**A Parents Guide to Cross Country**

Welcome to Tiger Cross-Country! As your child enters what may or may not be their first season as a runner, here are a few tips that may help you as the parent of a student-athlete. Parents sometimes have several questions and concerns, so I hope to take care of those in these sections.

**Register My Athlete**

 **registermyathlete.com** Parents must go onto this site to register their athlete. Create an account (it is free), enter your child’s name and fill in all the info. There are forms on the site to read and e-sign. The forms include the Physicals, Tryout Checklist, insurance information and other sportsmanship forms. You can also pay your participation fee of $85 on this site or at the school. This must be done before the athletes can participate in the meets.

**Remind 101**

 I have a Remind 101 account where I will send out texts to remind and inform you of things going on with our team. Please subscribe to this by texting the number

435-915-4513 and put @277920 in the message box.

**Website**

 I do have a website that I will have some information on. Things do change from time to time though, so be aware of announcements I tell the runners at practice. The website is hurricanetigers.weebly.com.

**Purchases –**

What to buy and what not to buy? It is important that runners have shoes specifically designed for running. Other types of shoes can cause injuries. Visiting our local shoe store is helpful. They have knowledge that will help you make proper decisions. For a beginning runner, the shoe can serve as both a training shoe and a racing shoe. For the more serious or experienced runner, there are specific shoes for racing that can be purchased also.

It is not necessary to purchase specific running clothes. Loose fitting shirts and shorts are adequate for daily practices. If you have dry-fit shirts those are best, cotton shirts are not as cool to run in. Uniforms will be provided by the coach, but you are expected to take care of them throughout the season.

The school does provide transportation to and from the meets, so an $85 Activity Fee is asked to be paid to the school. This money goes into a Transportation Account to help with the expense.

The team will also purchase a T-shirt, hoodie and other items that athletes can choose to purchase, but are not required. This is an additional cost and is not included in the $85 fee.

**Training –**

The beginning of the season is a tough place for athletes to be that have not done any conditioning. Your child may experience a little or a lot of muscle soreness. Do not be too concerned with this, but be aware of it and watch to make sure it goes away in a few days. Injuries can occur and we want to make sure it is just soreness and not an injury. Rest and drinking water are critical during the entire season, so establish a habit early during the training period. It is important to attend the practices, so please limit the scheduling of appointments so your athlete can make it to these training times.

How an athlete treats their body will have a valuable effect on how they perform. Please make sure they get lots of rest and water. Eating is also important, so make sure they eat healthy. Pre-race meals of pastas and other carbohydrates are important. We will have some pre-race team meals where we meet at someone’s home and ask everyone to contribute to the meal.

**Races –**

Your child is the most important person on the course and you want to see them and cheer for them as much as possible. Get acquainted with the course and establish spectator points, for example the start, finish or any other good observation points. Be aware of the numerous races and find out what time your child is running. Cross Country is not a sport normally observed from a stationary spot, you may have to walk some to see some good points.

Your child may say they can’t hear you or ask you not to yell so loud, but they do want to hear you cheer for them and show your support for them. Cheering for other runners on our team is helpful to them as well. Everyone likes to hear their name yelled in a positive manner.

Be aware that after a race your child may act differently than normal. Athletes may need some emotional space after the race from both coach and parents. How they react is the result of how they raced. If it was a good race, they may be excited and want to talk. If it was a not so good race, they may just need a minute alone, they knew their goal, but they will get it next time.

After a race runners may be more physically spent than normal. Weak legs, lots of sweat, dizziness, and nausea, are common for a runner who has given their all for the race. Have water available for them and just watch to make sure they are getting better.

**Goals –**

Athletes are big goal setters. We will talk lots as a team to make new goals each meet. I am big on making sure the athletes know their previous times and what is reasonable for them to attain. Please talk to your child about their goals and how they are improving. Ask them if they have it written down somewhere or ask them to tell you, a goal written or talked about is more attainable than one just in someone’s head. As coaches, we encourage each runner to make a goal and work hard for it. All of our runners have different talents and we don’t compare them. We compare times for each runner only their own times. Improving is what we want from our runners.

**Scoring –**

Cross Country is an individual sport and a team sport. Each person runs for themselves and for their own time, but as an individual, your score is added to your team score and an overall school is the winner. We will go to scoring and non-scoring meets this season. The place an individual takes is their score. The places of the top 5 individuals are added up and a team score is obtained. The team with the lowest score wins.

For example,

 Team A Team B

Runner 1 takes 2nd place Runner 1 takes 3rd place

Runner 2 – 5th Runner 2 – 8th

Runner 3 – 9th Runner 3 – 12th

Runner 4 – 16th Runner 4 – 17th

Runner 5 – 22nd Runner 5 – 21st

Total 54 Total 61

Therefore Team A wins the meet.

**Terms to Know –**

**Aerobic** – Fitness meaning “with oxygen.” An aerobic run is one in which you will be able to talk while running.

**Anaerobic** – Fitness meaning “in oxygen debt.” This is more of a sprint workout. No talking during this running.

**Blind Corners** – Areas on a course which a runner may use to increase the distance between him and a runner right behind them.

**Boxed In** – When a runner is unable to get around a group of runners during a race.

**Cool Down** – Exercising the body to return it to a pre-race state, and eliminating lactic acid build up. Consists of jogging and stretching.

**Cross Country** – Team sport involving running over a variety of terrain.

**Dual Meet** – A meet involving two teams.

**Easy Day** – A recovery day, which usually has a relaxed pace. This day allows the runner to recover from a hard workout or a race.

**False Start** – When a runner starts before the starter fires the gun.

**Fartlek** – Word used to explain “speed play”. Practice of differing speed workouts and lengths.

**Finish Chute** – Roped off area at the finish line where runners are directed in order to establish a place.

**Invitational** – A meet between a multiple number of teams.

**Lactic Acid** – A rather unpleasant result of anaerobic running. It usually accumulates in the legs after a hard workout or race. This is what causes the muscle soreness. A good way to remove it is to warm down properly by stretching and jogging.

**Pace** – Rate of speed maintained over a prolonged distance.

**Pack** – A group of runners in close proximity.

**Peaking** – When a runner hits their top condition. The goal for this is during the last portion of the season when we want you to run your fastest times.

**Quad-Meet** – A meet involving four teams.

**Racing Flats** – A lightweight shoe designed for racing, not meant for training.

**Splits** – Times during segments of a race. For example, mile splits, ½ mile splits, etc.

**Starting Box, Gate or Lane** – Designated area to which a team is assigned for the start of a race.

**Surge**-A gradual increase in speed.

**Tri – Meet** – A meet involving three teams.**Varsity Team** – Top seven runners on a team.

**Warm Up** – Physically preparing the body prior to a workout or race.

**Coach’s Note –**

I am excited for this season and having your child on our team. I have many goals for this season and hope to see lots of success from all my athletes. I also hope to see all of you at the meets as often as possible. Being there to cheer is a critical part to the success of our team and your child. By the end of the season we will have spent many hours together on the bus and on our runs. Miles and miles of running bring people together and we will form friendships. This group of athletes will have a positive impact on your child. I hope you soon see a positive change and increase in confidence of you child. I have attached a schedule, but just like life is not without change, our schedule may change. I will keep you well informed of our schedule. If you have any questions or concerns throughout the season, please call or email me. Thanks for allowing your child to participate in the best sport available.

Thanks,

Coach Shelly Kidd-Thomas

Cell 313-2692

shelly.kidd-thomas@washk12.org

**Important things to do now or tonight!!!!**

**Remind101 – registermyathlete.com**

Text number: 435-915-4513 Please Complete this!!!

Message: @277920

***RUNNER’S CODE OF CONDUCT***

In consideration of being a Runner in the Hurricane High Cross Country Program, I promise to abide by the rules of conduct. I understand that these rules extend to my conduct in all activities and events sanctioned or sponsored by Hurricane High School, including practices, travel to and from races and overnight stays. I also understand that if I violate any of the following rules, I may be subject to disciplinary actions as deemed appropriate by authorized persons of Hurricane High. Disciplinary actions may include being kept from a meet, suspension for a given time or dismissal from the team.

Runners are required to:

1. Set goals and work hard to attain them. This includes working hard and helping teammates succeed too.
2. Attend all practice sessions.
3. Be responsible for all uniforms and equipment. Wash uniforms according to directions on tags, be sure to air dry the uniforms, please do not dry tops on high. If they are dried, “cool” setting is best. The “Hurricane” will fade. Uniforms are only to be worn during races, not around school or as casual wear at home.
4. Represent the school well and follow the team rules.
5. Cheer for my team and for other runners. Show good sportsmanship.
6. Ride the bus to and from the races. If going home with parents, you must have a release signed.
7. Pay Sport’s Fee of $85.
8. If you choose to purchase a T-shirt and/or hoodie, this will be an additional fee but these items are optional.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Runner Signature Date

Parent Information

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Other Than Parent - Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Relation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_