**Bishop LeBlond Cross Country Team Handout 2022**

**BISHOP LEBLOND CROSS COUNTRY**

**TEAM GUIDELINES**

1. Academics are your priority. You are a student-athlete. The student part comes first. All team members will meet all Bishop LeBlond academic guidelines.
2. Be on time. Your first obligation is to be at school on time. Any athlete who is tardy to school the day after a meet will face consequences. Consequences will be determined by the coaches. Be on time for practice. That means ready to begin the workout when practice starts.
3. Give 100% all the time. In school. At practice. At meets.
4. Be respectful. All team members are expected to show respect to their coaches, teammates and classmates. Show respect to competitors, officials and other coaches as well.
5. All athletes are expected to be present at EVERY PRACTICE and EVERY MEET with all required gear including sweats, water bottle and watch. See the complete list under “Weather Conditions Preparation”.
6. Athletes are expected to attend ALL practices, meets and team meetings. If an athlete is unable to attend or is going to be late for a practice or meeting due to an unexpected family emergency or the need to meet with a teacher for academic assistance, they must contact Coach Gregg BEFORE PRACTICE. Athletes should never use athletics as an excuse for not completing their academic work. Athletes should, however, learn and practice good time management skills so there is no worry about completing the academic tasks on the same day as practice or meets.
7. If an athlete receives a detention, they will be considered late for practice and will stay at practice later to complete the workout. You will also receive a consequence determined by the Coaches. You will be responsible for contacting your parents to explain why you will be practicing late that day.
8. If you have two UNEXCUSED absences from a practice, meeting or meet you will have forfeited your privilege to participate in Cross Country for the remainder of the season.
9. The Coaching staff will also track EXCUSED absences. Excessive excused absences for Dr. appointments, family obligations, etc may result in forfeiting your right to participate in meets. This will be at the discretion of the Coaches. Parents need to notify Coach Gregg in writing BEFORE the absence.
10. You have chosen to participate in Cross Country. For this reason we do not expect you to miss meets. If you choose to skip meets, your future participation in Cross Country meets may be forfeited. Coaches will use discretion in matters of missed meets.
11. Swearing or foul language will NOT be tolerated and will result in consequences.
12. Each athlete is financially responsible for their uniform and other equipment issued to them by Bishop LeBlond High School. Cost for each piece of equipment that is not returned is determined by the Athletic Director.
13. Pick up your trash! This includes practice areas and our team areas at meets. No athlete will leave before our team area is free of trash.
14. All athletes will help carry the tent, water coolers, first aid and other equipment to and from the bus.
15. Every athlete in this program is expected to abide by all policies of Bishop LeBlond High School. This includes the participation agreement policy they and their parents signed to allow them to compete in athletics at Bishop LeBlond.
16. Drinking, smoking or drug use will not be tolerated. Period. Your actions reflect positively OR NEGATIVELY on your teammates, this program and your school.
17. Communicate with coaches if you are having difficulties with drills, practices, injuries or academics.
18. Conduct yourself with grace and humility. Show class at practices and meets. Someone is always watching.
19. Uniforms must be kept neat and clean at all times. Uniforms are to be worn with or without compression shirt on top, shorts unrolled and with black “slider” compression shorts underneath. Girls will wear black sports bras.
20. Athletes are expected to ride the team bus or van to and from all meets. Athletes may obtain permission to ride HOME with their own parent. Your parent MUST inform Coach Gregg 24 hours in advance in writing, by phone or by text. The parent must sign the athlete out before leaving the meet. Coach Gregg will have the sign out sheet at each meet. ALL ATHLETES ARE REQUIRED TO STAY FOR THE AWARDS CEREMONY THAT FOLLOWS EACH MEET before leaving.
21. Athletes should discuss any problems related to the team with coaches first. You are encouraged to ask a Team Captain for help as well. A player-coach meeting will ALWAYS precede a parent-coach meeting.
22. Lettering in Cross Country will be based on a point system. See additional page.
23. Members of the Bishop LeBlond Cross Country team are not allowed to participate in Road Races during the season unless said race is scheduled as part of our training cycle. They are also not allowed to practice with other teams, clubs or private coaches during our season.
24. Be positive! Be ready to work.
25. Be a good teammate. Be more excited about your teammates success than your own.

**Weather Conditions Preparation**

All LBXC runners should be prepared for all weather conditions on both practice days and on meet days. This means having the necessary equipment and gear for the occasion. We will experience rain, mud, wind and SNOW before the season is over. Each athlete should have the necessary clothing and gear to meet any of the above listed conditions.

All LBXC runners are expected to have a gear bag at every practice and meet with the following equipment:

* Sweats. Top and bottom.
* Running shoes.
* Spikes for meets (not required but highly recommended).
* Water bottle.
* Gloves
* Stocking hat
* Jacket
* Extra socks
* Inhaler (if prescribed by Dr.)
* Watch.

Practice schedule may be adjusted in the case of lightning, HEAVY rain or dangerous driving conditions. We will announce time or location changes, delays or early dismissals via Blast and Twitter. @LeBlond XC

**BISHOP LEBLOND CROSS COUNTRY AND TRACK AND FIELD**

**SHOE RECOMMENDATIONS**

All runners need to be in the proper running shoes to:

1. Prevent injury
2. Enhance athletic performance

All runners (especially distance runners) need to be fitted and analyzed by an expert at a specialty running store. There are different KINDS of running shoes:

1. Stability
2. Motion Control
3. Neutral cushioned, etc

A specialty running store expert can determine exactly what KIND of shoe the athlete needs. They will then offer different brands and models of that KIND of shoe for the runner to choose from. You cannot get this same expert help at a box store or sporting goods store. Expect to spend anywhere from $85-$110 for a pair of proper running shoes. Running shoes need to replaced approximately every 350 miles. Please do not purchase “minimalist” shoes without speaking to your coach first.

Runners can also benefit from spikes. The type of spikes you purchase will depend on the running event you participate in. Distance spikes are different from sprinter spikes. Spikes will give you a definite competitive advantage due to:

1. Their light weight
2. Added traction

Specialty running stores in our area include:

 Ad Astra Running in Lawrence offers student athletes discounts (20% in season, 10% year round)

Garry Gribbles in Lawrence offers a 10% discount.

**BISHOP LEBLOND CROSS COUNTRY**

**VARSITY POINT SYSTEM UPDATED 2022**

Physical on file before the start of the 1st practice 5 Points

Return issued uniform at the end of the season 5 Points

100% attendance 1 Point per week

Compete in a meet at Varsity Level 1 Point per race

Earn a PR 1 Point ea instance

Write every day in your motivational/devotional 1 Point per week

Win a Varsity Race 10 Points

Qualify for State 10 Points

You must finish the season in good standing to earn a Varsity letter!

Points can be added at Coach’s discretion for taking on leadership roles.

Unexcused absences may result in a deduction of points.

**To earn a Varsity letter you must accumulate 35 points**

**A PARENTS GUIDE TO BISHOP LEBLOND CROSS COUNTRY**

Welcome! Your Son or Daughter has joined the Cross Country team! What does that mean?

**What Is Cross Country?**

The sport of Cross Country (XC or CC) is a competitive TEAM SPORT open to all High School students grades 9-12. A team needs a minimum of 5 runners to be considered a full team. You may run as many as 7 in a race with the top 5 scoring. The top 5 finishers of each team are scored and their finishing places are added up to make up your team score. Lowest team score wins. While the 6 and 7 runners places aren’t added into the score, they affect the score by beating another teams scoring runner (1-5). They add points to that other teams score when they do that. Varsity races are 5 Kilometers (5K—3.1 miles). JV and Freshmen races will vary from 2 miles to 5K.

**Varsity or JV?**

The LB XC team determines Varsity or Junior Varsity status by time. The 7 fastest runners who meet a minimum qualifying time will make up the Varsity Team. All other runners who meet a minimum qualifying time will compete as Junior Varsity. Coaches may use their discretion when choosing one runner over another for Varsity based on work ethic, injury history, etc. Junior Varsity runners who post faster race times may take a spot from a Varsity runner throughout the course of the season. Because we have some athletes competing in 2 sports, they may not be available for all meets. A JV runner MAY be temporarily moved up to Varsity, with the understanding that they may be moved back to JV when that Dual Athlete returns.

**What Do YOU Do At A Meet?**

When you first arrive at a meet find the start and finish and ask to see a map of the course to find different locations from which to watch the race. Do not expect the attention of your son or daughter while at the meet. They will be focused on warming up and scouting the course, getting instructions from their Coaches and preparing to race with their teammates. During the race you can move from point to point to cheer the runners but be careful to stay off the race course and out of the runners way. Rules also prohibit you running alongside a competitor to pace or encourage them.

Please do NOT shout instructions regarding racing strategy or pacing to the runners. The Coaches and runners have a specific plan in place for each race regarding place, pace and racing strategy.

After your son or daughter finishes feel free to greet them but remember, in many cases they may have to turn in a place card to their Coaches ASAP so the race can be scored. Our runners also have responsibilities after their race including cooling down, praying with teammates at the start line and cheering teammates on in other races.

Remember, the BEST thing you can ever say to your runner following a race: “I love to watch you run.”

**Cross Country Vocabulary**

* Course The marked and measured route of the race
* Starting Box Designated area to which a team is assigned at the start line
* False Start Leaving the start line before the gun goes off
* Finish Chute A roped or flagged funnel past the finish line to move the runners through in their finish position
* Pace Running speed over a designated distance
* Surge A tactical increase in speed during a race (usually for passing)
* Kick A burst of speed at the finish of a race
* Pack A group of runners in close proximity
* PR A Personal Record. Best time ever at a specific distance.

Thank you for encouraging your son or daughter to run Cross Country. Please refer to the Team Guidelines for specific rules and expectations of Bishop LeBlond Cross Country.

Please don’t hesitate to contact Coach Gregg with any questions or concerns:

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