



## 2011 North Cobb Cross Country Team Handbook

### What is Cross Country?

XC is a team sports that competes at the JV and Varsity levels throughout the state and the country. The competitions are held in open spaces, away from roads and buildings, and teammates run at the same time, typically divided by age or ability. The typical distance of the race is 3 miles or 5K

### What do I need?

You will need the following items at practice and competitions:

- Water bottle
- Running Shoes
  - Not court shoes, skating shoes, wrestling shoes, dancing shoes, but RUNNING SHOES, preferably purchased at a specialty running store.
  - Big Peach Sports on Barrett Parkway offers a 15% discount to all North Cobb XC runners.
- Digital Stopwatch
- Running shorts and t-shirt
- Clean dry socks, preferably dry-fit for every run
- SUNSCREEN!!
- Racing spikes (racing shoes) are optional

### What does it cost?

Our team fee is \$175.00. Athletes who pay their dues by the date specified by the boosters club will receive the following:

- a dry-fit team shirt
- team cotton t-shirt
- a fitted team hoodie
- mesh warm-up shorts
- NCXC Car Magnet
- Uniform usage for the season
- Team fees also cover the end-of-year banquet and refreshments at meets and practices.

ATHLETES WHO HAVE PAID FEES BY OUR KICKOFF PICNIC ON 8/4 WILL BE GUARANTEED ALL SPIRIT WEAR PRIOR TO THE FIRST COMPETITION (8/29)

*If for whatever reason team fees are difficult to provide, please notify our treasurer, Karen Ramon at [kgramon@att.net](mailto:kgramon@att.net) to work out installments or other alternative payment arrangements. .*

### What are the basic expectations?

As our program has grown larger and more competitive over the past few years, we have adopted the following standards:

To participate on the team, each athlete must

- Abide by the CCSD behavior agreement provided in the physical paperwork
- Make adequate progress towards graduation and have passed a *minimum* of two of his/her courses in the semester prior to our XC season
- Exhibit MODEL behavior, citizenship, attitude, and work ethic. WE ARE AN EXEMPLARY GROUP AT NCHS, and no behavior which tarnishes the image of our school or team will be tolerated, including, *but is not limited to*,
  - Foul language
  - Poor sportsmanship
  - Attendance/behavior concerns in the classroom or on the team
  - Not completing workout as requested without notifying a coach
  - Being in an unsupervised area during practice or at a competition
  - Physical or verbal harassment.

- FAILURE TO ABIDE BY THESE EXPECTATIONS WILL RESULT IN A SINGLE WARNING. SUBSEQUENT OFFENSES WILL RESULT IN SUSPENSION OR REMOVAL FROM THE TEAM.
- All athletes are expected to complete the season and PARTICIPATE IN THE WARRIOR WAY 5K FUNDRAISER in order to receive letters and certificates of participation

## Groupings

There will be 2 major groupings: The “Competition” group and the “Participation” group

- Initial placement determined by time trial
  - 2 mile time trial on Friday, August 19<sup>th</sup>.
- Must hit certain standards to be in “Warrior” group
 

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| • 9 <sup>th</sup> grade boys: 16:00  | 9 <sup>th</sup> grade girls: 19:00  |
| • 10 <sup>th</sup> grade boys: 15:00 | 10 <sup>th</sup> grade girls: 17:40 |
| • 11 <sup>th</sup> grade boys: 14:00 | 11 <sup>th</sup> grade girls: 16:30 |
| • 12 <sup>th</sup> grade boys: 13:00 | 12 <sup>th</sup> grade girls: 15:30 |
- Students may move groups after competitions have begun at coaches’ discretion

## Practices

- The full team officially practices each day after school. Athletes are expected to dress out in the PE locker rooms and store bags either in a coach’s classroom or in a car. We will then meet at the track to start practice. **WARMUP BEGINS SHARPLY AT 3:50. LATE ARRIVERS WILL BE ASKED TO CLEAN THE STADIUM AREA AT THE CONCLUSION OF PRACTICE.**
- On exceptionally hot or rainy days, we’ll move into the main building to the aerobics room or a classroom. A captain will be at the track to direct athletes.
- ANY PRACTICE CANCELATION WILL BE ANNOUNCED BY TEXT MESSAGE TO ATHLETES AND TWITTER MESSAGE TO PARENTS/GUARDIANS
- Practice ends by 5:30 each day, unless we leave campus. Athletes should be picked up by the gym/track area, **EXCEPT ON FRIDAYS WHEN WE ASK THAT ATHLETES BE PICKED UP IN FRONT OF THE SCHOOL TO HELP SECURE THE PARKING LOT.**
- On some days, practices will be held off-site. Students will be bussed to Kennesaw Mountain Park Visitor’s Center or the Army Corps Property on County Line Rd. These practices are posted on our team website, [www.northcobbcrosscountry.com](http://www.northcobbcrosscountry.com) ‘s Google Calendar and our team flotrackr page. PARENTS, PLEASE PAY ATTENTION TO THE DATES THAT WE PRACTICE OFF-CAMPUS. We would prefer if kids were picked up at the site, but we can also bus or drive athletes back to N.Cobb if necessary. We will return to school between 6 and 6:30.
- Varsity athletes will be asked to run AM practices in August and part of September. These are critical to our team’s success and allow us to maintain summer fitness without having to do too much in the afternoon heat. Athletes should arrive at 6:45 AM. Practice will be over in time for athletes to shower before school starts.
- Practice Attendance: Athletes are required to attend all practices.
  - EACH ATHLETE IS ALLOWED 4 MISSED PRACTICES. PERIOD. This should allow for medical concerns, tutoring, and any other schedule conflict. XC needs to be a priority.

## Competition/Racing

Cross Country race distance for GHSA is 3 to 3.1 miles. Courses are run on grass or wooded areas. (Occasionally a shorter race will be run for JV athletes only)

**Varsity races:** The top 7 athletes on both the boys and girls teams, regardless of grade, are considered varsity.

Regional, state, and many invitational meets limit entry to 7, although some races will allow up to 10 or even 12 designated “varsity” runners (with the top 7 factoring into the scoring)

**THE DETERMINATION OF VARSITY ATHLETES AT EACH MEET IS MADE BY THE COACHING STAFF.**

**JV races:** JV competition is available to all non-seniors, regardless of ability. In order to be scored, a JV team must contain a minimum of 5 athletes.

**Locations:** Meet sites are scattered throughout the metro Atlanta area. Our schedule is posted on our website and flotrackr, and directions to each location are available by clicking the entry in our website’s Google Calendar. Typically there is no admission charge for XC meets. We love to have as many Warrior supporters as possible!

**Post-season competition:** Both JV and Varsity runners compete at the regional championships. Varsity is limited to 7 athletes per team, and the top 4 teams advance to the state championships.

## Lettering requirements

In order to earn a varsity letter, athletes must do one of the following:

- Compete on the VARSITY team at the regional championships
- Finish a minimum of THREE varsity races during the season
- Run a varsity qualifying time:  
18:30 for boys  
22:30 for girls
- Any senior who completes the season in good standing will be awarded a varsity letter if the above conditions are not already met.

## Team Communication

- North Cobb XC utilizes flotrackr.com, an online hub for running that allows teams to host their own community pages. Flotrackr allows the coaches to send messages to athletes' emails and to post updates on practices and schedules quickly.
- Parents/guardians should sign up for our Twitter Feed at [www.twitter.com/ncxc/](http://www.twitter.com/ncxc/) You can adjust settings within Twitter to have our updates sent to you as a text message. Our Twitter messages will also be visible at [www.northcobbcrosscountry.com](http://www.northcobbcrosscountry.com)
- Our boosters and coaches will communicate with parents using Flotrackr as well. Parents should sign up as a "Fan".
- Managers and coaching staff will occasionally use text messages to communicate team matters to groups or individual students. If you would rather your child NOT be communicated with in this manner, please let the coaching staff know.
- Finally, our team website is updated weekly with meet results, a calendar, and a practice schedule. Please go to [www.northcobbcrosscountry.com](http://www.northcobbcrosscountry.com).

## Coaching Staff

All coaches are available through flotrackr message or their email addresses.

If you need to reach a coach directly before or after practice/meet time, please phone or text Coach Stephenson at 770-406-6293.

### Coach's Emails:

Dave Stephenson

[David1.Stephenson@cobbk12.org](mailto:David1.Stephenson@cobbk12.org)

John Huff ([John.Huff@cobbk12.org](mailto:John.Huff@cobbk12.org))

Craig Denison ([Craig.Denison@cobbk12.org](mailto:Craig.Denison@cobbk12.org))

Tracy Stalling ([stallit@bellsouth.net](mailto:stallit@bellsouth.net))

John Purcell ([John.Purcell@cobbk12.org](mailto:John.Purcell@cobbk12.org))

## 2011 Warrior XC "at a glance" Calendar

### Summer Training Calendar (Starting June 6<sup>th</sup>)

M: KM Visitor's Center @8:00 AM (Old 41 Parking Lot)

T: Weight Room @ 7:00, Track @8:00

W: KM Cheatham Hill Lot (Near Illinois

Monument) @8:00

TH: NCHS Track (Trail work to follow) @ 8:00

F: KM Visitor's Center @8:00 AM (Old 41 Parking Lot)

Summer Camp: Monday July 25-Thursdays July 28

"Official" Practice: Monday 8/1-Friday 8/12 TBD

Kickoff Picnic: Thursday 8/4 @6:30 PM

First Day of School: 8/15: Practice @ 3:50 PM

Time Trial: Friday, 8/19

### Meet Schedule (tentative)

Monday, 8/29: Tri-meet @ CCCP @ 5:00PM

Week of 9/5: JV Meet TBD

Saturday 9/10: Covered Bridge Run @ Roswell HS @ 8:00 AM

9/17: Cartersville Classic @ Tellus

Week of 9/19: Dual Meet @ Home Course

Friday 9/30-Saturday 10/1: Great American XC

Festival (overnight) @ Carey, NC

Saturday 10/8: Cobb County Championships @

Warrior Way 5k: Saturday, November 11th

CCCP @ 4:00 PM

Tuesday 10/11: Run at the Rock @ Woodland HS @ 4:30 PM

Saturday 10/15: Coach Wood Invitational @ Gainesville College @ 8:00 AM

Thursday 10/27: Region Championships @ CCCP @ 3:30 PM

Saturday 11/5: State Championships @ Carrollton @ noon