

A Parent's Guide To Cross Country

Welcome! Your son or Daughter has joined the Guymon Cross Country Team.

What is Cross Country?

The Sport of Cross Country is a competitive team sport offered in the fall for students in grades 7 through 12. Training and optional group runs starts in the early June. Teams consist of five or more runners who all race together at the same time with other teams. The top five finishers from each team are scored and their finishing places are added up for the team score. The lowest score wins. High school races are 3.1 miles long, while junior high races are usually 1 mile, 1.5 miles, or 2 miles. The courses are mostly run across grassy fields, wooded paths, and have a mixture of hills.

A great thing about cross country (abbreviated XC) is that **everyone competes!** Everyone runs the same course, and although the first 7 runners to finish are considered the scoring team, at every meet **ALL** athletes get to participate. There are **no time outs**, and **no bench** to sit on and watch while others play!

Our philosophy is fairly simple:

- *Everyone is important, unique, and contributes*
- *To strive for excellence is as worthy as achieving it*
- *Everyone can reach for their personal best*
- *We can have fun, train hard, and race well*
- *We want to inspire a love of running*

Everyone is Important: It is a team wide philosophy that every athlete is vital to the success of the program. Keeping this in mind, running ability is actually one of the less important traits we look for. Regardless of whether you are at the front of the pack or somewhere in the middle, you play an important role on the team.

Striving for Excellence: Each person brings their own set of skills and abilities to the sport. Our goal is to assist each runner to achieve the most out of their skills.

Opportunities: Training programs are tailored and feedback from athletes is valued. The coaches work with each athlete both as an individual and as part of the team to help both maximize their potential.

Let's Have Fun: We run different places, different routes, and we have special days where we do something out of the ordinary, just to change things up a little.

Inspire a Love of Running: Running is something that can be done by everyone for the rest of their life. We seek to inspire people to run not just for competitive fitness, but also for good health, stress relief, and to enjoy the great outdoors!

TEAM AND INDIVIDUAL SUCCESSES

Over the past several years, Guymon has qualified several teams to the state meet on both the boys and girls side. The boys finished 3rd in the state, while the girls finished 5th this past year. The boys and girls have been consistently ranked within the top 10 in class 5-A for several years. The boys have one regional runner-up finish in 2014 & a third place finish in 2013 and the girls placed their highest at regionals in 2013 & 2014 with a 3rd place finish. Also, several Guymon boys have made honorable mention all-state. (11-15 at state)

At the junior high level, in 2011, the boy's team won the OKC Junior High All-Star Meet. They placed 2nd in 2012 & 2014. In 2012 the girls team placed 3rd with their highest team finish at that meet. We have had many runners place high enough at that meet to earn all-star junior high status. Our junior high teams have been a large catalyst for our continued success in high school.

How Cross Country is Scored

A cross country meet is scored by each team adding up the places of its top 5 finishers. As in golf, the low score wins. For example, a team that scores 26 points places ahead of a team that scores 29 points, as follows:

<u>Guymon</u>	<u>Tahlequah</u>
1	2
4	3
5	7
6	8
10	9
<hr/>	
<u>Score 26</u>	<u>Score 29</u>
(Guymon Wins!)	

A team's 6th and 7th place finishers can also figure in the scoring if they place ahead of the other teams' top 5 finishers. When that is the case, they become "pushers" by pushing up their opponents' scores. Only a team's 6th and 7th finishers can be "pushers", regardless of how many of its runners may finish ahead of an opposing team's top 5 finishers.

What it Takes to be Successful

More than anything else, success in Cross Country takes time...time to learn; time to train; time to sleep, rest and recover; after school time; weekend time; time away from family and friends; and time away from other interests. With the academic responsibilities of being a high school student, most student-athletes are busy all the time. We try to achieve a balance between all things while aspiring to do well in cross country.

We emphasize strongly academic excellence while being leaders inside and outside the classroom. Our runners understand that they are held to a higher standard than the average student at GHS & GJHS. The willingness to devote the time that success demands in the classroom and the sport of cross country is called **DEDICATION**.

Being a member of the Guymon Cross Country Team carries other expectations and responsibilities. Doing what is expected of every team member is called **COMMITMENT**. Attending team practices every day is one of the commitments we expect. Before the start of each season we will hold a parents meeting in order to better inform you about our upcoming season, and Guymon's athletic code of conduct and academic eligibility requirements. Our goal is to develop team loyalty and individual responsibility and accountability among all our team members. High School sports are wonderful vehicles for personal growth. We hope that you as parents will appreciate this and support our goals.

Another commitment we expect is **COMMUNICATION** with our coaching staff. If a problem or illness is going to force your son or daughter to miss practice or a meet, we expect him or her to tell us about it personally in advance. (This does not mean relaying a message through a teammate or friend.) Many such problems can be solved when athletes communicate with us.

How can you help your son or daughter before the season starts?

We strongly encourage our runners to follow a training regimen during the summer. Individualized programs are provided for experienced runners while younger or new runners are given more basic and appropriate programs to follow as a guide. Pre-season summer training is essential to build a fitness base for intensive workouts and races during the season. As your aspiring young runner begins the first week of training, you may wonder what to expect and how you can assist him or her as a parent in terms of recovery, eating, sleeping, and mental attitude. As a rule, we don't recommend you change any aspect of your normal routine of home responsibilities, family meal planning, bedtime, and social guidelines. A normal consequence of beginning to train is muscle soreness, which will soon go away. If your son or daughter has not competed in sports before, this may persist up to 2 weeks. They should communicate this to us so we can adjust their training. Any athlete engaged in intensive training and competition can be subject to injury. We can prevent most injuries when our runners tell us about their aches and pains before they become disabling, so we can have them

evaluated. A nutritious, well balanced diet is essential for an athlete. Especially on race days, fatty and fried foods, and carbonated or acidic drinks should be avoided. Small portions of easily digested food eaten at least 3 hours before competition are best, but water intake should never be limited. Most athletes feel best when they race a little hungry. You should see your runners gradually starting to eat more carbohydrates.

How to Buy Running Shoes

If possible, go to a store that deals primarily with running footwear and apparel. Those are few and far between mainly due to our location. These particular stores have experienced runners as sales persons who can help you choose the right shoe with the right fit for your athlete. If you need a list of stores that deal with this type of footwear, please contact one of the coaches. The best way to prolong the life and function of a new pair of running shoes is to wear them for running only, not as school shoes or for PE class. It is not necessary to purchase special running apparel. Loose fitting T-shirts and shorts are adequate for daily training, and your athlete will be issued a school uniform.

We have information & videos on our team app about how to select shoes. It is important that shoes be selected for their function, not their pretty colors!

Cross Country Vocabulary

- **INVITATIONAL MEET**...a multi-team meet
- **TOP 7**...the scoring members of a Cross Country Team
- **COURSE**...the marked and measured route of the race
- **STARTING BOX**...designated area to which a team is assigned on the starting line
- **FALSE START**...leaving the starting line before the gun sounds
- **FINISH CHUTE**...a rope bordered funnel past the finish line that moves runners into their single file order of finish.
- **PACE**...running speed over a particular distance
- **SURGE**...a tactical increase in pace during the race
- **KICK**...a burst of speed at the finish of the race
- **PACK**...a group of runners in close proximity
- **PERSONAL RECORD (PR)**...best ever performance on a given course.
- **RACING FLATS**...special, lightweight shoes designed for racing, rather than daily training.
- **TRAINING FLATS**...running shoes designed for long wear in daily training
- **WARM-UP**...a running and stretching routine that gradually warms up the body for intense running.
- **COOL-DOWN**...a jogging/walking routine that allows the muscles to purge themselves of lactates and the body to gradually lower its temperature to normal.
- **WORKOUT**...a daily training session

Preparing to watch your first cross country meet

When you arrive at the meet, ask us to see a map of the course. First, locate the start and finish, then try to scout central points where you can see as much of the race with as little moving around as possible. Do not expect the attention of your son or daughter once we get to the meet. The athletes need time to warm up on the course, be briefed by their coaches, and prepare for the race with their teammates. Many parents are initially surprised at the seriousness their son and daughter shows prior to and during a race. The intensity of competition may reveal a side of your young athlete's personality you haven't seen before.

During the race, you can move from point to point along the course to cheer the runners as they pass. Be careful, however, to stay off the runners' path and out of their way. Rules also forbid running alongside a competitor to pace or encourage him or her.

At the finish of the race, the runners file through the finish chute. It's OK to greet them then, but they may have to turn a place card into their coach ASAP so scores can be tabulated. Our runners have other responsibilities after the race. We expect them to jog and cool-down as a team and actively support their teammates who have yet to race.

Some runners are more spent than others after a race. Typical symptoms of their effort and fatigue are breathlessness, general weakness, rubbery legs, glassy eyes, salivating, and sometimes nausea. To aid recovery, water is the best thing to drink immediately after a race.

Expect the possibility of some disappointment by your athlete after the race if his or her team did not win, and/or if he or she failed to achieve all goals. Athletes may need some emotional space afterward from both you and their coaches. Later on, they will need verbal support rather than criticism.

Once an away meet is over, if your son or daughter came on our bus or van, please do not take him or her home with you without checking with the coaching staff first. We are legally bound by state law for athletes' safe transport to and from the meet. You need to know that high school athletes are not allowed to drive themselves to a meet, and afterward, we can release them only to you. Also, students cannot typically leave right away after their race is over, unless they have a pressing commitment (band competition, ACT or SAT, etc.) We often have information to provide afterwards and again, we want everyone to stay and support their teammates.

Parent Involvement

Remember that children imitate the actions of adults. If you as a parent are not involved in the program do not expect your child to be. We have a number of areas that we need parents to give their time and energy in order that we maintain our level of success such as helping with home meets, team dinners, fundraisers, hauling equipment to meets, and driving to practices not at the school. In the event of an overnight trip, we welcome chaperones to help watch the

athletes at the hotel. We want our athletes, parents and coaches working together all year long.

This program is a lot of fun to be around. Please make the time to be with our team and make yourself known to the athletes, coaches and other parents. All those who have truly been involved over the years have always walked away raving about the great experience they had. Take it one step at a time, slowly but with enthusiasm and effort. Please feel free to call upon the coaches at any time. **Without parent support any Cross Country program could not do all the things that need to be done each season. Parental support is an important contribution to having a successful season!**

For more information on our program and what we try to emphasize and impart, please regularly visit our team application on the internet or your smartphone.