

Cross Country 2015

ATHLETIC FEE

There is a \$50 athletic fee due to the school for your first sport. Oak Grove offers the ability to make payments online through the Oak Grove home page. The following forms of payment are accepted: Visa, Mastercard, or American Express. This is a convenient, easy to use, secure, and FREE service. Parents are encouraged to use this service to pay for any school transaction, no matter how small or large the amount. Students should print out the receipt and bring it to their coach to show proof of payment. Thank you!

PHYSICAL

YOU MUST HAVE A PHYSICAL ON FILE!

If you don't have a physical on file, you will be unable to attend practices and meets. Please make an appointment for a physical ASAP. Once you've had your physical, make sure our school nurse has it on file.

ATTENDANCE

Attendance at all practices, meets, and team meetings is not mandatory. If you have other activities/obligations to attend to each week, you may be excused from practice. There is no penalty for excused absences, however, if you're missing meets, it can weaken your chances of competing in Sectionals. If you are absent from school, you may not attend practice that day. Please do not abuse this privilege. We hope that you will develop time management skills in junior high cross country that will set you up for success in sports at the high school level.

If you will not be attending practice or a meet, please email a coach so your absence is recorded. For safety reasons, it is important for all coaches to know who will be in attendance.

CLOTHING

Each athlete is issued a numbered jersey for meets. All students need to provide their own shorts for running. It is the athlete's responsibility to keep these items in good condition. Meet clothes are not to be worn during practice or to school unless it's a team decision. Runners may wear layers under their meet clothes. Chose your material wisely. Best choices are light-weight performance fabrics. Please make smart choices when packing clothes for practice. Don't forget socks!

SHOES

Choosing the right shoe is important to staying injury free. If you are not sure what shoe to buy ask the coaches or go to the Runner's Edge in downtown Libertyville. They can help decide which shoe is right for your foot and stride. Always have your shoes tied. Please don't come to practice wearing inappropriate shoes. We will not let you run in those, we promise.

FOOD + WATER

Please bring a light snack to eat before practice. You'll want to fuel yourself with a healthy amount of carbohydrates. Try to bring an additional snack to eat after a practice or meet, something with a higher percentage of protein. The protein will help rebuild tissue. Think: carbs = fuel, protein = repair!

Bring a water bottle to every practice and meet. It is critical to stay hydrated. Cross Country is a HOT season. On a hot day and/or hard practice your body may need 2 liters or more, just for practice! We cannot stress how important this is! Low calorie sport drinks are good choices because they help maintain sodium and potassium levels in the body. If a sport drink upsets your stomach then try diluting it with water or try a different flavor.

PRACTICE

The team will practice Monday through Thursday from 3:30 until 4:45. Students have ten minutes after school to pack up and change into their running clothes. Typically, practice begins with updates from the coaches indoors and ends with a long set of group stretches. Please let the coaches know at the beginning of practice if you will be getting picked up early.

MEETS

Cross Country "games" are called meets! We may race against one team or twelve teams. All meets vary in length. They usually begin by 4:15 or 4:30. Some meets last an hour and others 2-3 hours. One of our longest meets, the Hawthorne Invite, starts at 4:00 and runs until 7:00. Your child can call you from the bus to let you know we are on our way back to school. If you pick your child up, please wait for the races to be completed so that we have runners cheering each other on. Meets also vary in distance: at least a mile, at most two miles. Some courses may be 1.33 miles, and some may be 1.92 miles. Each hosting school is in charge of breaking up the meet into separate events by sex or age, e.g. first race girls, second race boys OR first race 5-6 girls, second race 5-6 boys, third race 7-8 girls, fourth race 7-8 boys. There are many combinations. We often do not know the order until we arrive at the meet that day.

TRANSPORTATION

The students will go directly to change into their uniforms after school. They will load the bus after the buses leave to take the other students home. We will leave as soon as everyone is on the bus, but can't wait too long, so they need to hurry. It is best to change in the bathrooms near the door by the junior high gym so we can find you during our last call. All athletes are encouraged to ride the bus to and from the meets. This is part of belonging to the team. Occasionally athletes may ride home with their parents. There will be a sign-out sheet this year. Parents need to sign out their kids on the bus sheet. Athletes are expected to be polite, well behaved, and safe on buses. Athletes are expected to clean up after themselves and their teammates.

There are a few meets that do not have a bus. Sectional meets are only 14 runners and 6 alternates. The student will know ahead of time if they are running, and their parents need to provide a ride. Carpooling is great for the environment. Hopefully we can do that as well!

Oak Grove School has a list of locations and directions to the schools where we compete. It should be located on the sports page. You can also click [here](#) to access the pdf.

CONFERENCE MEET

Conference is the last meet of the season where every athlete gets to run. The host and course vary season to season. Typically, the coaches enter 15 runners in both the Varsity Boys and Girls race. This helps determine the Sectional Meet roster. All other runners will run in the co-ed open race.

SECTIONAL MEET

The coaches choose the top seven girls and the top seven boys to run in sectionals based on time and performance during conference and other select meets. We pick alternates based on time, performance, seniority, and attitude! This meet is falls on a Saturday morning in October. We are usually out around noon after the awards ceremony takes place.

STATE MEET

Runners must qualify for the state meet at sectionals. The runners & alternates submitted into the sectional team roster can be the only athletes at state. Any combination of runners/alternates may participate. The State Meet is down in Bloomington/Normal, Illinois.

INJURIES

85% of all XC injuries are overuse injuries. This means you've done too much, too soon, too fast. Overuse injuries often start with mild pain after a hard workout, long run, or tough week. No one knows your body better than you do. If you haven't ran during the summer, DO NOT go run a mile on the first day of practice. Start by jogging a half mile and gradually increase your intensity and mileage from there. The other 15% of XC injuries are traumatic injuries: twisted ankle, fall, spiked, etc. These injuries require individualized treatment. Always notify a coach.

DO WE RUN IN THE RAIN?

If it is not thundering or lightening we will run. If we are to cancel practice we will send an email to you by 3:00pm, and we will give students a chance to call home. We will send an email for any canceled meets AS SOON AS IT IS CANCELED. Sometimes it isn't canceled right away.

INSIDERS GUIDE TO CROSS COUNTRY

Thanks to some wonderful parents, we have the ultimate guide to cross country planning and events such as parties, sectionals, and state. There is a link to download the document on the Cross Country webpage [here](#).

WHAT THE RUNNERS ALL WANT TO KNOW...

Am I running in...

... meets?

YES! Everyone runs.

... conference?

YES! Everyone runs.

... sectionals?

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... state?

The runners & alternates submitted into the sectional team roster can be the only athletes at state. Any combination of runners/alternates may participate. Runners must qualify for state at sectionals.

Mainstreet Libertyville Twilight Shuffle 5k

The Twilight Shuffle 5k (3.12 miles) is coming up on Sunday, September 6th at 6pm. This is a GREAT opportunity for your child to practice running at an event that is "similar" to what our meets will be like. I know some team members are already familiar with the Twilight Shuffle. Not only is this great practice, but it is a great way for your child to get involved in our community. Even better, YOU can run with your child (or in front of them... or behind them).

Kids pay \$25 for a spot in the race, a t-shirt, and a free invite to the Mickey Finn's after party. Adults pay \$35. There is no registration at the race so if kids/families want to participate, they will need to register sometime BEFORE the race day.

The website, www.twilightshuffle.com has all race information. The Shuffle also have a Facebook page – “MainStreet Libertyville Twilight Shuffle 5K” that has good information



Thank you for letting us coach your son/daughter.

Coach Desch & Coach Desch