

North Cobb Warriors 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

Who are the coaches?

- Head Coach: Dave Stephenson
- Junior Warriors/Assistant JV and Varsity Coach: John Huff
- JV Girls: Sandra Davis
- JV Boys: Craig Dennison
- Varsity Girls Assistant Coach: Tracy Stalling
- Volunteer Assistants: Emily Meek, Michael Bennett.

What does it cost?

Our team fee is \$150.00. Athletes who pay their dues by the date specified by the boosters club will receive a dry-fit team shirt and mesh warm-up shorts to keep as well as uniform usage for the season. Team fees also cover the end-of-year banquet and refreshments at meets and practices.

How do parents get involved?

Our Boosters Club is critical to the success of NCHS Cross Country. All parents are strongly encouraged to participate in meetings and other functions. Please visit the Boosters club section of our website for details on meeting dates/times and ways to become involved.

Practices

The full team officially practices each day after school. Athletes are expected to dress out in the PE locker rooms and bring their bags up to Room 312. We will then meet at the track to start practice. **Athletes must be at the track with water bottles and ready to train at 3:45.**

Practice ends by 5:30 each day, unless we leave campus. Athletes should be picked up by the gym/track area. On exceptionally hot or rainy days, we'll move into the main building to Coach Stephenson's room (312).

On Wednesdays (but occasionally other days as announced), practice will be held off-site. Students will be bused 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, our team flotrackr page, and in front of the Coaches' classrooms. **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.

Practice Attendance

Athletes are required to attend ALL PRACTICES. Athletes with personal schedule conflicts should communicate with Coach Stephenson well in advance of the missed practice. **WE DO NOT LIKE SURPRISES.** If a child is sick or needs to leave campus for any reason, please make every effort to communicate this to Coach Stephenson IMMEDIATELY.

Tardiness

Tardiness will not be tolerated.

Penalties

Athletes who miss practice or are late will be served a warning, and the next unexcused violation will result in suspension from a competition. Further infractions will result in suspension from the team or even removal.

AM Practices

Some of our athletes will be expected to attend 7:00AM practices in August and part of September. This is due to the excessive heat in the afternoon, and the need for some of our more competitive athletes to maintain mileage training. Although not grounds for suspension, failing to attend these practices may result in changes in competition status (JV or Varsity). These practices start and end at the track, and athletes have access to showers and changing rooms prior to school.

Practice Requirements

Athletes are expected to have the required items every day. Failure to bring appropriate running shoes, stopwatch, bottle, etc. may result in suspension from practice, as safety hazards cannot be tolerated.

Additionally, we expect effort and attitude from every runner. While this is a non-cut sport in terms of ability, we will not allow poor attitudes, complaining, or any other source of negativity. Kids who don't want to work will be asked to leave.

Code of Conduct

Warrior XC athletes represent North Cobb High School and their community.

The following behaviors are violations of the Cobb County Athletic policy and will result in immediate temporary or permanent from the team:

- Use of illegal drugs, alcohol, or tobacco (both at or out of school)
- Missing practice unexcused
- Cutting school or classes
- Acting in an unsportsmanlike manner when representing NCHS
- Any act at school or away from school which results in suspension by the school administration
- Leaving school without letting the coach know that you will not be at practice
- Any act at school or away from school which, in the opinion of the coaches and administration, reflects in a negative manner on the NCHS athletic program.

Athletes will sign an acknowledgement of the Cobb County School District's athlete behavior policy.

Academic Eligibility

The XC coaches place nothing higher than academic success. A minimum of 2 of 4 classes must be passed to retain eligibility, however coaches will proactively address any academic or behavioral concerns that we discover. Continued classrooms shortcomings could result in suspension from practice and competition until classroom matters are resolved.

Competition

Varsity race distance for GHSA is 3 to 3.1 miles. Courses are run on grass or wooded areas.

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 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.

Open races

Occasionally, teams are limited to a certain number of official JV team runners. The open race allows everyone to compete, regardless of grade and ability. The team score is not recorded, but individual times and places usually are.

Race format

Teams are divided by gender and by ability. The following is at typical meet breakdown:

- Girls Varsity
- Boys Varsity
- Girls JV
- Boys JV
- Open Races

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.

Region Competition

North Cobb competes in region 5 AAAAA. Also in this region are.

- Harrison
- Kennesaw Mountain
- Marietta
- Etowah
- Cherokee
- East Paulding
- McEachern
- South Cobb
- Woodstock

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

Team Communication

North Cobb XC utilizes flotracker.com, an online hub for running that allows teams to host their own community pages. Flotracker allows the coaches to send messages to athletes' emails and to post updates on practices and schedules quickly

Our boosters will communicate with parent using a yahoo group. Parents will be "invited" by email to participate.

Finally, our team website is updated weekly with meet results, a calendar, and a practice schedule. Please go to www.northcobbcrosscountry.com.