

## Lakeview Middle School Cross Country Program

Dear Parents,

Welcome to the 2015 Cross Country Season! I know your son/daughter will be an asset to the team and I am happy to have them on our team! Please be sure that you and your athlete reads over this form and familiarizes yourself with the LMS Cross Country information, policies and requirements.

- Contact information: Coach Ty Cook  
LMS Phone: 706-866-1040  
Cell Phone: 706-619-8232  
E-mail: [tcook.lms@catoosa.k12.ga.us](mailto:tcook.lms@catoosa.k12.ga.us)
- Remind 101: You can receive cross country reminders via text message through Remind101. Remind 101 is a website that provides a safe way for teachers and coaches to text message or email students and parents. Simply copy the following link (<https://www.remind.com/join/lmscc1>) into your web browser and enter your phone number and/or email address, which will be used to receive our updates. Your phone number and email address will be kept private. You can also follow my professional Twitter account (@tcooklms) to receive updates as well. I do not accept friend or follower requests on any social media accounts other than my professional Twitter account.
- My goal is to keep each runner safe, injury free and improving throughout the season. Each runner is unique and they differ in running style, gait, and muscle structure. Each runner has strengths and weaknesses both physically and mentally. I will assess each runner and will adjust the training that best reflects his or her current fitness level. As a runner improves and shows they are capable of handling more mileage and intensity I will alter their training.
- I want you to know that I expect the runners to get at least 8 to 10 hours of sleep each night during the next two months. I need your help with this. Recovery from workouts cannot take place without proper rest.
- I need the runners to have good running shoes. No runner should be running in shoes that are not designed for running or improperly fit. A new pair of running shoes at the beginning of the cross-country season will go a long way in keeping the runners injury free. If you have questions about shoes please ask.
- Diet is an important issue. Unfortunately, it is also one that is difficult to address. I will encourage the runners to eat a well balanced diet and to avoid unhealthy food choices. Runners should NOT drink soda/coffee/energy drinks. They should rehydrate with water and Gatorade. I will encourage the runners to replace fluids after each workout and to get a Powerbar (Protein bar) or the like into their systems immediately after their workouts. Buying a couple boxes of Powerbars and having plenty of Gatorade on hand will be helpful to your runner.
- Each runner should have a watch. Nothing fancy is necessary. Each runner will need to be able to refer to a watch for their individual training times and splits.
- You are an important part of your son's/daughter's athletic endeavor. Your support and encouragement means everything to them. You love them, let me coach them...it seems to work out really well that way:)
- Please take care of all the forms needed for your son/daughter to participate on day one. Contact me if you need any assistance with this.
- Practice will end at 4:30. **Each runner should be picked up at 4:30.** Parents please make arrangements to have your runner picked up at this time. In the event of an emergency please call me on my cell phone.

## Lakeview Middle School Cross Country Policies and Season Requirements

During the season the athletes will need to make sure they are doing all the things required of a student/athlete. Below are the expectations I have for the runners on the squad:

**ACADEMICS** - You are a student first. As a member of the squad you are expected to keep your grades above the level required to participate. If you need assistance please see me.

**PRACTICE** - You are expected to be at all practices. Practices will be held during the school year from 3:30pm – 4:30pm, rain or shine. Members of the squad should not schedule appointments, or other activities for this time slot. If there is something that comes up that requires you to miss practice you will need to let me know in advance.

**MONEY** – Members of the team will be responsible for paying \$40. With this money runners will receive a team shirt, and pay their entry fee to a couple of races which require a fee.

**MEET CONDUCT** - As a member of the cross-country team you represent not only our team but Lakeview Middle School. Do nothing to embarrass yourself, your team, or school. Compete with class and sportsmanship at all times. Show fellowship towards your teammates by greeting each other at school, jogging the course together, warming up together, and by cheering for each other. Always follow the rules.

**ILLNESS AND INJURIES** - If you are sick you should not run. If you become injured inform me immediately. Many injuries can be minimized if they are caught early enough. If you are taking medications make sure your doctor has cleared you to run.

**DIET AND SLEEP** - Diet and sleep are two of the most important aspects of success in distance running. Runners need to eat a well balanced diet. Junk foods with a lot of sugar and fat will not meet the demands of a distance runner. Runners should get plenty of fruits, vegetables, lean meats, and carbohydrates. Runners should also drink plenty of water to stay hydrated. Runners should also get at least 8-10 hours of sleep a night. The only way a runner can truly recover from strenuous work is by getting plenty of sleep. If you have any questions about your diet or sleep habits please speak to me

**TOBACCO, DRUGS, AND ALCOHOL** - There is no place for tobacco, drugs, or alcohol in cross-country. If you can not resist the internal and external pressures to use tobacco, drugs, or alcohol you will be asked to leave the squad.

### **Scoring in Cross Country**

Some parents want to know..."how do you keep score?" With a couple hundred runners whisking past you it is sometimes hard to know. In general a coach can tell if their team is running well by where they are positioned in the early, middle and later stages of the race. Also "splits", times taken at a given point along the course, can give a coach some idea of how the runners are doing.

Having said that, the final scores is taken at the finish line. Points are awarded to individual runners equal to the position in which they finish the race. First place gets 1 point, second place gets 2 points, etc. Only the first five runners for a team count towards the team's scores. Ties are decided by whose sixth runner finishes first.

The lowest possible score is 15 points (1+2+3+4+5 = 15), achieved by a team's runners finishing in each of the top five places. This is known as a "slam". If a team sweeps the top seven positions, producing the same 15 points, it is know as a "grand slam". As you can see...cross-country is a team sport.

**Welcome to the Team,**

*Coach Cook*