



Hebron Cross Country Team Handbook

Head Coach:

Chris Capeau

Assistant Coach:

Keondra Mallard

Welcome to the 2018 Hebron Cross Country Season! Though some of us had an opportunity to run together and many of us already know each other, we are looking forward to having all of us running together now as “The Hebron Hawk Cross Country Team!” Welcome to the many new runners that are joining our team this year. The upcoming season will be very exciting!

We would like for every runner to embrace our goal of continuing the tradition of excellence in the Cross Country program at Hebron High School. To be an outstanding team it takes a lot of hard work, commitment, **and spirit** from all of the runners and coaches. In addition, we ask that each and every runner this year bring tremendous commitment to our program and to each other. Working together as a team and trusting your coaches will bring success! Commitment requires that each runner attend **ALL** practices, meets, team meetings and activities. If you are ill and cannot make a practice or meet, notify a coach as far in advance as possible. When we are at meets, we ask that everyone stays and cheers on our teammates. It does make a difference!

Because we represent our school wherever we go, Hebron Cross Country runners must conduct themselves in a respectful way. **ALL** runners must follow the rules of conduct set by the coaches, Hebron High School and LISD. We expect athletes to treat each other and the coaches with the utmost respect at all times.

Thanks to the many parents who support the team and help the season to run smoothly. We appreciate all that they do; please thank each of your parents often. They deserve our respect and recognition for their ongoing contributions to the team.

The Hebron Cross Country team will have 2 coaches this season—Coach Capeau and Coach Mallard. They have many years of coaching experience and successes both with Cross Country and Track & Field. We look forward to working hard together to make XC 2018 an amazing season!

What is Cross Country?

Cross Country is a foot race where the outcome is based on endurance performance. Competitors race for distances 5km (3.1 miles) on varied terrain. Uphill, downhill, dirt trails, asphalt paths, sharp turns, long straight-aways, sun, rain, heat, cold, mud, and even stray dogs should all be expected. In cross-country, be ready for anything!

Cross Country is a team sport based on individual performances. The first five finishers of a team score. Their places equal the points they contribute to their team’s score (i.e. if you finish 3rd, you contribute 3 points to the team score). The total of the five places is compared to the other competing teams. The team with the lowest score wins! (just like golf.)

The 6th and 7th finisher for a team are important for the team score in case of a tie and because

they can finish ahead of an opposing team's first five runners. A 6th or 7th racer who beats any of an opposing team's top five runners has raised the score of the opposing team. Strong front-runners help a team win, but Championships are won with solid 4th, 5th, 6th, and 7th runners who can stay in contact with their teammates.

Here is a sample score card showing the scores for in a simulated meet:

Runners	Hebron	Marcus	Coppell
1	2	1	5
2	3	4	6
3	8	10	7
4	9	18	12
5	11	19	14
6	13	20	16
7	15	21	17
Total	33	52	44

Hebron Wins! Coppell 2nd, Marcus 3rd

Hebron Coaches and Coaching Philosophy

Our goal is to build Hebron Cross Country as a program that strives toward excellence in the sport. Our philosophy is to strike a balance between being competitive at the highest levels of the sport while encouraging young athletes to be supportive teammates and runners for life. It is just as important to be positive with your teammates, as it is to be positive with yourself.

The Hebron Cross Country Experience is a unique athletic experience. Everyone can participate and push his or her own limits to achieve success. Times and goals might be different, but the will and the drive to accomplish those goals is important for every individual on this team. In cross-country, you determine your own fate and your own performance. There are plenty of stories of athletes transforming from 9th-12th grade!!

Hebron Cross Country is a family. The support and encouragement of Hebron Cross Country extends from the runners and coaches, to family members, friends and alumni. When we all work hard together, it is easier for us to improve. Pride in hard work is how we become excellent at the sport of Cross Country.

Team and Coach Communications

Coaches will tell athletes all necessary information at the start of practices. In addition, team information is sent via the team Remind Text @Hawkxc to 81010.

ATHLETES should always communicate with coaches **NOT** the parents about things coming up good or bad, unless an absolute emergency and all parents are always encouraged to bring any concerns to the Coaches or to Coach Brazil and Coach Keeney our Athletic Coordinators.

To stay informed, parents should periodically check with their athletes.

Team Website: <http://www.hawkrunning.org/>

Practices

Official practice began on **Monday, July 30th at the HHS Track at 6:30am**. Practice will go till approximately 8:30 and sometimes can run longer or shorter depending on the athletes training for the day. Bring water, and wear running clothes and good running shoes to every practice. There are also practices on Saturdays when there isn't a meet. These will be communicated ahead of time.

Athletes are expected to attend every practice. If you cannot attend for any reason, talk to coaches in advance.

A typical practice starts with a morning meeting with the coaches explaining the workout for the day followed with a warm up run (usually on the track or on the turf) to loosen up muscles. Then, all athletes do drills together. This is very important to prevent injuries. After drills, the team divides into training groups that will run together. Some days are shorter runs, emphasizing speed and intervals. Some are longer runs, to build a training base. We will use the roads and trails and track around Hebron. As each group returns from its run, that group cools down, and stretches again.

The training difficulty builds during most of the season. Coaches will transfer runners among groups during the season as their training levels change.

All runners should wear comfortable running clothes, including running shoes (see below) to practice. As the weather cools, clothing layers are important in order to stay warm during stretching but not overheat during the run, we live in Texas.

Practice IS held in the rain. The only weather condition that cancels practice is lightning.

Bring a filled water bottle and healthy snack to practice. Staying hydrated and refueling after practice is the key to recovery.

Equipment & Uniforms

Good running shoes are essential for preventing injury. Make sure you have running shoes, not cross trainers. It is a good idea to go to a store that specializes in running shoes to make sure you get the right shoe for your feet and that they fit correctly. Running shoes should be replaced after about 350-400 miles of running. A lot of these stores will give you a 10% discount if you tell them you are a high school runner:

Run Texas <https://runtexasfrisco.com/>

We will do a Spike Night- *Stay Tuned for a date and time*

Some athletes also purchase racing flats; although they are not required they are recommended. These shoes are lighter weight and are for racing.

All about Meets

The meet schedule is posted on the website, along with maps/directions as well as meet info links and results. A cross-country meet is a festival of athletic performance unlike any other.

Invitationals are weekend meets that invite select teams to compete. From 20-100 schools participate depending on the size of the venue. Invitational almost always take place on Saturdays. All Hebron Cross Country athletes will be expected to compete, while at other Invitationals, a few of the more elite athletes will be designated to run by the coaches. Invitationals are a great opportunity for athletes to race different competitors from all over Texas and to try different courses. The # of athletes at Invitationals (typically 70-300 in one race) allows racers at all levels to race competitively and try to improve their times. These will have Varsity Elite, Varsity, Junior Varsity, and Junior Varsity Open races. Race distances - 5 kilometers.

The McNeil Invite is an overnight trip. Due to logistical limitations, only a limited number of runners attend this meet. The coaches will notify selected athletes 1 week in advance regarding participation. Typically about 20 athletes travel to McNeil, leaving on a Friday morning returning Saturday Evening.

Championship Meets are at the end of the regular season. Our training is geared toward peak performance at these meets. The District Meet is the last meet for the entire team. It includes, junior varsity, and varsity races. After all races, there is an awards ceremony for the varsity

teams, and the top 10 All District members for boys and girls are announced. For the varsity championship meets after the District, we compete in the UIL Regional Meet in Lubbock. Only the top 7 athletes plus a few alternates participate moving forward. The top 3 teams in the District. Regionals take the top 4 teams to The State Championships.

NXR qualifying marks are

Girls- Sub 23:00

Boys- Sub 19:00

Race Divisions

At each of these types of meets there will be three different divisions for both the boys and girls.

Varsity: The varsity team is the top 10 runners on the team. Only 7 varsity runners will count in the scoring, but to succeed throughout the season, we need a deep team of interchangeable parts. Any runner could be called upon at any time to race, so all are equally important to the success of the team. Even though only 7 team members race at the NCS and State Championship meets, anyone who ran varsity during the season is considered to be a contributing part of the varsity team.

Junior Varsity: Junior Varsity is the heart and soul of the team; they comprise the larger body of the team. All JV runners will represent Hebron in the District Championship Race.

Meet Logistics

Transportation:

Invitational and Championship Meets Athletes and coaches will ride the busses to and from the meet unless a emergency

Ex's of NOT emergency:

- "Its more convenient to leave from here"
- "I didn't run well so I'm leaving"
- "I have a birthday party to go to"

Arrival: Upon arriving at the meet, athletes tour the course, warm up, and do drills as a team.

What happens at a meet? The energy of a cross-country meet is infectious and intense, so here is a guide to take you through a meet.

 **Team Camp:** We arrive at the course and find a location to set up "the camp". "The camp" is a place for athletes to relax, converse, stretch, and generally prepare mentally to race and encourage their teammates. **This is for Athletes and Coaches (Parents we love you but you wouldn't go into a football locker room before the game, this is our locker room before the game.)**

 **Warm-up:** It is important to know your exact race time so that you can begin your warm-up at the correct time. Your warm-up should begin about 45-60 minutes before your race with a steady jog, followed by drills as a team and strides on the starting line. **NO ONE SHOULD EVER WARMUP ALONE.** Find your teammates and get together for warm-up. This will ensure that: 1. everyone is properly warmed up in time. 2. You feel the support of your teammates. 3. The other teams will be intimidated knowing that they are going against the **"THE HEBRON HAWKS."**

 **Race:** When the gun goes off, it's up to you to race hard for yourself and to help pull your teammates along. All along the way, your teammates who have already raced, or are getting ready, will be cheering you on through the race and to the finish.

 **Chute:** As you finish the race, there will be a chute just beyond the finish line, a "roped- off" alley that keeps the racers in order after they have finished. Always keep walking through the chute no matter how tired you are and follow the instructions of the officials and judges at the finish line.

 **·Cool Down:** After you have gone through the finish line, be sure to stay standing and get some fluids. Then find your teammates and after you have recovered a bit, go for a cool down jog and find a good place to encourage your racing teammates as you finish your cool down stretching. The cool down is very important as it helps remove lactic acid that builds up in your muscles from the race, necessary for proper recovery. ^[L]_[SEP]

Team Activities

The Hebron Cross Country experience is more than JUST running. It's about building lasting friendships, team spirit, and **FUN**. These events pave the way. All depend on parent volunteers. We therefore ask each family to volunteer at least once during the season in some capacity to help out with these events. (This volunteer requirement is lower than nearly all other Hebron sports). We use sign up genius to help remind you of what you signed up for. Volunteer opportunities are fewer and fewer as the kids get older, so come and help at a meet or serve at a dinner so you can meet other parents and get to know the team runners. It's a lot of fun.

 **·Team Dinners:** A fun Hawk tradition! On the evening before each meet, the team will gather to feast on pasta/burritos. Team dinners are hosted by parent-volunteers at their homes or at school. Additional parent volunteers are needed to help the hosts with shopping, cooking, serving, and cleanup. ^[L]_[SEP]

 **·End of Season Banquet/Awards Celebration:** The final culmination of a great season, the annual awards dinner is held in December after all the championship meets. Parent volunteers are needed to help with organizing a memorable event. ^[L]_[SEP]

 **·FNHI XC Meet Help:** We will need parents to help keep kids in order at the finish or on the course helping at directional spots keeping runners safe. And other awesome jobs^[L]_[SEP]

 **·Snacks/Meet fuel:** bring healthy snacks to meets so runners famished after a full school day and bus ride can re fuel before or after their race.

[L]
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What are my obligations as a Hebron Cross Country athlete?

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You are expected to attend every practice:

This means for practices: [L]
[SEP]

-  Be on time. Practices will begin at 6:30AM with the opening statements by the coaches.
-  Wearing proper running attire (running shorts, t-shirt, and running shoes) [L]
[SEP]
-  Be respectful to your coaches and teammates [L]
[SEP]
-  Follow all instructions from your coaches [L]
[SEP]
-  Accomplish all tasks for that practice session. [L]
[SEP]

You are expected to attend every competition. This means: [L]
[SEP]

-  •Arriving at the designated meeting place on time. [L]
[SEP]
-  •Wearing your uniform and team gear.
-  •Riding to and from meets with the team on the BUS!
-  •Always being a good sport and keeping in mind that you represent a program that stands [L]
[SEP] for excellence.

[L]
[SEP]

What are my obligations to myself as a Hebron Cross Country athlete? [L] [SEP]

Cross-country athletes are racers and the vehicles that they use from start to finish are their bodies. Racecar crew's work hard to make sure that every part of their car is in tiptop shape and working order so that their car can win. It should be the same way with your own body. However, our bodies are not mechanical and are slightly more complicated to regulate. If you follow these general guidelines for healthy living you will be a stronger competitor and a stronger person. [L]
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Student Athlete: In order to tune your body to its finest shape, we must first make sure that your mind is at that level. Your educators expect a lot of you and rightly so, because education, not running, is your key to success in this life (unless you make it to the Olympics, then we can make an exception). Some might say: Then why run at all? The answer is vague, but simple: "By being good at one, you hope it helps to make you good at the other." If you can push yourself to be your best at running, you can push yourself to gain the best understanding of your studies. If you understand the importance of being competitive with your grades, you can

understand the importance of being competitive on the course. One discipline breathes life into another. How does one apply this thinking to the actual difficulty of balancing school and cross-country? Here are some ways to keep your life as a student athlete more manageable.

 **Organization:** Be organized. It's an important life skill. Get a calendar or use your agenda, write down all of your tasks and follow it. Ask your parents to help, but **DO IT ON YOUR OWN**. If you plan out your school year, you will be prepared to do well. Most teachers have a syllabus outlining the assignments: **GET A COPY!** Include every practice and every meet from the cross-country schedule. Placing your school schedule and your cross country schedule on the same calendar will help you to manage your time between the two.

 **Planning:** Now that you have everything written down on your calendar, **PLAN AHEAD!** See if you have any meets that will conflict with major projects. Estimate how much homework you will have per night. Know which weeks are going to be harder than others and try to work ahead if you have some free time. After you have made these observations and have made your plan, **EXECUTE IT!** Following your plan will make everything easier in racing and in school.

 **Communication:** This is by far the most important guideline to follow. No educator or coach wants to see you fail. So don't be afraid if there is a conflict. Instead, communicate with the parties involved and see if you can come up with a compromise or a solution. Communication should always happen ahead of the problem not after the problem. Communication with your teachers, coaches, group partners, and parents ahead of conflicts will give you their respect and appreciation. Communication should also never be used as an excuse or a lie. Your coaches will be extremely lenient when it comes to your schoolwork. However, schoolwork should not be a reason just to get out of running or staying home from a meet... Your coaches are completely honest with you and they deserve reciprocity

 **Nutrition:** Now for your body. Racing competitively taps into all of the energy systems in the body. In order to perform, your body needs the proper fuels to support these energy systems. Diet is very simple to plan for the young cross-country athlete. Athletes should eat three balanced meals a day. A perfect example of a dish with these percentages is spaghetti with a meat sauce. Carbohydrates are absolutely necessary in refueling the energy systems of runners. Vitamins and minerals are also important in an athlete's diet. They help keep the body's immune system, bones, and muscles strong. Most vitamins that you need can be found in green and colorful vegetables or fruit. But some runners might consider taking a multi-vitamin. One-a-day multi-vitamins are a good way to ensure that the body is getting the vitamins and minerals it needs every day. Calcium and Vitamin D are important in our sport for bone health.

Make sure, however that you take the vitamin with a meal so that it is absorbed into the body. **VITAMINS SHOULD NEVER REPLACE A MEAL!**

Any Vitamins of course should be approved and discussed with your parents.

 **Hydrate:** The human body is made up of 70% water. When you exercise, your body sweats to regulate body temperature. It is imperative that you **STAY WELL HYDRATED**. The first months of the season are often quite warm. It is important that you keep fluids in your body. Water and sports drinks are the two best ways to stay hydrated. Athletes should always bring a bottle of either one to every practice and meet. **A Coach Capeau Favorite is PEDIALYTE!!**

 **Rest:** In order to do good work you have to get good rest. At the end of a hard day of schoolwork, exercise, and homework, a good night's sleep must follow. You need 7-8 hours of sleep per night. Don't think that you are invincible. You need your sleep. Try to keep "all-nighters" to a MINIMUM. If you plan ahead, you shouldn't have too many anyway. Always make sleep as a priority in your schedule. L
SEP

 **Character:** Rounding out your "health as a way of life" should be your general character. Being good to other people will help you be good to yourself. Sometimes a kind word or a pat on the back can help a person to accomplish what they once thought was the impossible. Remember that while you are focusing on your own personal improvement by doing cross-country, you are part of a team and can do a lot to help others with their personal growth. Be fiercely competitive, yet kind. Be a leader, but don't be afraid to take instructions. Do not fear failure, always do your best and encourage others to do so. And always remember, your focus on your life determines the reality of your life.

Parent Involvement

The support and involvement of the cross-country parents can transform a good experience to a great experience. The goal is 100% participation at any level for all team families.

Your athlete needs you: You can help your athlete by being supportive and acting as a good role model. Encourage regular attendance at practice; thorough training including warm-ups, stretching, running and cool-downs; adequate rest; a balanced diet; drinking plenty of water. Make sure your athlete has excellent shoes, and ask your runner if the athletic bag has the clothes, water and snacks necessary for the upcoming meet.

Fulfill your volunteer commitments so that your athlete observes you pitching in with other parents. We request that you volunteer for a minimum of one event or activities. This might be helping at a meet or providing food for a team dinner. High school kids may act like they don't want their parents to be at team events, but you will be surprised how much they actually like when you come and help, know their teammates or watch them.

Cheer for your athlete and for the team at meets. Applaud improvement, as it will surely come. At the end of the season, make every effort to attend the Awards Celebration. Your athlete will appreciate your interest in their sport.

The team also needs you: Boosters membership is one of the largest components of Cross Country fund raising. The membership goal of Boosters is to have every family with a student participating in Hebron athletic programs join Boosters at whatever level is comfortable to them.

By signing below you agree to the expectations and standards of Lewisville Hebron Cross Country and understand in not meeting these standards will have consequences up to and including removal from the Cross Country Class and Team.

Student Athlete Signature

Date

Parent/Guardian Signature

Date
