

COUGAR CROSS COUNTRY

Team Handbook

An Information Resource for Parents & Athletes

XC



CAMPOLINDO'S PREMIER ATHLETIC PROGRAM

CROSS COUNTRY TEAM MISSION

“The score takes care of itself.”
—Bill Walsh

The Campolindo cross country and track programs endeavor to address the educational, social and emotional development of each athlete, providing character growth opportunities through their athletic experience. Human growth and moral development is the critical purpose of our program.

The Campolindo cross country and track teams present countless teachable moments where ethical values such as empathy, moral courage, fairness, responsibility, and respect for self and others can be developed; Our programs connect students to caring adults in their learning community who foster social-emotional intelligence and academic success; It is an experience that provides students with opportunities for moral, social, emotional, and civic growth.

We value the potential to provide students with growth opportunities that will sustain them beyond fitness and skill development and the ability to compete and win. The Campolindo cross country and track programs strive to provide athletes with the tools for being responsible, striving for excellence, learning from mistakes and failure, overcoming adversity, helping others succeed, and being a contributing member of a team.

We also hope to teach athletes the difference between a GOAL and a PURPOSE. While seasonal goals may be to win a particular race, achieve a specific time or earn a certain title, the purpose of our program is to create a safe place where connection and belonging occurs and mistakes and failure are expected opportunities for growth. Experiencing failure and confronting the subsequent consequences are powerful and necessary for character development.

The goal of an individual or a team in our program may be to win, but we define success by more than a finishing place or team score. Our purpose is to provide students with the opportunity to be challenged, to develop and to grow through their participation in our sport.

The rules, guidelines, procedures and methods of our program have been developed and are implemented with the intention of cultivating student potential and providing them with skills that will serve them for a lifetime.

Athletic achievement, specifically the achievement of personal performance improvement and team championships, is the goal of our program. It is not the purpose however. The purpose is to change the arc of every student-athletes' life.

COUGAR CROSS COUNTRY

• Athlete Check List •

The following is a list of things to take care of before the season begins on MONDAY, **AUGUST 12, 2019.**

—1. AUHSD ATHLETIC CLEARANCE. **Turn in at "Cougar Day".** Athletes will not be allowed to practice with the team until parent has complete the AUHSD Athletic Registration Process, and obtained physician signature. Make an appointment for a physical ASAP! Registration must be completed on line at www.acalanes.k12.ca.us.

—2. ELIGIBILITY. **Each grade report period.** Athletes will not be allowed to compete as a member of the team without having achieved the minimum academic standard for interscholastic sport participation. This requires a 2.0 GPA for the most recent grading period. Incoming freshmen students must have a 2.0 GPA from their last quarter of 8th grade.

—3. TEAM CONTRIBUTION. **Please make the team contribution prior to the start of the fall season.** Complete details and a link to the order form are provided on the team web site at www.campotrack.com.

—4. SUMMER TRAINING! **Athletes are expected to attend the summer training sessions!** CHECK OUT THE SUMMER CALENDAR available on the team web site. Plan to attend as many of these sessions as possible. If unable to attend, get the workout in on your own. Athletes are expected to be in shape and ready for the rigors of fall-season training.

—5. RUNNING CAMP. (Optional) This is a 6-day camp for all athletes of all ability levels. It is a great way for teammates to gear up mentally & physically for the approaching season. Athletes must complete the camp application and send it in, along with the deposit payment, by June 20. Complete camp details are available on the team web site at www.campotrack.com.

IF YOU CAN ACCOMPLISH #1 THROUGH #5 ON THIS LIST BEFORE THE SEASON BEGINS YOU WILL BE SET TO HAVE A **FUN AND SUCCESSFUL** CROSS COUNTRY EXPERIENCE!

www.campotrack.com

COUGAR CROSS COUNTRY

• Sport Specific Competition Rules •

UNIFORMS

Cross Country competitors must wear school sanctioned racing uniforms. Additional garments (briefs or athletic bras) must be solid WHITE and worn beneath the uniform. Undergarments should not be visible.

ALL Jewelry items, including rings, nose or ear rings, necklaces, bobby pins, hair clips, bracelets, ARE **NOT ALLOWED IN COMPETITION!!!**

Watches are defined as equipment and may be used in competition.

DISQUALIFICATION

Athletes may be disqualified for the following infractions:

- Uniform violation.
- Failure to follow directions of meet personnel.
- Use of profanity.
- Causing a competitor to break stride.
- Impeding or interfering with a competitor.
- Physical contact with a competitor.
- Failure to run designated course.

RACE DISTANCES

Varsity race distance for DAL, NCS, and CIF competition is 3 miles or 5k. Scrimmages and Invitational meets sometimes vary, but are never less than 2 miles or longer than 5k.

Frosh-Soph and Junior Varsity race distance for DAL competition is 2 miles. Invitational meets can vary from 3k to 5k, but are typically 2 miles.

RACE SCORING

The top 7 finishers for each team are factored into the final team score. Teams with fewer than 5 competitors are "incomplete" and those finishers are deleted from scoring.

The sum of the top 5 finishing places for each team represents the team scores. The lowest score wins. In the event of a tie, the 6th finishing place for each team determines the winner.

Invitational and Championship competition is scored using team finishing places against the entire race field. DAL center meet competition is scored using head to head scoring between each team.

DIVISIONS

There are 3 divisions of competition in High School Cross Country: **Varsity**, **Junior Varsity**, and **Frosh-Soph**.

The Cougar Cross Country Program places athletes in divisions based on the following criteria.

Varsity: The top 7 fastest athletes regardless of grade usually compete in this division. Invitational and post season competition limits team size to 7 runners. However, DAL dual meet rules allow teams to run as many as 10 athletes in Varsity competition. Fielding more than 7 runners in Varsity competition is done at the discretion of the coaches usually for the purpose of providing experience for future Varsity athletes, run-offs between athletes competing for a Varsity position, or as reward for exemplary conduct.

Frosh-Soph: This division is restricted to Freshmen and Sophomores only. The top 7 fastest Frosh or Soph athletes usually compete in this division. The exception to this would be if a Freshman or Sophomore were placed on Varsity. Invitational competition sometimes limits team size to 7 runners. However, most often there is no limit to number of entries in Frosh-Soph competition.

Junior Varsity: There are no grade restrictions or team size limitations for this division. However, a school must field a Varsity team consisting of their top 5 or more runners before a Junior Varsity team can be entered. Junior or Senior athletes not among the top 7 fastest on the team compete in this division. Freshmen or Sophomores may also compete in this division, usually to provide better depth or to balance race fields.

POST SEASON COMPETITION

Varsity: Complete Varsity teams automatically qualify for the DAL Championship and NCS Championship meets. Varsity teams must finish in the top four at the NCS Championship meet to advance to the CIF Championships. The top 5 Individuals NOT on a qualifying team may advance from NCS to CIF competition if they finish in the top 12.

Frosh-Soph & Junior Varsity: Frosh-Soph and Junior Varsity teams automatically qualify for the DAL Championship meet. These divisions are NOT contested at the NCS or CIF level.

FINAL DFAL STANDINGS

Final season league standings for each division are determined by combining equally weighted results from regular season DAL Center-meet competition and those of the DAL Championship meet. There are NO tie breakers.

COUGAR CROSS COUNTRY

• Athletic Letter Awards •

FROSH-SOPH & JUNIOR VARSITY REQUIREMENTS:

- **Athlete must finish a minimum of 5 races and attend at least 90% of practice sessions:** Athletes who complete five races and attend at least 90% of practice sessions during the fall season are eligible for a Cross Country Letter Award. Athletes who do not reach these minimums will receive Participant Awards.

Achievement of one of the following automatically earns a Letter Award provided the athlete has competed in five races and attended at least 90% of practice sessions.

- **Top 7 finish on any team in 4 or more races**
- **2-mile time: 12:45 (boy), 15:15 (girl)**

VARSITY REQUIREMENTS:

- **Athlete must finish a minimum of 4 Varsity Races (6 races total).** Only athletes who complete four VARSITY races (6 races total) during the fall season are eligible for a VARSITY Letter Award.
- **Athlete must achieve a minimum 3-mile time: 17:45 (boy), 20:45 (girl).** Athletes who achieve the time standard on a certified 3.0-mile course during the fall season are eligible for a VARSITY Letter Award (5K conversion accepted).

Achievement of one of the following automatically earns a VARSITY Letter Award provided the athlete has competed in 4 VARSITY races and achieved the minimum VARSITY time standard:

- **Top 7 finish on Varsity team in 3 or more races**
- **Top 6 finish on Varsity team at DAL Championships**
- **All League Varsity 1st or 2nd Team selection**
- **Top 6 finish on Varsity team at NCS or State**

ATHLETES THAT **QUIT** THE TEAM FOR ANY REASON, OR ARE **DROPPED** FROM THE TEAM AS DISCIPLINARY ACTION, OR **FAIL** TO ACHIEVE THE MINIMUM ACADEMIC STANDARD FOR PARTICIPATION **FORFEIT ALL AWARDS.**

COUGAR CROSS COUNTRY

• General Team Rules •

XCStats.com Athlete Profile: Each athlete is expected to register on the XCStats.com web site as a member of the Campolindo team. This includes entering athlete and parent email addresses, setting up competition goals, and using the training log feature. Post race feedback, athlete progress, and weekly announcements to both athletes and parents will be provided through this system. MAINTAINING A CURRENT XCSTATS.COM PROFILE IS A REQUIREMENT OF TEAM PARTICIPATION.

Practice Attendance: Each athlete is expected to attend all primary practice sessions Monday through Saturday. An 80% attendance rate is required to be eligible to compete. A 90% attendance rate is required to be eligible for a letterman award.

Every effort must be made to schedule time so that there are no conflicts with daily practice. It is at the discretion of the coach to determine if athletes who are ill, injured or otherwise unable to complete practice sessions prior to a competition are fit and eligible to compete. In the interest of safety, the coaching staff reserves the right to hold out of competition any athlete who is unable to satisfactorily complete a preceding workout session. The coaching staff has sole authority over the determination of the competition lineup.

Punctuality: Each athlete is expected to arrive at practice and competitions on time and ready to run.

Practice Apparel & Equipment: Correctly fitted running shoes, appropriate length running shorts (3" inseam or less) and sweat pants are expected at practice. **Basketball or other long shorts are NOT acceptable.** A sports watch with a split timing function is also expected at practices.

Competition Apparel: Athletes are expected to wear team sanctioned Campolindo gear at all competitions. Undergarments worn beneath the team issued uniform must be solid white in color. Team sweat pants are to be worn at all competitions. Athletes are expected to wear sweat pants before and after racing.

Conduct: Cougar Cross Country athletes are representatives of the school and the community. Each athlete is responsible for continuing our tradition of exemplary conduct by supporting teammates, making a positive contribution to the sport, and putting forth their best effort on and off the course.

COUGAR CROSS COUNTRY

Running Shoes are Priority

Even in the most casual of 30 minute workouts your feet may hit the ground forty-eight hundred times! And the force on impact can easily exceed several times your own body weight. So shoes may be the last things you think about, but they are the *first* thing protecting you from a miserable season of chronic overuse injuries.

If you plan on putting in the time to do Cross Country (about 170 hours over the course of a season), then take a moment to make an educated decision about your gear.

Go to a real running store and tell the sales person you need a quality shoe that fits your specific running characteristics. Have them examine your old shoes and your feet in order to evaluate your foot strike. Tell them about any chronic soreness or past injuries. And for goodness sakes, ask the salesperson questions! Ask them to watch you walk barefoot. Ask them to explain your foot strike. And don't forget to let them know you're on a team.

You usually get what you pay for when it comes to running shoes. The top line running shoes sell for \$100 to \$150. But avoiding a nasty thing like shin splints because you spent a few more dollars on the right shoes is worth it.

However, don't drop all your cash on the most expensive pair of shoes without regard to your specific needs! The best way to go about it is to find the best possible shoe for YOU.

Try on *several* different shoes before a purchase. If possible, take a run around the block to get a true feel for the support and fit. Keep in mind that everyone's feet are different. A shoe that is great for one person might not be right for another.

We recommend you purchase shoes at a running specialty store. Most offer 10% discounts on shoes for high school athletes. The service should include a thorough foot strike analysis, where the person helping you asks that you take your shoes off and walk barefoot, or that you run on a treadmill while a video camera records your gait cycle. If you ask for a foot strike evaluation and they don't know what you are talking about, **DO NOT LET THEM HELP YOU!**

COUGAR CROSS COUNTRY

• Equipment •

NECESSARY ITEMS: The following items are necessary at all practices and competitions.

- Running Shoes (specifically fitted at running specialty store)
- Sweat Pants
- Running Shorts (**NO basketball or long shorts!**)
- Digital Watch with Split/Lap Time Capabilities
- Locker Room Lock (always lock up your gear)

RECOMMENDED ITEMS: These items are not required, but recommended for serious athletes.

- Racing Flats
- GPS Watch
- Foam Roller (for self massage)
- Water Bottle
- Post Workout Snack

TEAM COMMUNICATION

Parents are encouraged to allow their athletes to communicate directly with the coaches, either by speaking with them at practice or during the school day. When face-to-face communication is not possible, athletes should send correspondence to Coach Chuck at cougarcoach@comcast.net. All communication regarding practice and meet attendance, questions about team policies, reporting of injuries or other concerns, should always start with a conversation between athlete and coach.

Athletes are responsible for maintaining an **XCStats.com** profile with an up-to-date athlete email and parent email. In addition to speaking directly to coaches, athletes are expected to report any planned absences, record daily training accomplishments and articulate performance goals through the **XCStats.com** web site.

The coaching staff will utilize **XCStats.com** to send pre and post-competition emails to athletes and parents, track athlete practice attendance, review athlete training logs and track athlete performance data.

The team web site (www.campotrack.com) is the primary resource for team information, including training and competition schedules, competition results and pictures, team rules and policies, team apparel options, coach profiles, and links to the team **Facebook** group page and **Twitter** account. Athletes and parents are expected to visit the team web site to access this information.

The team **Facebook** group page and the team **Twitter** account are secondary resources that may be used to communicate important daily updates like competition lineups and bus schedules.

COUGAR CROSS COUNTRY

• Team Apparel •

All team apparel may be purchased by the athlete and is the athlete's to keep. The team uniform singlet and shorts are necessary for participation. If a family is unable to cover the cost of the uniform singlet and shorts, these items will be provided by the team at no charge. The uniform singlet and shorts, along with an assortment of optional team apparel items, are available for purchase through the New Balance Team web store linked to the team website: www.campotrack.com.

New T-shirts are designed each year with a team slogan for the season. The seasonal team T-shirt is covered by the team contribution made on the Campolindo web store. One T-shirt will be provided to each athlete.

All apparel items are identical to those used by the Campolindo track & field team. If the athlete already has apparel from previous seasons of cross country or track & field there is no need to order again, unless an additional item is desired.

ADDITIONAL APPAREL EXPECTATIONS FOR COMPETITION:

Campolindo cross country athletes are expected to wear the team singlet, shorts, T-shirt and sweats at all competitions.

Only Campolindo cross country team gear may be worn at competitions. Apparel with slogans or insignias not related to Campolindo cross country is not allowed.

ADDITIONAL APPAREL RULES FOR PRACTICE:

Athletes are encouraged to purchase running specific apparel items for practice sessions. These may include synthetic fiber shirts, shorts and socks. Synthetic fiber running products are designed to transfer moisture and help regulate body temperature. Athletes are expected to wear shorts no longer than 3 inches at the inseam during practice. Appropriate running shorts are typically 2.5 inches or less at the inseam to provide necessary range of motion. Compression shorts are also appropriate. Long/baggy basketball style shorts are **NOT** acceptable.

COUGAR CROSS COUNTRY

Parent Involvement

Cougar Cross Country welcomes the involvement of parents who are interested in the success of their student-athletes in an effort to maintain a safe and supportive environment in which every athlete has the opportunity to experience the rewards of the sport. Please do not hesitate to get involved!

INVOLVEMENT OPPORTUNITIES:

- 1. EXPECTED:** Volunteer for a minimum of 2 positions on the season parent volunteer job list. Go to www.campotrack.com to view instructions for signing up through our Signup Genius!
- 2.** Help your student-athlete be safe and healthy. Good running shoes fitted by a trained professional are a must. Eating the right foods, drinking lots of water, and getting enough sleep are essential. Help them make Cross Country a **PRIORITY** in their life.
- 3.** Attend Awards Night to join the celebration of individual and team achievement for the season.
- 4.** Be sure your athlete has added your email to his/her XCStats.com profile so that you receive the frequent performance updates, team announcements, and other vital information through the course of the season. Please ask your athlete to show you his/her XCStats.com profile.
- 5.** Parent **DIVERS** are need for car-pools for varsity practice sessions and competition at the NCS meet course in Hayward the first two weeks of November. Exact days and times TBA. Please be sure you have completed and turned in the Parent Carpool Driver Insurance Form to the Campolindo office so that you are eligible to provide transportation. This form is available on the Team Handbook page of the team website.

COUGAR CROSS COUNTRY

• Contact List •

COACHES

HEAD COACH

Chuck Woolridge

CHS: 925-280-3950

CHS FAX: 925-280-3951

E-Mail: cougarcoach@comcast.net

ASSISTANT COACHES

Andy Lindquist

Jeff Thomas

Joey Woolridge

PARENT LIAISONS

Girls' Team: Molly Guthrie

E-mail: mollyguthrie@hotmail.com

Boys' Team: Brian Gunn

E-mail: brianhgunn@gmail.com

TEAM WEB SITE

www.campotrack.com

CHS ADMINISTRATORS

John Walker: 280-3950 x5202

E-mail: jwalker@acalanes.k12.ca.us

DAL LEAGUE COMMISSIONER

Pat Lickiss: 925-939-3127

IMPORTANT NUMBERS

Campolindo Office: 280-3950

www.campotrack.com