choose better quality lunch and dinner foods.

That is, when she has granola, banana and juice in the morning, as well as a sandwich and yogurt for lunch, she stops devouring brownies after dinner.

Excuses to skip breakfast are abundant: "No time," "I'm not hungry in the morning" and "I don't like breakfast foods. These are just that, excuses; they sabotage your sports performance. Here's a look at the benefits of eating breakfast. I hope to convince you that breakfast is the most important meal of your sports diet.

Breakfast for the morning exerciser:

If you exercise first thing in the morning, you may not want a big pre-exercise breakfast; too much food can feel heavy and uncomfortable. However, you can likely tolerate half a breakfast, such as half a bagel, a slice of toast, or a banana.

Just 100 to 300 calories can put a little carbohydrate into your system, boost your blood sugar so that you are running on fuel, not fumes and enhance your performance.

You'll likely discover this small pre-exercise meal adds endurance and enthusiasm to your workout. In a research study, athletes who ate breakfast were able to exercise for 137 minutes as compared to only 109 minutes when they skipped this pre-exercise fuel.

After his morning workout, Jim, a banker, felt rushed and was more concerned about getting to work on time than eating breakfast. Using the excuse "No time," he overlooked the importance of refueling his muscles.

I reminded him: Muscles are most receptive to replacing depleted glycogen stores within the first two hours after the workout, regardless of whether or not the athlete feels hungry. I encouraged Jim to be responsible! Just as he chose to make time for exercise, he could also choose to make time for breakfast.

One simple post-exercise breakfast is fluids. Liquid breakfasts take minimal time to prepare and very little time to drink, yet they can supply the calories, water, carbohydrates, protein, vitamins and minerals you need in a travel mug.

Because Jim felt thirsty after his morning workout, he found he could easily drink 16 ounces of juice or lowfat milk. Sometimes, he'd make a refreshing fruit smoothie with milk, banana and berries.

Later on mid-morning, when his appetite returned, Jim enjoyed the rest of his breakfast: instant oatmeal, multi-grain bags with peanut butter, yogurt with granola, a banana or any other carbohydrate-rich foods that conveniently fit into his schedule. This nutritious "second breakfast" refueled his muscles, abated hunger and curbed his lunchtime cookie cravings.

What's for breakfast?

From my perspective as a sports nutritionist, one of the simplest breakfasts of champions is a wholesome cereal with lowfat milk, banana and orange juice. This provides not only carbohydrates to fuel the muscles, but also protein (from the milk) to build strong muscles, and numerous other vitamins and minerals such as calcium, potassium, vitamin C, iron and fiber.

Equally important is the fact that cereal is quick and easy, requires no cooking, no preparation, no refrigeration. You can keep cereal at the office, bring cereal to work and eat breakfast at the office. Breakfast is a good investment in a productive morning.

The bottom line

Breakfast works wonders for improving the quality of your diet. This is, eating breakfast results in less "junk food" later in the day. Breakfast also enhances weight control, sports performance, daily energy levels and future health. Breakfast is indeed the meal of champions. Make it a habit. No excuses!

Sample grab-and-go sports breakfasts

- bran muffin plus vanilla yogurt
- two slices of last night's left over pizza
- peanut butter-banana-honey sandwich
- baggie of low fat granola with a handful of raisins
- cinnamon raisin bagel plus a cup of juice

Runner's Health Articles

Heat or cold?

<http://sportsmedicine.about.com/cs/rehab/a/heatorcold.htm>

protein?

<http://sportsmedicine.about.com/od/sportsnutrition/a/Protein.htm>

carbs?

<http://sportsmedicine.about.com/od/sportsnutrition/a/Carbohydrates.htm>

water or sports drink?

<http://sportsmedicine.about.com/od/hydrationandfluid/a/ProperHydration.htm>

eating before?

<http://sportsmedicine.about.com/od/sportsnutrition/a/EatForExercise.htm>

eating after

<http://sportsmedicine.about.com/cs/nutrition/a/aa081403.htm>

iron deficiency

<http://sportsmedicine.about.com/cs/nutrition/a/012604.htm>

water calculator

<http://www.csgnetwork.com/humanh2owater.html>

water consumption

<http://www.starinternationalsoccer.com/CALCULATING%20WATER%20CONSUMPTION%20FOR%20ATHLETES.htm>

what to eat?

<http://library.thinkquest.org/3049/version2.0/nutrition/ef.html>

nutrition

<http://www.thefinalsprint.com/2007/01/crunch-time-what-and-when-a-runner-should-eat/>

shin splints

<http://www.sportsinjuryclinic.net/cybertherapist/front/lowerleg/shinsplints.htm>

ice baths

http://news.bbc.co.uk/sport1/hi/health_and_fitness/4286038.stm

GEORGETOWN ISD PARENTAL ACKNOWLEDGEMENT

I/We have read and understand the policies governing the cross country program at Georgetown High School. I/We will adhere to the rules and regulations as stated by the Georgetown cross country policies and procedures.

Parent name/date

Athlete name/date