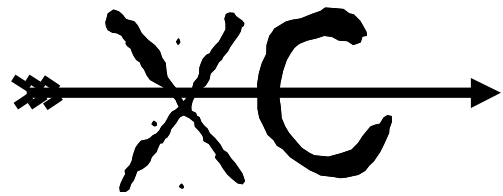


MANATEE



Hurricanes

CROSS COUNTRY



www.ManateeCrossCountry.com

XC Facts

XC is a Team Sport!

FACT:

Cross Country season begins in June.

Manatee High School Cross Country athletes must be thorough, dedicated, and intelligent with respect to their training. You are the runners of the future, and you must own and maintain the reputation of our school for the years you compete here. It is a tremendous sense of accomplishment to look back on a summer and rejoice every time you race well as a result of the hard work you put in. Likewise, it is a constant source of disappointment when you look back for a year and always dream of "what could have been."

INTRODUCTION TO THE SPORT:

Cross Country is a sport in which teams of runners compete to complete a course over open or rough terrain faster than other teams. It differs from road running or track running principally in the course, which may include a combination of grass, mud, trails, sidewalks, roads, hills, woodlands, and water hazards. When scoring, it is the lowest score that wins. Scoring teams consist of seven runners. It is a popular participatory sport, which takes place in the autumn and winter when soft conditions underfoot prevail. Popular abbreviations for Cross Country are XC or CC.

THE XC TEAM:

At Manatee High School, we encourage athletes of all shapes, sizes, ages, and athletic abilities to try Cross Country. It is a sport unlike any other. The Manatee High School Cross Country team is like a family; we support and encourage each other, celebrating each runner's improvement and accomplishment. We enjoy team dinners, trips to theme or water parks, a nice end of season awards banquet, and lots of great team "goodies" such as T-shirts, hoodies, bags, and water bottles. Make no mistake, we work hard running mile after mile on hot afternoons. But, through that hard work, we have fun, pushing each other to improve, and appreciating the success of the team and each individual.

The team's success is due to the hard work and preparation of all the individuals over the summer and coming together as a team during the season.

Be sure to check out your Cross Country and Track trophy case in the front desk area of the admin building.

XC PRACTICE:

We train Monday through Friday and most Saturdays that we do not have a race. The practice schedule is on ManateeCrossCountry.com. We practice at G.T. Bray's 51st Street Park unless otherwise indicated. You need to attend every practice and meet. If you have a valid reason to be absent, please notify coach **in advance**.

YOUR REQUIREMENTS:

1. Attend every practice and meet. If you have a valid reason to be absent, please notify coach in advance.
2. Wear or bring a T-shirt or tank top to practice. Girls can train in just a sports bra and boys can train without a shirt but you need to wear a shirt during meetings, stretching, and anytime you are not running.
3. **Turn in all required paperwork:**
 - Physical (EL2)
 - Consent/release form (EL3)
 - Sports insurance (\$45 payable to MHS)
 - Residence affidavit
 - Drug test consent form
 - Heat & concussion release form
 - Returning runners - summer training log signed by student and parent
 - \$100 team fee covers team expenses such as transportation to away meets, awards banquet, team dinners, water park tickets, team activities, and the many items you get to keep: shirts, hoodies, water bottles, bags, etc.

TEAM WEB SITE:

ManateeCrossCountry.com is your team Web site. It contains the schedule, important news, results, photos, details about the meets we host, an online store for purchasing MHS XC merchandise, and a way to contact your coach.

Go to <http://www.ManateeCrossCountry.com> for the most current meet schedule and team information.

What's in a Season?

XC SEASON:

Cross Country season starts in June with summer training/conditioning, which lasts until the first day of official practice in August. **We do practice on teacher in-service days, record days, and other days off from school.** Most of our meets (races) are 5K (5,000 meters / five kilometers / 3.1 miles). The meets start in September right after our own Labor Day Canes Cross Country Classic fundraiser race as the "kick off." This race is open to the public and is our team's big fundraiser. Regular season meets are usually Saturday mornings but we do have some on weekday afternoons/evenings. Our home Cross Country meet is called the BRC Invitational and takes place on Saturday, 9/15/2012 at G.T. Bray. The Manatee County XC Championship Meet is Saturday, 10/27/2012 hosted by Braden River HS at G.T. Bray. The State Series starts with the 4A District 7 Championship which will be sometime during 10/29/2012 - 11/3/2012 in Lithia, followed by the 4A Region 2 Championship on Saturday, 11/10/2012 in Sarasota, and finishes with the State Finals on 11/17/2012 in Tallahassee. How we finish as a team at District determines if we advance to Region and then how we finish at Region determines if we advance to State.



INJURIES OR ACHES & PAINS:

It is our goal to prevent injuries through our dynamic warm up (lunges, skipping, etc.) and gradual increases in mileage, strengthening exercises, and stretching. If you do have an injury or some unusual aches and pains, please keep your coach informed. **Communication is very important.** We do have access to the athletic trainer and the training room in the North (newer) Gym. It is on a first come, first served basis, so please go immediately after school, sign in, and follow all training

Hydrate, Hydrate, Hydrate

room rules. Always tell your coach if you are working with the trainer.

HYDRATION & NUTRITION:

All Cross Country athletes must drink water all day long. Start drinking when you get up in the morning and continue to **drink all day** at school. Bring a water bottle with you to classes and refill it between classes. Try to drink a sports drink or juice at lunch. If you do not drink regularly throughout the day, you will feel the negative effects of dehydration once you start practice in the hot afternoon. You cannot drink enough right after school to make up for not drinking all day; it just isn't possible. If you are even slightly dehydrated, your body will have to work much harder to do the same workout it did with ease the day before. Stay hydrated and you will feel better and run easier.

It is extremely important to eat a good breakfast and lunch every day. Your afternoon workouts will be challenging so you must fuel your body. **DO NOT EAT MUCH RIGHT AFTER SCHOOL.** If you do eat after school, make sure it is a light snack that is quick and easy to digest. You will have discomfort and other issues if you try to run hard on a full stomach. Please be smart about your meals; eat breakfast and lunch every day. If the cafeteria does not offer items you like, then bring your lunch. You will not be able to run well in the afternoon if you skip meals. After Cross Country practice, it is important to eat something right away to start refueling your muscles. If dinner is not ready right away, have a small snack such as fruit, veggies, cheese, meat, peanut butter, milk, or cereal. After running hard or running in the heat, you might not have much of an appetite, but **the first hour after a workout is the most important time to eat.** That first hour is when you are able to best refuel your muscles to recover from the day's workout and to prepare your body for the next day. Cold, low fat or fat free chocolate milk is a popular recovery drink after a run because it contains both carbohydrates and protein. If milk is not your thing, have a sports drink and a Snickers bar. Be creative but just be sure to start refueling right away.

Equipment & Fundraisers

No Cotton Please

XC EQUIPMENT:

The equipment needed for Cross Country is minimal - good running shoes, socks (no cotton), sports bra, tank top or t-shirt, shorts or running skirt, towel, and water bottle.

You will need a good pair of running shoes. You will receive a 10% discount at On A Shoestring, Bradenton's specialty running store, located in College Plaza, 3363 Cortez Rd W. However, if you join the Suncoast Striders Walking & Running Club you will get 15% off all purchases at On A Shoestring. It is only \$5 for a student membership. Please visit <http://www.SuncoastStriders.com> for more details. Coach Rae Ann Darling Reed and the entire staff at On A Shoestring are trained and experienced in proper running shoe fitting. If you cannot attend the Cross Country Day on Saturday, 9/1/2012 at On A Shoestring, we are happy to make suggestions or meet you at On A Shoestring at hours convenient to the athletes and parents.

Cross Country & Trail Day at On A Shoestring:

Saturday, September 1, 2012 at 10:00 a.m. Training shoes, XC racing shoes, free gifts with purchase, 20% off all Brooks and Saucony purchases, and other freebies. We will attend this event as a team right after our morning practice.

You will also need "synthetic" running socks - NO COTTON. You do not have to spend a lot of money on socks, just be sure they are made of materials such as Coolmax, Dri-Fit, polyester, spandex, or lycra. When you sweat, cotton socks get wet and stay wet, which causes friction and heat in the shoe, and then results in blisters on your toes and feet. Products such as BODY-GLIDE and Blistershield can help, but good socks are your best bet.

BRING A TOWEL & WATER BOTTLE TO EVERY PRACTICE & MEET.

We will have towel contests (with prizes) during the season for best, most unusual, most creative, or unique towel. The contest is a fun reminder to bring a towel every day.

You should have a water bottle with you all day at school, so bringing it to practice should be no problem. Once everyone is issued the team water bottle, we do

not provide cups. We do not want athletes sharing water bottles (and germs) because that is how the team gets sick! And certainly no mouths near the spout of the water coolers!!!

FUNDRAISERS:

The Labor Day **Canes Cross Country Classic** 5K Race & 1K Fun Run/Walk is our team's fundraiser. Each one of you benefits from the Canes Classic as the money is used to purchase team T-shirts, bags, water bottles, the awards banquet dinner and special awards, our social events such as past trips to Pirate's Cove, overnight trips, team dinners, and our team trips to water and theme parks. Our Cross Country parents are the boosters club. In the past, our XC parents have been so wonderful with their generous sponsorships, race day help, and clean up. We could not do this without all of you. **We always need help securing more race sponsors to cover the costs of the race awards, insurance, race T-shirts, and permits.** For full race details, registration, and sponsorship information, please visit the race Web site at <http://www.CanesClassic.com>.

If you would like to assist with race planning, securing sponsors, door prizes, or hospitality items (food & drink), please contact Coach Rae Ann Darling Reed.

Recycling: We will collect old cell phones, GPS, laptops, ink jet printer cartridges, digital cameras, etc. and when we mail them in to the recycling company, we earn money for the team.

Selling MHS Decals: We will sell a variety of MHS reusable decals at football games, other sporting events, and around town. They are \$6 each or 2 for \$10.

OUR HOME MEET:

The **BRC XC Invitational** in September is our team's home invitational meet, sponsored and supported by the Bradenton Runners Club. Our Cross Country parents/boosters are needed to volunteer at this meet.



Meets, Awards, & Coach

GO CANES GO!

MEETS:

Will I run in the JV or Varsity race?

The Varsity Cross Country team is a "non-cut" team; however, you may be removed from the team for excessive absences, lack of communication, or behavioral issues. If you come to practice every day and work hard, you are on the team. All athletes are members of the Varsity Cross Country team. Even though everyone is a member of the Varsity team, not every athlete will compete in every single meet. Certain meets or races are only for the top seven or top ten. If you are not in the top seven or ten at the beginning of the season, you will have a chance to move into a scoring spot at any time during the season. Most invitational meets will allow seven or ten runners in the "Varsity" race, so the rest of the team will compete in the "JV" race. In these cases, times from both races will be compared when determining who will be in the top seven or ten at the next meet. There is no set order of the fastest runners on the team. It can change every week depending on how you perform, so keep working hard!

MEET PROCEDURES:

- All team members are expected to be punctual for meets. The bus will not wait for late arrivals!
- Arrival and warm-up: When we arrive the team walk as a team to set up a team area. The team will assist in carrying team equipment, water coolers, tent, tarps, etc. and then head to the restroom.
- All athletes are expected to start the warm up at least 60 minutes before their race which will consist of running all or part of the course for a minimum of 20 minutes.
- Cool down and departure: All athletes will jog a 10 minute cool down and stretch following their race. Team will then assist in carrying equipment back to the bus.
- AT THE END OF THE MEET: All athletes will clean up their area and are expected to personally thank the host coach for putting on a quality meet for us to attend. Always thank the bus driver when we return home. At home meets all team members must stay to help clean up.

AWARDS BANQUET:

The dates for the girls' and boys' awards banquets will be posted on the team Google calendar on <http://www.ManateeCrossCountry.com>. We do need

someone to host each of those. They are traditionally held at the home of one of the athletes unless you prefer the MHS cafeteria. Please contact the coach if you are interested in hosting this year's banquet. If you are thinking about hosting the awards banquet, plan on each member of the team bringing two guests each for an approximate count for seating purposes.

AWARDS:

There are many awards that can be earned by anyone on the team:

- Varsity Letter
- JV Letter
- Most Valuable Runner (or MVP)
- Coaches Award
- Most Improved
- Outstanding New Runner
- Team Spirit Award

YOUR COACH:

Coach Rae Ann E. Darling Reed started coaching in 2001 at her former high school in Monson, Massachusetts. She then moved to Bradenton in 2003 and began as an Assistant Cross Country and Track Coach at Manatee High. In 2004 she became Head Coach for the Girls Cross Country team. In 2012 she also became the Head Coach for the Boys Cross Country team. Coach Darling Reed has been a runner for most of her life, competing in Cross Country and Track at Monson High School and Brown University and in road races at distances from one mile to the marathon. She is a Road Runners Club of America and USA Track & Field Level 2 Endurance certified running coach. Coach Rae Ann is an active member of the Suncoast Striders Walking & Running Club, Bradenton Runners Club, Manasota Track Club, RRCA, and USA Track & Field, is the Vice President of On A Shoestring, and runs her own company, RunnerGirl Inc. at <http://www.RunnerGirl.com>

How to Contact Coach Rae Ann Darling Reed:

Cell: (941) 586-9375 (call or text)

Email: coach@runnergirl.com

MHS Fax: (941) 741-3443

Mail box at MHS in teacher mail room near the windows

<http://www.ManateeCrossCountry.com>

ATTENDANCE POLICY:

- If you need to miss a practice, you need to call or text coach 24 hours in advance. Do not ask a teammate to pass along your absence—it is not his or her responsibility; it is yours! This is your opportunity to learn to communicate and be responsible.
- Miss a practice (with advance notice) and make it up that week with coach at a Suncoast Striders group training run = no problem. Make it up **before** the meet and you still race that week.
- Miss a practice (with advance notice) and do not make it up that week = 1 excused absence. After 3 excused absences, you are no longer eligible for a Varsity letter no matter how fast you are. If you do not make up the missed practice before the meet, you will not race.
- Miss a practice and do not let coach know in advance that you will miss it = unexcused absence. 3 unexcused absences and you have quit the team.
- The goal of the attendance policy is to teach the importance of communication and commitment. Check out the attendance policies for other sports teams or jobs and you will find that when you commit to something, you are expected to be there. I have given you opportunities to make up missed practices because I know cross country runners are very busy with academics, work, volunteering, and other commitments and sometimes life just gets in the way. Use those make up opportunities.

HOW TO EARN A VARSITY LETTER:

Attendance at practice and meets, scoring in a meet, work ethic, and attitude all factor in to earn a Varsity letter. Attendance is extremely important. Even if your absences are excused, they are still absences! You must compete in a minimum of four (4) meets prior to District to be eligible for a Varsity letter. If you miss a lot of practices or meets, please do not be surprised at the end of the season if you do not receive a Varsity letter or other award such as MVP, Coaches, Most Improved, etc. Remember, you do not have to be in the top seven to earn a Varsity letter, just meet the other criteria.

Specific Criteria for Earning a Varsity Letter:

- **Attendance, attendance, attendance!**

- *Be at every practice and meet*
- Communicate with coach in advance if you have a legitimate conflict and cannot attend a practice or meet and you can make up that missed practice
- **Give 100% effort every day**
- **Complete all workouts**
- Complete the entire season
- **Help spread a positive attitude throughout the team**
- Finish in the top seven for our team in a meet
- Return all equipment that was issued to you
- Pay all monies owed the team for fundraisers or equipment purchased

You will not earn a varsity letter if you have excessive absences or do not complete the workouts at practice.

CROSS COUNTRY SUCCESS:

Success in cross country is pretty simple: show up, do the work, and you will improve. Enjoy this time doing a sport you love with your teammates. They may become some of your best friends. Once you leave high school you may not have another opportunity like this.

If you run it right, cross country is a testament to suffering. Success in this sport requires pushing your body to the brink of exhaustion, demanding all it's capable of delivering for mile after mile of unforgiving terrain. But you do not suffer alone. You run as part of something bigger. You run as part of a team in its truest sense. And that's why, when the pain sets in, you keep running.

