

Beaver Lake Middle School

2019 Cross Country Handbook

Welcome Runner and Parents/Guardians,

Cross Country is a no-cut sport, and all students are welcome to compete. As this is a running sport, athletes should come prepared to run every day!

Schedule

The Cross Country Calendar can be found on the BLMS connect site under the Athletics tab. PLEASE

NOTE: Times and dates may change. If this should happen, the runners will be notified as soon as possible. We ask for your flexibility and understanding.

We need **VOLUNTEERS** to help at home meets (10-3-19 and 10-10-18). If you can help, please send us an email!

Eligibility

In order to participate in cross-country at Beaver Lake you must meet the following criteria:

- Emergency medical forms must be turned in.
- All students must have a current physical on file and a valid ASB card to participate in any Beaver Lake sport.
- You must be passing all your classes.
- Behavior in school and practice must be appropriate.
- Uniform must be complete.
- **You must have 8 practices prior to the first race.**
- All passing grades of **C or better**
- 2.0 or better GPA

Grades will be checked within 10 school days of the beginning of the season. If you have a failing grade or your GPA has fallen below a 2.0, you will be placed on academic probation for 10 school days. You may practice during these 10 days, but may not compete. At the end of the 10 school days, grades are checked again. If you are passing all classes with a C or better and a GPA of 2.0 or better, than you may participate in competitions. If after the 10-day probation you are still failing you are no longer eligible and will not be able to participate for the rest of the season.

Behavior Expectations

As a member of any athletic team, student athletes are expected to conduct themselves according to the code of conduct set out by their coaches and the expectations outlined in the student handbook. If, during the course of the sports season, a student has been found to violate these behavior expectations they may be ineligible to participate in practice or competition for the duration of the discipline consequence. If we have a problem with your behavior in practices or at races, we will give you a written warning that must be signed by your parent(s). If you accumulate 3 written warnings, you will no longer be able to participate in cross country.

UNIFORMS

Shoes are the most important piece of equipment a runner will need! You should only wear running shoes. Quality running shoes are available at several retail outlets including Dicks and others. You can find great deals online if you know the size and style of shoe you want. You do not need to purchase spikes as all the courses we run on have stretches of asphalt. Try to purchase socks made of a material that breathes i.e. Duo max or Coolmax; avoid cotton socks, if they get wet they stay wet! Each runner will be issued a Beaver Lake uniform to use for the season. CLEAN uniforms must be returned at the end of the season or a fine will be placed on the student's account. **If you wear a shirt under your singlet it should be white or black.**

Practices

Practices are a very important part of your success in cross-country. It is up to you to stay focused and give 100% every day. You are the only person that can push yourself to your potential.

- Tuesday is a mandatory practice if you plan to participate in that week's meet!
- When finished dressing, meet in the Aux gym for attendance.
- Monday, Tuesday, Thursday, 2:40 – 4:00 (activity bus leaves at 4:20)
- Wednesday, 3:35 - 4:55 (activity bus leaves at 5:07)
- Parent pick-up: Students will be waiting in the FRONT of the school and should be picked up by 4:20 on M, T, Th, and by 5:10 on Wed.
- NOTE: For safety reasons, we ask that parents use the front circle or park and meet your athlete at the field.

FOOD

What to eat before practice and meets:

- Avoid fried foods (they are difficult to digest) especially the day prior to and the day of a meet.
- At all times skip exceptionally greasy foods and any others that upset the system.
- During the competitive season, it is a good idea not to experiment with new foods, especially on the day of competition.
- On meet days eat sparingly. Never eat later than four hours before competition taking bland nourishing foods in moderate portions.
- Do not eat eggs on race day, as they are composed of a sulfur base that sometimes causes gas to form especially in a nervous stomach.
- **Before practice also watch the noon meal closely. In many ways this should be the same as the pre-meet meal. To be prepared for a hard afternoon practice, be especially careful not to overeat and to avoid milk at the noon meal.**

MEET EXPECTATIONS

- When we arrive at the meet-we will put our gear together and we expect you to be in our team area if you are not racing or cheering for the other runners.
- Warm-up/walk through - The host team will conduct a walk through of the course. Take this seriously! Make a mental note of where the course turns in where the mile mark is and any potholes or other hazards are.
- We will warm-up as a team, but you should also do easy running prior to your race. Just before your race starts (7-10 minutes) you should run several 20 yards blasts. Try to get your heart rate up so when you start running you are better prepared for the pace of the race.
- THE RACE- we run 1.875 miles (3000 meters) to avoid traffic get out fast. Protect yourself by being aware of the other runners. Try to set a pace where you can run hard but still have some energy left for the last part of the race. After you pass the mile mark you have only .8 of a mile left and you should begin to pass as many runners get as possible.

- At the finish - run hard and lean at the finish. It is easy to get passed at the finish. As you approach the finish open your hands and get up on your toes, the race is now an all out SPRINT!
- Post race - try to avoid sitting down until it is time to go home. It is best to run a slow cool down run to reduce the soreness in your muscles.
- Drink plenty of water and eat a healthy high-protein snack

Going Home

Procedures for leaving a HOME MEET:

- When athletes have finished their race, they are free to go and must sign out with their coach.
- If a student is going home with someone other than their parent/guardian, they must bring a handwritten permission note signed by parent/guardian stating whom their child has permission to ride home with. No emails, texts, or phone messages/calls are permitted.

Procedures for leaving an AWAY MEET:

- Bus Riders: We will do our best to let the runners know approximately what time the bus will be arriving back at Beaver Lake. Students can text/call their parents when we leave the away school. Keep in mind we will be arriving back too late for the activity bus so it is important that runners have someone waiting at Beaver Lake ready to pick them up.
- Going Home with Parent(s): When athletes have finished their race, they are free to go and MUST sign out with their coach.
- If a student is going home with someone other than their parent/guardian, they must bring a handwritten permission note signed by parent/guardian stating whom their child has permission to ride home with. No emails, texts, or phone messages/calls are permitted. It must be a signed note given to a coach otherwise; the student must ride back on the bus to Beaver Lake. The designated adult must sign each athlete out with their coach.

We are looking forward to a great season! If you have any questions, please contact your athlete's coach at the email below.

Coach Santos - 7/8 Boys

santosc@issaquah.wednet.edu

Coach Rizkalla - 7 Girls

rizkallak@issaquah.wednet.edu

Coach Heaphy - 6 Boys

heaphyk@issaquah.wednet.edu

Coach Angster – 7/8 Girls

angsterj@issaquah.wednet.edu