

St Paul's Warriors 2017



Cross-Country Program

What is Cross Country?

Cross Country is a messy, rugged, tough, mentally challenging, physically demanding team sport. In our league the competitor's race for $\frac{1}{2}$, $\frac{3}{4}$, 1, and $1\frac{1}{2}$ miles over varying terrain. Varsity runners race for time as well as place, junior runners will run just for place. It is a demanding sport that takes a lot of hard work and determination.

The Teams:

- Elite Squads: 5th – 8th grade boys and girls: run $1\frac{1}{2}$ miles
- Varsity Squads: 5th – 8th grade boys and girls: run 1 mile
- Junior XC 3rd – 4th grade boys and girls: run $\frac{3}{4}$ mile
- Junior XC K-2nd grade boys and girls: run $\frac{1}{2}$ mile (a parent/guardian must attend practices with Kindergarteners)

The Commitment:

St. Paul's Varsity and Elite Cross-Country team requires a strong commitment on the part of the student athlete. Distance running is a sport and a skill which takes years to develop. Our goal as coaches is to provide every one of our athletes the opportunity to maximize their potential and become the best runner possible. Because of this goal, every workout is carefully planned and is considered important. We have several St. Paul's alumni runners that are running in high school with great success and we want to continue to provide the best opportunities for our athletes.

As a Junior XC runner the main goal is to be fun and develop a love for running. We don't expect every kid to be at every meet and every practice. However, communication is still important so coaches can maintain organization and safety.

Equipment:

1. Practice:
 - a. Running Shoes; recommend First Place Sports to have your child assessed
 - b. Athletic t-shirt and shorts; please avoid cotton, look for wicking materials
 - c. Water bottle
 - d. Sunscreen as needed
 - e. If any runners come to practice without the above items they will be sent to extended where their parents can pick them up after practice
2. Meets:
 - a. Team shirt (included w/ registration fee) and coordinating shorts (you provide)
 - b. Running Shoes
 - c. Water bottle

Injury Prevention:

The best injury prevention involves stretching well, focusing on core strength, eating properly, getting plenty of sleep, staying well-hydrated, and resting when necessary. Having some muscle soreness after running a hard workout is normal.

- If your child is experiencing any pain, please have them notify their coach immediately. The sooner an issue is treated the less severe it tends to be.
- **Multi-sport athletes should discuss their schedule with their coach to ensure they are not overtraining, which increases the risk of injury drastically.**

Hydration/Nutrition:

- Hydration is vital to participating in sports in Florida. Our runners need to be drinking more than the recommended 8 glasses of water a day. They should drink frequently including water, and low sugar sports nutrition drinks with electrolytes.
- Nutrition is also important. Please make sure that our runners are eating diets rich in carbohydrates, protein, calcium, and iron. As athletes, they need more calories: Food is Fuel! Try to avoid junk foods on race day and the evening before a meet.

Practice Times and Expectations:

VARSITY/ELITE XC:

- Mandatory Practice Schedule; ***practices have already started***
 - Monday through Thursday after school until 4:00 or 4:15 PM
- Meets Wednesdays beginning 9/13 ending 10/25
- We expect runners to inform us if they will be missing a practice or meet. We will work with athletes of multiple sports. *Unexcused absences to practices/meets will also mean loss of team membership privileges.*
- All runners are expected to be respectful and follow direction.

Junior XC:

- Practices are Monday and Thursday after school until 4:00 pm; **1st practice Monday 8/28**
- Meets Wednesdays beginning 9/13 ending 10/25; optional attendance
- All runners are expected to be respectful and follow direction and participate.

Practice Cancellations:

Practice will go on even in the rain. However, lightening or torrential rains will cause a cancellation either before or during practice. Emails will be sent out if practice is cancelled and runners will be sent to extended to be picked up.

Meet Cancellations:

Meets will be run in the rain unless otherwise directed. Email notifications of any cancellations will go out by 2:30 the day of the meet.

Team Travel:

- Parents are responsible to get their runner to the meets and keep tabs on them when they aren't running or warming up, otherwise the team should stay together with the coaches. Our league is now officially the largest cross-country league in the state of Florida with 18 Catholic Schools in our diocese competing, parking can be tight at some locations, so carpooling is recommended.

Awards:

- Each League Meet the K-2nd grade boys and girls will receive ribbons for 1st – 15th place.
- Each League Meet the 3rd – 4th grade boys and girls will receive ribbons for 1st – 15th place.
- Each League Meet Elite Squad 5th – 8th grade boys and girls will receive medals 1st – 5th and ribbons 6th – 15th.
- Each League Meet Varsity Squad 5th – 8th grade boys and girls will receive medals 1st – 5th and ribbons 6th – 15th.
- At the Championship Meet on 10/25 1st, 2nd, 3rd place trophies will be offered to top Varsity and Elite teams' boys and girls.
- St. Paul's XC Awards Banquet will be in early November combining both Varsity and Junior XC teams. Additionally, the Varsity/Elite cross-country team will attend the All Sports Banquet on May 10, 2018.

Expenses:

VARSITY/ELITE: Team fees are \$60 per Varsity runner: \$40 to be taken directly out of FACTS and \$20 to go directly to St. Paul's Cross-Country account.

The new athletic fee this school year is \$40 per student per sport, which will be charged through FACTS as soon as the official roster is turned into the school. Since XC keeps their shirts and we have our own banquet there is an additional fee to ensure all costs are covered.

JUNIOR XC: Registration fees are \$30.00 per child, \$50 for more than one runner on the Junior XC team.

Forms/Deadlines/Eligibility:

- Registration form, \$30 fee for Junior XC, \$20 portion for Varsity XC going to SPCS, sports physical forms, and T-shirt orders need to be filled out and turned in to the front office by **Wednesday August 30th**, to ensure delivery of shirts before 1st Meet.
- Athletes must maintain school academic standards; pg. 30 in the Family Handbook.

League Website:

- <http://www.ultimateracinginc.com/csxc.html>
- This site has our league information regarding meets, directions, locations, and results. Additional FAQs will be added to each meet as hosting teams provide the information.

Coaches and Volunteers:

Varsity / Elite Coaches – Georgia Ruen, Brad Kennelly, and Selina Beenen

Junior Coaches – Skye Johnson, Dee Jansen, Shannon Delegal, Casey Russell, Jessica Silhan, Stacie Wilkinson, and Cathy Sumner.

Can you volunteer?

- We need lots and lots of popsicles! Please write XC on popsicles and put in gym kitchen.
- Race day helpers and our host meet helpers on 9/20
- Coaches
- Banquet

Please sign up in one of these areas or contact Georgia Ruen at georgia.ruen@gmail.com

All volunteers must complete “Protecting God’s Children” and get fingerprinted prior to hitting the “track”.

Please be patient and remember that all coaches are volunteers.

❖ Parents, thank you, in advance, for all your support during the 2017 XC Season