



Success is one step out of
your comfort zone.

#manateexc



No sacrifice, no victory.

ManateeCrossCountry.com

XC Facts

XC is a Team Sport!

FACT:

Cross Country season begins in May.

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, 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, bags, socks, 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.

In Coach Darling Reed's first year coaching girls' cross country at Manatee High School, the team won the County, District, and Regional Championships, and placed seventh at the State Finals. In 2004, the Hurricanes repeated as County champions and competed at Region. In 2005, the team took the runner-up spot at the

County meet and competed at Region once again. In 2006 the team took first place at three different meets, second at County, third at District, and made a return trip to the State Finals, placing 17th. In 2007 the team competed at Region and we had one individual State Finalist. The girls were Regional qualifiers again in 2008 and 2012.

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 lobby/reception 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. Read and abide by the XC team handbook
2. Attend every practice and meet. If you have a valid reason to be absent, please notify coach in advance **YOURSELF**. Do not ask a teammate or parent to do this for you.
3. Wear or bring a T-shirt or tank top to practice. Girls may train in just a sports bra and boys without a shirt but you must wear a shirt during meetings, stretching, awards ceremonies at meets, on the bus, and anytime you are not running.
4. **Turn in all required paperwork before the first practice:**
 - EL2 - physical
 - EL3 - consent/release form
 - EL3CH - consent/release concussion/heat
 - EL3CH ADDENDUM - consent/release cardiac/conc
 - Sport Concussion Test Program
 - Drug Test Program
 - Residence Affidavit
 - Mandatory Try-Out Fee \$50 cash or check payable to MHS with student name on memo line

What's in a Season?

YOUR REQUIREMENTS - CONTINUED:

- Summer training log signed by student and parent. If a training log is not turned in by a returning runner, then that runner will not attend the Disney Meet weekend. First year on the team - you may earn your way to the Disney Meet weekend by turning in a training log or having perfect attendance at practice and showing improvement in your race times.
- Team fees will help cover excess team expenses such as transportation, awards banquet, team dinners, Canes Classic entry fee, team activities, and the many items you get to keep: shirts, tanks, water bottles, bags, etc. It does not cover all expenses, but does help offset some. The team fee is \$100 per athlete and the options for satisfying this fee are listed below:

Option 1: Each team member pays \$100. Cash or check payable to MHS XC (checks must include a parent/guardian phone number and the athlete name on the memo line). Team fees are non-refundable and tax deductible. If you cannot afford or do not wish to pay the \$100 team fee, you may be interested in the other options.

Option 2: Each team member brings in a minimum of two Canes Classic sponsors. Sponsorships must be monetary (not in-kind).

Option 3: Each team member may sell a minimum of 50 MHS decals. These may be sold on campus, at football games or any home sporting event, and around town.

Option 4: Each team member may sell a minimum of 30 items from our Fan Cloth apparel fundraiser catalog.

Team fees are due before the first meet (Aug. 28) in order to travel with the team to meets. If a team member has a special financial need, please contact Coach Rae Ann privately for options.

Note: If you did not pay your team fee last year, you have a debt owed card on file with the bookkeeper. Please check with her so there are no surprises for homecoming, Prom, graduation, etc.



Hydrate, Hydrate, Hydrate

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 www.ManateeCrossCountry.com for the most current meet schedule and team information.** Practice times and locations may change occasionally, so please be sure to check our team Google Calendar frequently. This link is a shortcut to our calendar: tinyurl.com/manateexc

XC SEASON:

Cross Country season starts in May 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. All of our races are 5K (five kilometers or 3.1 miles). The meets start in late August and we host the 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 Bradenton Runners Club Invitational on October 3, 2015 at G.T. Bray. The State Series begins with the 4A District 8 Championship on Saturday, 10/24/2015 on our home course at GT Bray Park. We will need many adult volunteers to make our home meets a success. After District is the 4A Region 2 Championship on 10/30/2015 at Holloway Park in Lakeland followed by the State Finals on 11/7/2015 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.

#WeAreManatee

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

OUR COMPETITION:

In Cross Country, Manatee High School competes in the following leagues:

Manatee County at the Tri-County Championship

4A District 8

4A Region 2

During the regular season we will compete against schools from all over Florida of all sizes.

HYDRATION & NUTRITION:

All Cross Country athletes must drink water all day long. Start by drinking 10-12 oz. of water 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 necessary, your coach will speak with MHS administration if you have any issues with drinking water during class or possibly using the restroom a little more frequently. 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. Do not think that after school you can 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. **Being dehydrated just 3% will result in a 10% decrease in performance. So if you run a 20:00 5K, you will run 22:00 in the same conditions on the same course with just being dehydrated 3%. This is huge!**

It is extremely important to eat breakfast and lunch every day. Your afternoon workouts will be challenging so you must fuel your body. **DO NOT EAT RIGHT AFTER SCHOOL.** If you eat after school, you will not

have enough time to digest before Cross Country practice. 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.

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 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 BODYGLIDE, Aquaphor, Blistershield, and Vaseline 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.

Meets, Awards, & Coach

GO CANES GO!

We do not provide cups at practice. We do supply each athlete with a water bottle to keep. It is your responsibility to bring it each day and keep it clean.

FUNDRAISERS:

The Labor Day **Canes Cross Country Classic** 5K Race & 1 Mile 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, Blizzard Beach, Howl-O-Scream, Wet 'n Wild, overnight trips, team dinners, etc. 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 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.

OUR HOME MEET:

The **BRC XC Invitational** in October 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.

PHOTOGRAPHER:

We are in need of a few parents to take photos of both the boys and girls in all four races (girls varsity, boys varsity, girls jv, boys jv) at each of our meets. We ask that you try to capture everyone on the team and provide a CD to Coach Rae Ann with all the photos within

one week after each meet. These photos will be used in the MHS yearbook and for other team publicity (newspaper, social media, etc.).

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. 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 57 miles. She is a Road Runners Club of America and USA Track & Field Level 2 Endurance certified running coach. Coach Darling Reed is an active member of the Suncoast Striders Walking & Running Club, Bradenton Runners Club, Manasota Track Club, RRCA, and USA Track & Field, is the Director of Marketing at S2 Timing, and runs her own company, RunnerGirl Inc. www.RunnerGirl.com

How to Contact Coach Darling Reed:

Cell: (941) 586-9375 (text messages are OK)

Email: coach@runnergirl.com

MHS Fax: (941) 741-3443

Mail box at MHS in teacher mail room near the windows

www.ManateeCrossCountry.com



Manatee High School Cross Country Contract

This contract is in place to ensure there are no discrepancies with the policies and procedures expected of this team. The Cross Country (XC) contract addresses all aspects of the Manatee High School program. When an individual decides to join the team she/he decides to follow these policies and live a specific lifestyle. This is what distinguishes a Cross Country (XC) athlete from other students.

POLICIES:

1. No student on the XC team will: a) use tobacco products, drugs, or alcohol, b) speak in a disrespectful manner towards any adult, c) disagree with a coach or official in public, or d) break any policies set forth in Manatee County School's Student Code of Conduct Book
2. All students will maintain a 3.0 cumulative GPA. Remember, you are a student-athlete; being a student comes first.
3. All students will have all paperwork and fees in by the deadline.
4. We ask that we have your full commitment and effort during the entire practice time. All cell phones must be turned off or put on silent during practice time.
5. Practice is Monday through Friday, Saturday mornings, and will also include record days, teacher workdays, and some school holidays. Please plan accordingly. Parents, please arrive on time to pick up your son or daughter. Practice end times are listed on the calendar so that you do not have to wait for a call or text from them to let you know when practice is over.
6. XC practice will be your first priority over all other activities, including but not limited to other sports or athletic clubs/teams, volunteer or service clubs, work, etc. **Individual conflicts will be handled on a case by case basis.**
7. If a student will be absent or late to practice, it is that student's responsibility to inform the coach ahead of time via call, text, or email. Do not have another team member or your parent inform the coach of your absence. You have your coach's cell phone number - use it!
8. Unexcused absences at practice will result in sitting out that week's meet. A student may have one (1) unexcused (did not tell the coach) absence from practice and on the second infraction, they will be dismissed from the team. **Communication and attendance are important.** An unexcused absence means that you did not call or text to tell the coach that you would not be there **and why.**
9. An unexcused absence from a meet will result in dismissal from the team.
10. Athletes are welcome to express their opinions to coaches in a private setting and should not address meet officials with opinions or issues - **always talk to your coach first.**
11. Participation in all fundraisers by all team members is mandatory.

TEAM PROCEDURES:

The Varsity Cross Country team is a "non-cut" team; however, you may be removed from the team for excessive absences 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 are only for the top runners. If you are not in the top seven 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 only allow seven 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 at the next meet.

Manatee High School Cross Country Contract ... *Continued*

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
- 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.

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 will follow the captains to a team area. The team will assist in carrying team equipment, water coolers, tent, tarps, etc. and set up our area.
- All athletes are expected to start the warm up at least 60 minutes before their race and warm up together, this includes the warm up jog and dynamic warm up that will be led by your team captain.
- **Cool down and departure:** The entire team will jog a 10 minute cool down and stretch together after the meet. Everyone 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.

Together through cooperation and hard work, we will become successful in both sport and life. **This team's success depends on you and your commitment to excellence.**

We want the Manatee High School Cross Country team members to be a cut above the rest. When we travel across Florida we want other schools to commend our athletes not only for their athletic talents but also for their superior behavior and manners. Manatee High School is a first class program, so let's treat it like one.

Let's have fun, communicate well, and ask questions often. Plan and budget your time, prepare yourself for the most fun you could ever have as a member of a successful team of distance runners.

Please feel free to contact the coach with any questions or comments.

Release of Liability for Return Parental Transportation

Parents/guardians may pick-up only their OWN child(ren) from a field trip.

I, _____ am taking my child(ren) from

Parent/Guardian

Field Trip/Event Location

on this date _____ and time _____ and effective immediately hereby release the
mm/dd/yy hr/min

School Board of Manatee County from all responsibility for my child as well as all liability for any injuries that may occur to my child(ren).

Child's Name

Child's Name

Child's Name

Parent/Guardian's Signature