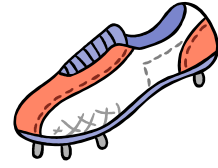




## PARENT'S GUIDE TO LASSITER CROSS COUNTRY



Congratulations! Your child has just become a member of the most successful athletic team in Lassiter's long history.

Cross Country is a unique sport, which provides the opportunity for everyone to succeed. Success comes in many forms, mental as well as physical. The coaches hope that we will provide a nurturing environment that you and your child will find rewarding.

It is our hope that each parent will become involved in supporting the coaches at your home and at the meets. In this way your child will be more likely to reach his/her potential.

Updated 8/15/08

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## YOUR PART BEFORE THE START

As your child is entering his/her first weeks of competition and perhaps training there are a number of areas that may concern you as a parent. How can you assist them? What should you expect? How should a student athlete prepare and deal with training and competition in terms of eating habits, sleep and mental attitude?

As a rule don't change any aspect of the normal daily routine. Everyone should remain the same in terms of household responsibilities, appropriate social, eating, and sleeping habits.

Be aware that it is normal for a rookie athlete to experience muscle soreness. It is not normal to have swelling. Soreness of this severity should be brought to the attention of the coaches. An athlete in training is subject to injury especially if he/she has not adequately prepared in the pre season. As a coaching staff, we will continue to push your child when they are sore and tired so that he/she will be as fit as possible by Region and State. We obviously do not want anyone injured therefore when conditions warrant, we will modify training or rest the athlete.

If we feel that your son or daughter needs medical assistance please proceed with as quickly as possible to seek assistance. If you are unsure whether or not your family doctor is versed in sport medicine we can often suggest qualified medical professionals who are experts in the field.

We often provide stretches or strengthening exercises and ice to facilitate dealing with an injury or strain. Seldom do we advise the use of heat on an injury. Sometimes this requires assistance. Your help would be appreciated.

A well balanced diet is essential for optimal performance. This is one area that as a coach that I have little control. Any nutritional change should be gradually adopted.

On meet days or the night before, athletes should avoid high fat and fried foods, eggs, milk, carbonated and acidic beverages. Take advantage of easily digestible foods in small quantities. Carbohydrates are the food of choice, baked potato, pasta, breads, etc.

Water should be plentiful.

Generally the last intake of food should be 2-3 hours before competition and this should be a light meal or snack. Drink up until 20 minutes prior to competition!

Go into a race on the hungry side rather than the other way around.

# HOW TO APPROACH YOUR FIRST MEET

## Race Information

Coaches normally distribute an information sheet three days prior to an upcoming meet. This sheet provides details for the athlete and parents concerning items such as:

Date of the meet

Departure time and location

Race schedule

Transportation

Course information

Awards

Entries

Competition to expect

Return time (approximate)

Travel directions and destination

Emergency contact information if applicable

Look for these sheets on the web page by Tuesday or Wednesday.

## Pre- Race

Get acquainted with the course and strategic spectator points; i.e., the start and finish lines as well as lesser-frequented areas where you may actually be heard over the cheering crowd.

Know the Lassiter uniform so that you can encourage all of the team members.

If transportation is not provided, all athletes are expected to arrive one hour before the first race regardless of whether or not it is their race. Each team member supports his/her teammates. Athletes should not transport other athletes (this is a liability concern) unless specific parent to parent contact is made to arrange this.

Be aware that numerous races will be run during the course of the meet. A cross-country meet may last anywhere from two hours to a full day or more.

Races may be organized in a variety of ways depending on the number of teams, the divisions (var., jv, boys, girls, etc.). Find the division for the race that your child is to participate in.

DO NOT expect the attention of your child once they have joined the team at the race site. They need time to mentally and physically prepare for the race with the coach and team.. Parents should not actively “coach” their child. Anyone seen as coaching, outside of the official staff, may cause the team to be disqualified.

### During The Race

Cross Country is not a sport observed from a stationary point. There are many ways for the spectator to enjoy watching a race. Certainly the start and finish are exciting aspects that you don’t want to miss out on but every child gives his/her all at these points! There are other vantage points along the course where the athletes lose concentration and need encouragement. You can be beneficial by helping with split times or just voicing words of encouragement. The coaches may also solicit your help with splits or videotaping.

### Post Race

It is important to expect that immediately after a race, a runner will be very fatigued with symptoms such as rubbery knees, glassy eyes, the appearance of fainting, nausea, and salivating. These symptoms usually subside quickly. Coaches are trained to treat these and other symptoms. There are generally medical personnel at the bigger meets.

After a runner comes through the finish chute and receives a place card, it is his/her responsibility to report directly to the coaches to turn in the card and to be given feedback concerning the race.

Athletes are also expected to do a team cool down before socializing. This does not mean that parents should refrain from contacting their child. A quick pat on the shoulder or congratulatory remark is certainly appropriate.

All athletes are also expected to cheer on their teammates who are in the same race or in later races.

Athletes should not leave until the Coach dismisses them.

We expect your child to ride the bus to and from the competition whenever the bus is made available.

# SETTING AND REACHING GOALS

The setting and assessment of goals is a team and an individual matter in Cross Country. Some particular goals may include:

PR – PERSONAL RECORD – your fastest time on a certified course.

RACE PACE – maintaining a particular speed throughout a race

PLACE – place of finish relative to the entire field, your team ,your grade

GRUDGE – beating a particular adversary

STATE QUALIFYING – Top four in Region (team)  
Top 6 at region individually

ALL COUNTY – essentially top seven in county

ALL METRO – top 20-24 in state (all divisions)

## SUCCESS

Athletes should not measure their success or failure against a single criteria. Having multiple goals insures some degree of success.

Goals must be specific, measurable and realistic. If a goal does not meet these requirements then the athlete is destined for less than optimal results.

It is our job as coaches to assess your child's ability level and help them establish these goals for themselves. **NO ONE CAN DO THIS FOR THEM!**

## FAILURE OR DISAPPOINTMENT

Expect the possibility of disappointment after a race. One goal may not have been met yet another may have! Point this fact out.

Every one has a bad race! Sometimes the athlete needs some emotional space from parent and coach. Respect this!

## SCORING A MEET

You can compare scoring in Cross Country to golf: **low score wins!**

Each runner completing a race is given a card in the finish chute with a finish place written on it. (for example, the first finisher gets #1, the 6<sup>th</sup> finisher gets card #6, etc.) The places of the first five runners finishing the race for each team are added to compute the team score.

A total team score of 27 or less is a sure winner!

There are usually seven runners on a complete squad. While not actually figuring into the team score, the sixth and seventh runners may serve to bump up or increase the team score of the opposing team by placing ahead of any of the top five runners from the competition. In the example below, Team B wins by the 6<sup>th</sup> and 7<sup>th</sup> runners finishing before Team A's 5<sup>th</sup> runner. Thus bumping up the score of team A.

<u>Team "O" 30 points</u>		<u>Team "X" 27 points</u>	
Finish Place	Team	Finish Place	Team
<b>1<sup>st</sup></b>	X	8 <sup>th</sup>	O (4)
2 <sup>nd</sup>	O	<b>9<sup>th</sup></b>	X (5)
3 <sup>rd</sup>	O	<b>10<sup>th</sup></b>	X (6)
<b>4<sup>th</sup></b>	X	<b>11<sup>th</sup></b>	X (7)
5 <sup>th</sup>	O	12 <sup>th</sup>	O (5)
<b>6<sup>th</sup></b>	X	13 <sup>th</sup>	O (6)
<b>7<sup>th</sup></b>	X	14 <sup>th</sup>	O (7)

In the example on the next page, both teams tie in points with their first five runners. The tiebreaker is the 6<sup>th</sup> finisher. If your team's 6<sup>th</sup> place finisher is in front of the 6<sup>th</sup> place finisher for the opposing team then your team would be victorious!

	<u>Team A</u>	<u>Team B</u>
1.	2 nd place	1 st place
2.	3	4
3.	5	6
4.	7	8
5.	<u>11</u>	<u>9</u>
	<b>28</b>	<b>28</b>
6.	12	<b>10</b> Team B wins with the 6 <sup>th</sup> runner.
7.	14	13

### Invitational Meets

It is possible to have fifty or more teams competing in an invitational. Running in a pack is important to keep the team score low. For example if five team members finish 1,2,3,4,and 80, giving a total score of 90 points, another team “packing” all five runners close together (12,13,16,17,30 for a score of 88) will beat them.

### Results

Race results take time to compile. Officials receive place cards and with them calculate team and individual scores. This process is slowed by the fact that adjusted scoring is necessary whenever teams fail to have 5 or more runners finish the race. These runner’s places must be disregarded and each individual’s finish place and each team’s score must be “adjusted”!

### Awards

Generally at small meets awards are not given. At invitational meets awards are usually given for individual and team performance. The awards can be presented as a runner finishes the race or at a designated time between races or at the finish of the meet.

## Avenues to Success

Cross Country teams are made in the Summer time, consequently we encourage each athlete to practice all summer when other kids are lounging. High mileage is necessary to excel. Our program however is modest in terms of mileage. Our top varsity boys usually do not exceed 50- to 60 miles per week. Some programs in Georgia have their athletes running 90 to 100 miles per week. We feel that quality in the miles makes up for the lack of quantity.

Running camps are a part of summer training. In the spring we will provide your child with camp information.

Almost every successful Cross Country runner competes in spring track with the possible exception of soccer players. We encourage all of our athletes to do both Cross Country and Track.

Underclassmen do less than half the mileage of the veterans. They are not encouraged to join in on the long weekend runs that the older athletes engage in. We give them time to adapt.

Lassiter has had seven State Championship Teams and numerous individual cross country and track state champion athletes who trained under our system. Our system is scientifically based so that it allows the most athletes to be successful. We feel confident that your child will be afforded every opportunity to enjoy success individually and with a team. An added benefit is that the team promotes those qualities that are desirable in young men and women.

Many of our athletes go on to run in college but even if they do not, colleges and prospective employers look favorably upon distance runners because they know that these students are disciplined and self motivated.

Although running is the primary tool used to create a top-notch cross-country runner, there are several other ingredients to their makeup. Among these ingredients are:

1. **Rest** – a runner needs more sleep than the average person. The body must repair itself.
2. **Diet** – runners need a balanced diet. Most teenagers do not receive adequate nourishment and therefore should be taking a multi-vitamin mineral supplement including iron.
3. **Mental** preparation: One can psych themselves up and out. Obviously we prefer the up!

## PRE-RACE MEAL RECOMMENDATION

Eat approximately 3-4 hours before the “Big Meet”.

### **SAMPLE BREAKFAST MEAL:**

- a. Bowl of oatmeal with skim milk. (other similar cereal may be substituted)
- b. Glass of orange juice. Other juices may lead to gastric problems!
- c. Dry toast and jelly – 2 slices. (no butter!)
- d. Regular tea. Not decaf
- e. Cool water (even if you are not thirsty)
- f. Avoid **Fats** or **Sweets** for twelve or more hours prior to the meet.
- g. If you eat closer to race time then reduce the volume.
- h. Take your last fluids no closer than 20 minutes prior to race start and limit the volume to 8 ounces or less.

### **SAMPLE DAILY RATIONS**

**Breakfast:** Eat whole grain cereal, fruit, and one % or skim milk, and maybe toast, a bagel or an English muffin. Do not skip breakfast!

**Snacks:** Bagel, crackers, or non-fat yogurt.

**Lunch:** Vegetables, baked chicken or fish, peanut butter and jelly or a tuna fish sandwich (avoid fatty lunch meats). Cheese pizza is also a good choice.

**Afternoon snacks:** Eat a piece of fruit 1 hour before practice. Yellow fruits and vegetables contain potassium which helps prevent muscle cramps. Examples of sweet snacks that are nutritious include: ginger snaps, vanilla wafers, fig newtons, oatmeal-raisin cookies, graham crackers, or animal crackers.

Drink plenty of fluids (fruit juice, water, Gatorade or Powerade) after your workout but don't bloat yourself so that you lose your appetite.

**Dinner:** Pasta, baked chicken or fish with rice, a green salad, a cooked vegetable, and bread. Avoid the toppings that are heavy in butter, cream, etc.

4. **Fluids** – Provide your child with electrolyte replacement drinks

- (diluted O.J. with a pinch of salt is just as effective and more nutritious) in place of soft drinks. Dehydration is the number one reason for poor running performance but one of the easiest to prevent.
5. **Mental training** – A runner should have goals for his/her running. These goals if committed to, provide the motivation necessary to stick to a challenging task.  
Place a subtle reminder on the mirror or the refrigerator so that your child remains mentally on task but don't push the issue.
  6. **Equipment** – There are two primary pieces of equipment for a runner!  
One is shoes and the other is a watch with a stop function. Shoes are so complex today that they are almost a prescription item. Many salesmen do not know enough to help your child choose properly. Two stores that we have found very helpful are Phidippides and Fleet Feet Sports both of which are located in Sandy Springs.

LOCATIONS:

**Phidippides** – Sandy Springs  
229 Sandy Springs Circle, Atlanta  
404-255-6149

**Big Peach** – Johnson Ferry Road  
1062 Johnson Ferry Road  
770-579-0444

- If you go to buy new running shoes carry your old shoes along with you so the salesperson can evaluate the wear pattern for possible problems.  
The pace of the run often determines the quality of our training. Without a watch an athlete is at a disadvantage.
7. **Injury care** – Athletes must take care of the little nagging problems before they escalate.

## BE A BOOSTER BACKER

An organized parent group can be a great asset to any Cross Country program. In addition to being spectators, active involvement with the team can increase the feeling of unity felt by all. And although it may not appear to be so, the team aspect of cross-country is vital to individual as well as team success! In the past I have had parents express surprise at the team comraderie involved in Cross Country.

The main goals of a parent group in cross-country are moral and financial support of the team. Over the past several years the school system has not provided the Cross Country team with financial support except in the case of bus transportation. We must provide our own means.

It is vital that the booster club work in conjunction with the coaches, athletic director, principal and school.

The roles of the various booster club members are numerous. Volunteers are needed at all meets and functions. Please see our Booster Club President to become involved.

Listed below are Booster jobs that we hope someone will volunteer to support:

1. Apparel – sell, order, distribute
2. Dues – collect( work with treasurer)
3. Accommodations – motel and transportation reservations
4. Publicity – phone, e-mail or fax results to newspapers
5. Refreshments – team drinks, fruit, etc.
6. Team party - reservation, food, drinks, games
7. Video – season compilation including summer runs, 12 Minute Run, all meets and special occasions
8. Chaperones – supervise on overnight trips
9. Timers – splits and final times at meets
- 10.Trails – assist on workday with trail maintenance
- 11.Banquet – coordinate assistants
- 12.Team picnic if applicable.
- 13.Meet assistant – timers, pickers, ushers, monitors
- 14.Photos – digital or film pictures of every athlete in competition
- 15.Collage – Produce a collage from photos taken throughout the year

16. Tents – Transport and erect and take down tents for meets
17. Decorate lockers for Region and State
18. Course setup – setup chute posts, mark start and finish line, swing ropes, flags, direction signs
19. Stencil Trojan Heads on Senior driveways
20. Pasta dinners
21. Statistics booklet – compile booklet which contains season stats  
Work in conjunction with coaches
22. Peachtree Roadrace hospitality – Set up tent, fruit and drinks at Piedmont Park
23. Construct a permanent Wall-of-Fame display case for concrete wall near entrance to the Track
24. Construct a trophy case to display Region and State trophies
25. Frame and mount team photos for the past 27 years

## MAKING ENDS MEET

Many parents of our runners grew up where funds were made available through the school system all for athletics. This is not the case in Cobb County.

Many of you might wonder what we would need funds for. Over the past few years our budget has exceeded \$20,000. These funds have added a great deal to our overall program and we are the envy of many schools. The money we raise is cared for by our voluntary Booster Club Officers and a review is available for inspection.

Listed below are some of the ways funds are spent:

1. travel
2. motels
3. sweats
4. banquet
5. timing equipment
6. video equipment
7. photographic needs
8. drinks
9. fruit
- 10.camps
- 11.team dinners
- 12.banners
- 13.tents
- 14.awards
- 15.publishing
- 16.t-shirts & other apparel
- 17.entry fees
- 18.appreciation funds for volunteer coach

Methods of fund raising may include:

. Our previous booster parents have opted to pay dues rather than have a host of fund raisers. **Dues** were set at **\$175** per athlete based on prior season expenses. Some athletes will be required to pay additional fees for special occasions such as the Smoky Mountain trip. Your help will be appreciated as we enter another season with great expectations and a small pocketbook.

# CROSS-COUNTRY GUIDELINES

Helpful information for parents and runners:

## Safety

1. Run facing traffic when on the roads.
2. Run with a partner if you can do so at your own pace
3. Inform the coach if a runner is hurt and unable to continue on their own so that he can provide assistance
4. Do not use headphones(IPOD) when at practice
5. Terminate your run if severe weather threatens. Seek temporary shelter.
6. Discuss injuries with a coach before they become serious
7. Shoes must be properly selected and replaced. Check with a coach for shoe recommendations.
8. Always run the prescribed route

## Participation

1. Be at every practice unless you clear your absence with a coach
2. Maximum unexcused absences –2 More will result in discipline.
3. Never miss school or practice the day before or the day after a meet
4. Academics come before athletics! See a coach **before** you get into trouble with grades.

## Practices

1. Run with people of your ability level or better. Don't wait on a slower runner!
2. Be prepared for inclement weather ( have a pair of sweats with you)
3. respect private property when sent out on the roads (avoid trampling lawns)
4. follow your rehab routine after injury
5. Injuries do not excuse from practice. An alternate workout will be provided. **Only coaches can excuse you from practice!**
6. Be on time! We will not wait on you! If an athlete is late for a trip it is the parent's responsibility to get their child to the meet. Athletes should not drive themselves without prior approval!

7. Cross Country meets are run in rainy weather therefore we practice in the rain
8. Stretches and strides should always be done before and after workouts

### Competition

1. Warm up and cool down **with your teammates**
2. Double tie your shoes
3. Break in a new pair of shoes before you use them in a race
4. Always bring a second pair of shoes and socks to race in
5. Always eat at least 3 hours before you race
6. Get adequate sleep (8 hours) for at least two nights preceding competition.
7. Never be out **past 10 p.m.** the night before a meet. Being out after curfew can result in disciplinary action.
8. Drink plenty of fluids the night before a race.
9. If you are given specific race directions, follow them!
10. Be courteous to other competitors and officials
11. Always check out with a coach before leaving a meet
12. Be aware that alcohol and drugs will not be tolerated. Violators of this rule will be dismissed from the team.

### Eligibility

1. You must be enrolled in at least 5 classes
2. You must be on track for graduation (You must have accumulated the appropriate number of credits for your grade level.)
3. You must live in the Lassiter district with your legal guardian

# LETTERING CRITERIA

## LETTERING IS POSSIBLE VIA TWO AVENUES.

One may letter by “point “ accumulation or by virtue of performance.

An athlete must earn a total of 125 points in order to earn a varsity letter.

Points may be accumulated through the following:

1. One point per day will be earned for attending practices from Aug. 4th through October 31st. (approximately 60 points possible)
2. Two points for each practice from June 30 through Aug. 1st. (approximately 42 points possible). Three points for voluntary weekend practices (number varies per season)
3. Three points for each day attending a Cross Country Camp. (15 points possible)
4. Five points for recruiting another runner to the team. (boy or girl)  
Ten points possible for recruiting a person who letters during their first season on the team.
6. Twenty points for completing the required Summer mileage.  
Mileage requirements are:  
Boys: 9<sup>th</sup>- 290 mi. 10<sup>th</sup>- 350 mi. 11<sup>th</sup> – 410 mi. 12<sup>th</sup> – 470 mi.  
Girls: 9<sup>th</sup> – 230 mi. 10<sup>th</sup> – 290 mi. 11<sup>th</sup> – 350mi. 12<sup>th</sup> – 410 mi.  
Mileage accumulated starting July 14th thru Sept. 28(77 days)  
Signed Mileage calendars must be turned in on the 29th of September.
7. Attend the State Meet with the team to show your support and receive 5 points.

Athletes are responsible for turning in a tally of points at the end of the season.

Failure to do this may result in you not receiving your Letter at the Banquet.

Runners may also automatically letter by:

1. Ranking in the top seven runners at the end of the season. ( Rank determined by cumulative finish place during the season ) Greater weight will be awarded for higher finishes at County, Region and major invitationals.
2. Placing among the top 35(Boys)/30 (Girls) at the Region or County meets.
3. Placing in the top 7 B/G at JV County or Region
4. Being selected to represent Lassiter at the State Meet

Runners will forfeit team points or their Letter by failing to follow team rules or guidelines.

Runners must finish the season in good standing and attend the Awards Banquet in order to receive their Letter.

## CROSS COUNTRY GLOSSARY

DUAL MEET	A competition between two opposing teams.
FALSE START	Runner leaving the start line early. The runner will be disqualified. Race restarted!
FARTLEK	A Swedish term, which literally means speed play. A run that involves bursts of speed randomly dispersed throughout a long run.
FINISH CHUTE	The roped off area at the finish, through which runners are directed in order to establish place in a race.
INTERVALS	A series of vigorous exercise bouts followed by rest intervals so that heart rate returns to normal.
INVITATIONAL	A meet between a larger number of teams. (usually 5 or more)
<u>JUNIOR VARSITY</u>	Refers to 9 <sup>th</sup> and 10 <sup>th</sup> grade runners. May also refer to all runners except the top seven
LSD	Long run that is done at a slow, easy pace (long, slow distance)
PACE	Rate of speed maintained over a prolonged course
PACK RUNNING	Any group running in close proximity
<u>PERSONAL RECORD</u>	A runner's best time for a certified distance or on a particular course.
RACING FLATS	A lightweight shoe designed primarily for racing: not training.
SURGE	A racing tactic involving an increase in pace that is meant to discourage an opponent
STARTING BOX	Designated area on the start line from which a team starts the race. Sometimes called the gate or lane
TEMPO RUN	A continuous run done at a quick pace( 80-85%) Designed to boost oxygen carrying capacity.
TRAINERS/FLATS	Shoes made for longer training bouts at slower speeds. The majority of our runs are done in flats!
WARM UP	exercises which prepare the body for the intensities of competition
WARM/COOL DOWN	Exercises that are designed to facilitate quick recovery from a competition or practice.

# 2008 LHS CROSS COUNTRY SCHEDULE

DAY	DATE	EVENT	PLACE	TIME	DIV.
FRI.	SEPT. 5	12 MINUTE RUN	Lassiter	7:00 PM	ALL
SAT.	SEPT. 6	CHATT. TUBING	Dhalonega, GA	8:00 AM	All
FRI	SEPT. 12	Kell/Lass/Whe	McCleskey MS	6:00 PM	JV
SAT.	SEPT. 13	Carrollton Inv.	Carrollton, GA	8:00 AM	TOP 17
SAT.	SEPT. 20	SANDY CREEK INV.	Tyrone, GA	8:00 AM	JV
SAT.	SEPT. 26-28	CITADEL INV	Charleston, SC	8:00 AM	Top 50
Mon.	SEPT. 29	Mileage Logs Due			ALL
SAT.	OCT. 4	COBB COUNTY	Acworth	4:00 PM	ALL
SAT.	OCT. 11	GREAT AM INV.	Hoover, AL	8:00 AM	VAR
WED.	OCT. 15	HOUND HARRIER INV.	Life College	TBA	JV
SAT.	OCT. 18	WOOD INV.	Gainesville	8:00 AM	TOP 10
SAT.	OCT. 18	HUSKY INV.	Trussville, AL	TBA	TOP 10
Wed.	OCT. 22	Lass/Cent/Kell	McClesky MS	6:00 PM	JV
THUR.	OCT. 30	REGION 6-5A	Acworth	2:30 PM	ALL
SAT.	NOV. 8	STATE	Carrollton	1:30 PM	VAR
SAT.	NOV. 15	BANQUET	LHS Cafeteria	6:00 PM	ALL
SAT.	NOV. 29	FOOTLOCKER SE	Charlotte, NC	TBA	Select

**CHECK "WWW.LHSXC.ORG" FOR UPDATES AND ANNOUNCEMENTS**

## QUESTIONS?

1. Are there different shoes for Cross Country? Yes! Some runners use spikes but not everyone should use them. Check with Coach.
2. Who is varsity/jv? The top seven runners are the official varsity. In some meets we are able to run 10 in varsity.
3. Where do I get the right shoes? See page 11 in this document.
4. Where do I get a uniform? Uniforms are sold by the “Big Peach” on Roswell Rd. 770-579-0444.
5. What do I have to pay for? Dues are \$175. There are additional fees for overnight trips.
6. Are there team photos? Yes. You will receive an email and the web site will give details.
7. How often and when will practices be held? Mandatory practices begin on Monday, August 4<sup>th</sup> at the LHS track. Practice is scheduled for 7:00 to 8:30 PM and will remain at that time until the temperature begins to cool.
8. Where do we run? Unfortunately Lassiter is surrounded with asphalt or concrete. This forces us to run on the sidewalks and roads. Some runs are held at the Chattahoochee trails Kennesaw Mountain.
9. What transportation does the school provide? Transportation is provided by the school system for all in state competitions. There is no transportation provided for practices.
10. How long does a meet last? Meets usually consist of four races including A varsity and JV division for boys and girls. Each race is scheduled approximately 40 minutes apart. All athletes are expected to cheer on their teammates!
11. How do parents know when and where their child competes? Meet information will be posted at [www.lhsxc.org](http://www.lhsxc.org) several days in advance of the meet.
12. Are older athletes allowed to drive to meets? This is usually not allowed. There are a couple of exceptions.
13. Can parents take their kids from meets? Yes, if the meet is a JV level competition. No, if the meet is a varsity competition and we have traveled together to the meet. See page 5 for more info.
14. Should parents call the coaches with questions or concerns? Absolutely! However, many questions can be answered by booster officers or veteran parents.
15. Is there a set of team rules that will be distributed? Coaches will discuss rules with athletes and athletes will be required to sign a form

- indicating that they know the consequences of alcohol/drug/tobacco use.
16. How can my child earn a “Letter”? Lettering criteria documents are distributed to all team members and the criteria can be viewed on page 17 of this document.
  17. Does the coach keep records of each athlete's performance? Yes. Complete statistics are distributed and posted on the web page after each meet.
  18. Are injuries common in distance runners? Yes, in fact female cross country runners have more injuries than any other group of athletes in any high school sport. Many of these injuries can be avoided if athletes adequately prepare for the season by gradually building up their mileage, eat a proper diet that includes adequate calcium, iron and vitamin C and wear proper shoes.
  19. Does the school have a trainer available? Yes! In addition to this Coach Hutcherson has substantial first aid training and he has trained as an EMT.
  20. Do boys and girls have the same training? Yes, but everyone's training is individualized based upon their present level of conditioning or experience.
  21. What should my child eat the night before or the day of a meet? See pages 3 & 10 for suggestions.
  22. What should my child drink? Electrolyte drinks such as Gatorade are great for rehydration. They should not be used between events. Some athletes do not tolerate anything except water shortly before or during competitions. Gatorade and water are provided at most practices and all meets.
  23. Are lockers available? Lockers are available in the school and in back of the Cross Country office. Athletes should bring their own locks.
  24. Can runners compete unattached apart from their team? There is no state rule against this but it is not advisable. Athletes should discuss any such races with the coaches. Post season meets are encouraged if the athlete is up to it.
  25. Are there scholarships available for distance runners? Definitely! Many of our past runners have received scholarships to run in college.