

***COUGAR CROSS COUNTRY***

# ***Team Handbook***

*An Information Resource for Parents & Athletes*

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***The Most Successful Sport in CHS History***

# **COUGAR CROSS COUNTRY**

## **• Athlete Check List •**

The following is a list of things to take care of before the season begins on **MONDAY, AUGUST 15th, 2011.**

—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](http://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 FEES.** Order team package, including spirit fee, t-shirt, sweats, and other items before **August 18th.** All team fees must be paid through the Campolindo web store. Complete details and a link to the web store are provided on the team web site at [www.campotrack.com](http://www.campotrack.com).

—4. **SUMMER TRAINING!** Athletes are expected to attend the summer training sessions from **June 15th through August 15th!** 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 in-season training on August 16th!

—5. **RUNNING CAMP.** (Optional) This is a 5 day camp for all athletes of all ability levels! It is the final week of July, and 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 20th! Complete camp details are available on the team web site at [www.campotrack.com](http://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!  
REMEMBER: THE CROSS COUNTRY TEAM IS OPEN TO EVERYONE!

**[www.campotrack.com](http://www.campotrack.com)**

# **COUGAR CROSS COUNTRY**

## **• Sport Specific Competition Rules •**

### **UNIFORMS**

Cross Country competitors must wear school issued racing uniforms. Additional garments (compression shorts or athletic bras) must be solid WHITE and worn beneath the uniform.

**ALL Jewelry** items, including rings, nose or ear rings, necklaces, bobby pins, hair clips, bracelets, **ARE NOT ALLOWED IN COMPETITION!!!** However, watches 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 DFAL, 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 DFAL 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 summation of the top 5 finishing places for each team represent 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 entire race field. DFAL 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, DFAL 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 coach 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 by veterans.

**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 DFAL 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 DFAL 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 DFAL Center-meet competition and those of the DFAL Championship meet. There are NO tie breakers.

# **COUGAR CROSS COUNTRY**

## **• Athletic Letter Awards •**

### **FROSH-SOPH & JUNIOR VARSITY REQUIREMENTS:**

- **Athlete must finish a minimum of 6 races and attend a minimum of 45 practice sessions:** Only athletes that complete six races and attend at least 45 practice sessions during the fall season are eligible for a Cross Country Letter Award. Athletes that do not reach these minimums will receive Participant Awards.

Achievement of one of the following automatically earns Letter Award provided the athlete has competed in six races and attended 45 practice sessions.

- **Top 7 finish on any team in 4 or more races**
- **2-mile time: 13:00 (boy), 15:30 (girl)**

### **VARSITY REQUIREMENTS:**

- **Athlete must finish a minimum of 4 Varsity Races (7 races total).** Only athletes that complete four VARSITY races (7 races total) during the fall season are eligible for a VARSITY Letter Award.

- **Athlete must achieve a minimum 3-mile time: 18:00 (boy), 21:30 (girl).** Only athletes that 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 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 4 or more races**
- **Top 5 finish on Varsity team at DFAL Championships**
- **All League Varsity 1st Team selection**
- **Top 5 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 will be provided to athletes following every competition. Athlete progress, training feedback, 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 Friday. Every effort must be made to schedule time so that there are no conflicts with daily practice. If a valid reason for missing practice exists (illness or emergency), the athlete must notify the coach prior to the practice that will be missed. **MISSING PRACTICE WITHOUT PRIOR NOTIFICATION WILL RESULT IN SUSPENSION FROM COMPETITION.** It is at the discretion of the coach to determine whether or not athletes that are ill and unable to complete practice sessions 72 hours prior to a competition date will be allowed to race. In the interest of safety, the coaching staff reserves the right to hold out of competition any athlete that is unable to satisfactorily complete a preceding workout session.

Before school and Saturday practice sessions are optional. Athletes invited by the coaching staff to participate in the before school and Saturday sessions choose to do so in addition to the Monday through Friday required sessions. Attendance at these additional sessions does not impact an athlete's standing on the team.

**Punctuality:** Each athlete is expected to arrive at practice and competitions on time and ready to run. **SECOND TIME LATE WILL RESULT IN CAMPUS CLEAN-UP. IF LATENESS BECOMES CHRONIC ATHLETE WILL BE DROPPED FROM THE TEAM.**

**Practice Apparel & Equipment:** Correctly fitted running shoes, appropriate length running shorts (3" inseam or less) and sweat pants are required at practice. **Basketball or other long shorts are NOT acceptable.** A sports watch with a split timing function is also required at practices. **CHRONIC FAILURE TO ATTEND PRACTICE WITHOUT APPROPRIATE APPAREL AND EQUIPMENT WILL RESULT IN DISMISSAL FROM PRACTICE.**

**Competition Apparel:** Athletes must wear team issued Campolindo gear at all competitions. Other colors, insignias or slogans are NOT acceptable. 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 required to wear sweat pants before and after racing. Do NOT wear uniform or sweat pants at school or for any other purpose.

**Conduct:** Cougar Cross Country athletes represent the premier athletic program at CHS. They are representatives of the school and the community. Each athlete is responsible for continuing our tradition of exemplary conduct. Support teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with the coach is essential. **FAILURE TO FOLLOW THESE STANDARDS WILL BE DROPPED FROM THE TEAM.**

***Cougar Cross Country Athletes will be held accountable to these rules without exception!***

# COUGAR CROSS COUNTRY

## Running Shoes a 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 \$80 to \$100. 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, so be picky!

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**

## **• Mandatory Equipment •**

**REQUIRED ITEMS:** The following items are required at all practices and competitions.

- Water Bottle
- 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)
- Post Workout Snack

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

- Racing Flats
- Foam Roller (for self massage)
- Golf Ball (for self massage)

## **COMMUNICATION PROCEDURES**

PLEASE USE THE FOLLOWING PROCEDURES FOR CORRESPONDENCE:

Parents are encouraged to allow their athlete to communicate directly with the coaches at practice and through email: cougarcoach@comcast.net. Parents that wish to communicate directly with the coaches may do so at cougarcoach@comcast.net. Parents may also contact the parent liaison with general questions: Kathie Brodowy: kbrodowy@sbcglobal.net

All communication regarding practice and meet attendance, questions about team policies, reporting of injuries or other concerns, must start with the coaching staff!

Please note that the CHS administration has asked that parents follow the following communication chain with regards to resolving questions and concerns about the cross country team: Always start with the coach!

Contact 1: Coach Chuck Woolridge at cougarcoach@comcast.net

Contact 2: Athletic Director Bob Wilson at bwilson@acalan.es.k12.ca.us

Tom Renno at trenno@acalan.es.k12.ca.us

Contact 3: Principal Carol Kitchens

# **COUGAR CROSS COUNTRY**

## **• Team Apparel •**

Team singlets and shorts are provided for the season at no charge. These items are high quality micro-fiber garments. Please care for them as follows: **WASH IN COLD. HANG DRY.** Failure to follow these instructions will result in damage. Athletes will be charged replacement cost (\$50 per item) for lost or damaged garments.

New T-shirts are designed each year with a team slogan for the season. Team sweats are NAVY BLUE warm-up pants. These items are ordered through the TEAM PACKAGE.

These are the same sweats used for the Track & Field Team. If the athlete has already purchased a pant for previous seasons there is no need to order again, unless a replacement or extra item is desired.

Cougar Cross Country and Track & Field plan to continue to use the same style of sweats as long as they are available in the future. This means that athletes will NOT be required to order new sweats for their participation in future seasons of either sport.

### **ADDITIONAL APPAREL RULES FOR COMPETITION:**

Campolindo Cross Country athletes are required to wear team issued singlet, shorts, T-shirt and sweats at all competitions.

Athletes are required to wear Campolindo team gear at all competitions. Other colors or insignias or slogans are NOT acceptable. ATHLETES MAY NOT WEAR COLORS OTHER THAN RED, NAVY BLUE AND WHITE when representing the Campolindo cross country team at competitions. Apparel with slogans or insignias not related to Campolindo Cross Country are NOT allowed.

### **ADDITIONAL APPAREL RULES FOR PRACTICE:**

Athletes are encouraged to purchase running specific apparel 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 **DEPENDS** upon the involvement of parents who are interested in the success of their student-athletes. With your help we are able to maintain a safe and supportive environment in which every athlete has the opportunity to experience the rewards of our sport. Please do not hesitate to get involved!

I realize the pressures and time constraints that parents may have with work, as well as the myriad of responsibilities related to raising teenagers. Many of you are already actively involved in other aspects of your athlete's life. The sacrifice you make to take part in Cougar Cross Country, no matter what role you choose, will make a difference for these athletes.

### ***INVOLVEMENT OPPORTUNITIES:***

- 1.** Volunteer for a minimum of 2 positions on the season parent volunteer job list. Go to [www.campotrack.com](http://www.campotrack.com) to view instructions for signing up!
- 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.
- 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.

# **COUGAR CROSS COUNTRY**

## **• Contact List •**

### **COACHES**

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#### **HEAD COACH**

**Chuck Woolridge**

Home: 925-285-9389

CHS: 925-280-3950 x5359

CHS FAX: 925-280-3951

E-Mail: cougarcoach@comcast.net

Cell: 925-285-9389

### **ASSISTANT COACHES**

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Joey Woolridge

Andy Lindquist

### **2011 TEAM LEADERS**

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Carrie Verdon

Thomas Joyce

Juliet Farnan

Darren Brodowy

Tony Knox

Keith Geiger

Rod Farvard

Kevin Fong

Erin Ross

### **2011 PARENT LIAISON**

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Kathie Brodowy

E-Mail: kbrodowy@sbcglobal.net

### **TEAM WEB SITE**

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www.campotrack.com

### **CHS ATHLETIC DIRECTORS**

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Bob Wilson: 280-3950 x5235

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

Tom Renno: 280-3950 x5368

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

### **CHS ADMINISTRATORS**

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Carol Kitchens: 280-3950 x5202

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

### **DFAL LEAGUE COMISSIONER**

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Pat Lickiss

1989 Woodbury Ct.

Walnut Creek CA 94596

925-939-3127

### **IMPORTANT NUMBERS**

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Campolindo Office: 280-3950

CC Times Prep Sports: 943-8247

E-Mail: prepscores@cctimes.com