

MAYWOOD MIDDLE SCHOOL

2019 CROSS COUNTRY HANDBOOK



UPDATED: 9/18

WELCOME!

Dear Parents/Guardians and Runners,

All students are welcome to compete in Cross Country. The kids should come prepared to run every day! There are no cuts, however to run at the final meet, the kids must run 20 minutes or less in one of the four dual meets.

VOLUNTEERS: We need volunteers for the following:

Lake Kathleen Popsicle run: Thursday 10-10-10

TWO Home Meets: 10-3-19 and 10-17-19 Updated: 9/11

District Finals at Lk. Sammamish State Park: 10/29/19

If you can help, please send us an email that includes the dates you are available. Thank you.

Go Maywood!

Your MMS Cross Country Coaches:

Mr. Steve L. Eggers, Mrs. Gina Winegar, Mrs. Phyllis Warren, Ms. Kendra Cotton, and Mr. Lee Goldner

SCHEDULE

Please see Cross Country Calendar Document for a glance at our plans and schedule for the season.

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.

ELIGIBILITY

Cross-country is a privilege. In order to participate in cross-country at Maywood 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 Maywood 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.

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, if there is still a problem, you will no longer be able to participate in cross-country.

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 during this probationary period. At the end of the 10 school days, grades are checked again. If you are passing all classes with no F grades or the GPA has increased to a 2.0 or higher, 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 for Student Athletes

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.

****Remember that you are a representative of Maywood. Always be polite and thankful to the host school.**

UNIFORMS

Shoes are the most important piece of equipment a runner will need! You should wear running shoes only. 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 an MMS uniform. We race and train in shorts! 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% everyday. You are the only person that can push yourself to your potential. **TKT-Tough Kid**

Tuesday-mandatory practice if you plan to participate in that week's meet!

When finished dressing for practice you will walk around the track, until you hear three whistles, which indicates that you should start running the warm up.

At CC practice, we do not sit down, unless we cannot stand up!

Practices will take place Mon. Tues. & Thursday from 2:40 until 4:10.

Wed. practice will run until 5:10PM

The activity bus leaves at 4:20 PM Mon. Tues. & Thursdays. Wednesday the bus will depart @ 5:20 PM sharp. Students being picked up by parents will be waiting in the FRONT of the school and should be picked up by 4:20 on M, T, Th, and by 5:20 on Wed. **NOTE: For safety reasons, we ask that parents use the front parking/pick up and not to pick up at track/field area. Thank you for your cooperation.**

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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 do not 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 raceday, 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 m where the mile mark is and any potholes or other hazards are.

- We will warm-up as a team, but you should also do a lot of 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 snack

Maywood Cross Country Meet Information for Parents and Volunteers

Meet Time/Duration: Start time is roughly 3:45 and end time is roughly 5:30

Meet Procedures: Starting time for our meets is approximate, as it depends on the time the visiting team arrives. After the visiting school arrives, the team will go on a course 'walk-through' that takes roughly 15-20 minutes. Staging for the first race begins as soon as the teams return from the walk through and the meet shall officially begin. Each race is around 20 minutes.

Race Order: The race order will vary meet to meet. We run four races that include 6th Grade Boys, 6th Grade Girls, 7/8 Grade Boys, and 7/8 Grade Girls. Sixth grades always run the first two races.

** See Updated Calendar for Race Orders for this season.

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 Maywood. These times will be based on prior experience but cross-country meets vary greatly in times so they may not be entirely accurate. Please be patient in this regard. Keep in mind we will be arriving back too late for the activity bus so it is important that runners have someone to pick him or her up.

Going Home with Parent(s): When athletes have finished their race, they are free to go and will check out with a coach using the 'Sweaty Hug' Procedure. 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 who 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 Maywood. Thank you for your cooperation.