

# What is Cross Country?

Course Distance: 5k or 3.1 miles

Meet Courses: Generally at parks or golf courses

Varsity: Top 7-10 runners from each team

JV: All other runners not on Varsity – sometimes meets will take the top 7 runners in the JV race and score them as a JV team.

Scoring: Lowest point total wins. There are 7 runners on a team. Each runner gets a place and points for their team (example: 5<sup>th</sup> place = 5 points, 73<sup>rd</sup> = 73 points, etc.) The team then adds up the top 5 runners points and this determines the team's score. In the event of a tie, the teams will use their 6<sup>th</sup> runner as a tie breaker.

Races: Typically there are two High School girls races that we will compete in at each meet: A Girls Varsity Division I race and a Girls Open race for the JV team. The same is true for the boys team as well as middle school.

Spectator Sport: ABSOLUTELY! Most meets you will see the athletes run by up at least 3-4 times.

## MEDICAL RED FLAGS

! - irregular periods  
! - missed periods  
! - extremely tired, start a run and feel fine but 10 minutes into feel terrible

## Calcium and Iron Supplements

Both are good ideas. Women athletes generally are low in these two areas. Calcium will help strengthen bones and prevent osteoporosis. Iron will help combat anemia and provide more red blood cells for the body to carry oxygen during exercise. A good multi-vitamin can also be an idea worth considering. Consult your doctor first.

## INJURIES

Unfortunately, these are an everyday dilemma. Most aches and pains come and go but some are true injuries and need attention. CHS provides three certified athletic trainers that can be utilized during and after the school day. Kettering Sports Med. Center also offers an injury clinic for athletes. They have appointment times everyday available and you can walk-in Monday or Saturday mornings 8:00-10:00. The phone number is 395-3920. Southview Hospital also offers a Saturday morning walk-in clinic. **THESE ARE IN THE FALL ONLY!**

Many injuries can be helped dramatically by icing for 10-12 minutes immediately after exercise. The best icing method is using disposable paper cup and freezing water. Tear around the top of the cup and rub on sore or injured area for 10-12 minutes. Repeat every 2-3 hours.

Ibuprofen or Advil is a good idea to use as an anti-inflammatory and pain relief. **This only works if taken consistently for 4-5 days.**

**SPORTS BRAS SHOULD NOT CELEBRATE A BIRTHDAY!**

## Spikes or Flats?

**Spikes are expected from the top athletes such as varsity and top JV runners as well as returning JV runners. Spikes are not only lighter to run in but also help with traction throughout race courses. I would encourage you to make a firm commitment to cross country before you make a commitment of spending \$60-75 on a pair of shoes you only wear for one season. They are a wonderful asset for any cross country runner.**

**Hint: It is advisable to walk or jog a little in your spikes the few days before your first race in order to allow your feet to get used to the shoes and avoid painful blisters. This can be done by bringing them to practice the day or two before the first meet.**

## WASHING THE UNIFORM

In order to help the uniforms last as long as possible, please wash the garments in cold water as well as in a gentle cycle. Please **DO NOT** tumble dry. This may cause the numbering to fall off!

Our warm-ups are some of the best in the industry and we want to preserve them. Please wash only in cold and mild detergent – **NO BLEACH.** Do no tumble dry or iron.

## ATTENDANCE POLICY

In trying to create a team atmosphere and a strong togetherness, commitment to the team and attendance is imperative. This policy is to ensure that the commitment made to cross country and the team is respected and valued according to its appropriate priority. If your daughter does need to miss a practice (regardless of the reason), your daughter must have a notecard before the absence for all absences that are non-medical. Illness and other medical absences can be turned in after the absences.