

2011 Southland Academy Raiders Cross Country Parent Handout

Welcome to the 2011 Southland Academy Raiders JV and Varsity Cross Country teams. Here are some important things to know:

- 1. How do I reach the Coaches?** Volunteer Coach Patrick Calcutt office 229-924-3900 cell 727-424-4347 email Calcuttlaw@bellsouth.net; Coach Paula McDonald 229-942-8800 or at the school

- 2. When is the first meet?** Saturday August 13, 2011 at 10 a.m. at our home course.

- 3. When is the season over?** The State Meet for the Varsity is Saturday October 29. The State Season-ending Meet for the JV (middle school runners) is Wednesday October 12 at Wesleyan College in Macon. However, the JV also will run in two meets hosted by Region Schools (by agreement) on October 15 at Tiftarea and October 18 at Sherwood Christian.

- 4. Who can run?** 6th through 8th graders are JV runners. 8th graders also can run Varsity alongside the 9th - 12th graders. 8th graders may not race JV and Varsity on the same day.

- 5. How do we get to State?** All JV runners who can make it to the end of the season are allowed to run at JV State. For the Varsity, things are different. We have a six-team Region, and only the top four teams qualify for State, as well as the top 10 individual finishers regardless of team affiliation. Both of our teams qualified in 2010. Our Region in Cross Country includes Sherwood, Tiftarea, Deerfield, Westfield, and Calvary.

- 6. What about holiday weekends?** Once again this year, we arranged the schedule so that we do *not* race on either Labor Day or Columbus Day weekends.

- 7. How do I earn a Varsity Letter?** Like last year, you must compete in and finish at least one of the three home meets, AND one of the away meets, AND be one of the designated top seven or a designated alternate available to run and present at the Region 3-AAA meet and at the State Meet, if the team qualifies. A top seven runner who is later injured before the Region and State may letter as determined by the Coaches.

- 8. I am a Multi-sport Athlete. How do I work this?** Runners come from all sports backgrounds, and we do not expect you to give up an entire sport to run cross

country. This is a small school and it needs its best athletes to compete where they are needed. Last year, our three top Boys runners also played football, for example. For practices, I am going to run 2 workouts back to back. One workout is after school at 3:30. The other workout is at 5:00, intended primarily for athletes who are occupied directly after school with other activities. A typical practice from last year took about 45 minutes. We do not consider practices “mandatory.” What we mean is that you will *not* be denied a chance to compete or earn a Varsity Letter just because you missed practice(s). But please be realistic: Distance running is somewhat of a specialty, and it does require a certain amount of conditioning and a great deal of race preparation -- running fast in practice. Logging a couple of laps on your own after softball / football / cheerleading / dance is not going to make you the elite runners that you can be (and some of you already are). Please use your best judgment and don’t forget your homework.

9. **When is practice?** Before school starts, we are going to run generally at 6:00 in the evening Monday through Thursday, from or at the school, beginning July 21. Once school starts, I am going to run 2 workouts back to back. One workout is after school at 3:30. The other workout is at 5:00. The schedule through the first meet is below.
10. **What do I need to bring?** I suggest a good pair of arch-supporting insoles be put inside whatever pair of running shoes you can find at a reasonable price, then throw on some shorts and a shirt, and you’re there. I happen to run in whatever is on sale, but many of you need to be evaluated by a specialist to look at your gait and arch. I am a fan of Capital City Runners in Tallahassee. Please spend your parents’ hard-earned money wisely. Usually, you can find a quality pair of running shoes for fifty dollars or less.
11. **Racing shoes and uniforms:** Uniforms: The JV will race in last year’s uniforms. The Varsity will race in the new track uniforms. Racing Shoes: We have at times had kids order (and their parents pay for) these shiny black and silver cross country racing spikes. These are nice, but not mandatory. Some people race in flats, some in spikes. I preferred spikes myself as a high school and college runner, but they need not be expensive and need not match anyone else’s shoes. The shoes do not make the runner, but a lack of arch support and heel cushioning can lead to shin splints and painful stress fractures.
12. **So, what’s this all about?** Your team is more important than you are. If you remember that every day, great things can happen. Don’t forget to have fun.
13. **Totally un-mandatory summer practice schedule:**

Thurs 7/21 6:30 pm at Southland football field / track behind visitor's bleachers

Mon 7/25 6:00 pm at Southland football field / track behind visitor's bleachers

Tues 7/26 6:00 pm at Southland football field / track behind visitor's bleachers

Wed 7/27 6:00 pm at Southland football field / track behind visitor's bleachers

Thurs 7/28 6:00 pm at Southland football field / track behind visitor's bleachers

TEAM FOOTBALL PROGRAM PICTURES WILL BE THE WEEK OF AUGUST 1

Mon 8/1 6:00 p.m. at Southland football field / track behind visitor's bleachers

Tues 8/2 6:00 p.m. at Southland football field / track behind visitor's bleachers,

Wed 8/3 6:00 p.m. at Southland football field / track behind visitor's bleachers,

Thurs 8/4 6:00 p.m. at Southland football field / track behind visitor's bleachers,

Sat 8/6 if interested, some of us are running a 5k / 1 mile road race Saturday in Leesburg

Race Week:

Mon Aug 8 regular practice schedule begins

3:30 or 5:00 p.m. at the track (meet behind the Visitor's Bleachers) – warm up, segments, cool down

Tues Aug. 9 3:30 or 5:00 p.m. at the track (meet behind the Visitor's Bleachers) – warm-up, 4 x 500 stadium loop, cool-down run

Wed. Aug 10 3:30 or 5:00 p.m. at the track (meet behind the Visitor's Bleachers) – warm-up, 3 x 500, baseball field loop, cool-down run

Thurs Aug. 11 3:30 or 5:00 at the track (meet behind the Visitor's Bleachers) – warm-up, 3 x hills on the course, cool-down run from the course, cool-down

Fri. Aug. 12 3:30 or 5:00 p.m. at the track (meet behind the Visitor's Bleachers) – warm-up, pre-race walk-through workout 4 x 200 grass, cool-down

Sat. Aug 13 – Home Season Kick-off Meet

Race Times:

Varsity Girls 10 a.m.; Varsity Boys 10:45 a.m.; JV Girls 11:15 a.m. JV Boys 11:45 a.m.

Sun Aug. 14 off day (run on your own)

14. **Photos:** I will need a team photographer with a digital camera at each meet and at some of the practices for posterity and for the new team web page on the new web site.
15. **NCAA:** High School runners seeking to run in college need to register with the NCAA Clearinghouse and update information as it becomes available such as your grades, sports and SAT scores.

EVERYTHING YOU WILL NEED CAN BE FOUND AT
www.Southlandacademy.org under Sports, cross country