

* Athlete & Parent Checklist *	Complete
Updated Rank One All forms completed (must be renewed every school year)	
Current Physical Expires after 12 calendar months; completed on GCPS form & given to Coach Carter	
Athlete Sign Up (Eligibility) Complete info via sign-up QR code above (same one that was used prior to Summer)	
Team Dues or Fundraising (\$225 per athlete; \$125 for each additional athlete) Payment made online via Venmo/CashApp or Check given to Coach Carter; includes team dues, 2 team t-shirts, car magnet, athlete entry for Bulldog Dash, athlete meal at banquet (please include athlete's name in notes of check or Venmo/Cash App): Due 7/22	
Uniform (Boys & Girls - \$56) Individual Items - Boys & Girls Singlet: \$31; Boys & Girls Shorts: \$25 Submit sizes via sign-up QR code below; payment made online via Venmo/CashApp or Check Payment can be submitted with dues (please make note on check or Venmo) Due 7/22	

NORTH GWINNETT XC: TEAM INFORMATION

COMMUNICATION

- Information will be primarily distributed at practice and via the team e-mail list (using the e-mail addresses submitted when the athlete signed up for Cross Country)
- Additional information & communication resources:
 - Team website - www.northgwinnettxc.com
 - Remind - text "@nghscross" to 81010
- Coaches' e-mail addresses:
 - Coach Carter - Chris.Carter@gcpsk12.org
 - Coach Rowland – John.Rowland@gcpsk12.org
 - Coach Stanfield – Heather.Stanfield@gcpsk12.org
 - Coach Storm – Lara.C.Knapp.Storm@gcpsk12.org
 - Coach Morton – Amysttraining@yahoo.com

PARTICIPATION REQUIREMENTS:

- **Complete all appropriate sections of Rank One health record & have a valid Physical on file.**
 - Rank One - <https://www.rankonesport.com/content/Parent/Parent>
 - Physical Form - <https://northgwinnettathletics.com/index.php>
 - Physicals must be on the approved form and are valid for 12 months from the date of exam.
- Meet all state, county, and school eligibility requirements

A GUIDE TO CROSS COUNTRY

What is Cross Country?

- A **team** sport
- Athletes usually race across open terrain, trails, hills & fields.
- Course difficulty differs for each race. Races are usually **5 kilometers** (3.1 miles).

Scoring

- The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the team with a higher-finishing 6th place runner is the winner.
- **Team depth and a "tight pack" of 5 runners is important.** For example, a finish of 1, 3, 4, 6 and 83 (a score of 97) will lose to a team finishing 16, 17, 19, 21, 23 (a score of 96).

Cross Country Meets

- Meets may last a few hours or all day, depending on the organization and number of entries.
- Races are often divided into Varsity & JV (and sometimes further divided into Championship, Open, etc.):
 - Varsity – the top 7-10 runners on a team
 - Championship JV – the next 7-10 fastest runners on a team
 - Open JV – unlimited (all JV runners on a team)

STAYING HEALTHY

- **Follow the plan!** Do not increase your weekly mileage too fast. Do not try to “make up for” missed runs. This dramatically increases injury risk.
- A few keys to a healthy season: **hydration, nutritious foods, vitamins, and sleep** (9 hours per night).
- All runners experience muscle soreness, aches, and pains. Please discuss with the coaching staff.
- **SOFT SURFACES!** Running on soft surfaces greatly reduces injury risk. Get together with friends on weekends and non-practice days and run trails!
- **Practice is not over when you finish your run.** You must stretch after every run & eat within 30 minutes!
- Wear proper running shoes. **Old shoes or non-running shoes lead directly to injury.**
 - Shoes should be replaced after ~300-400 miles or 6 months, whichever comes first.
 - Athletes do not necessarily need specialized (expensive) running shoes.
 - Most athletes need shoes labelled “Neutral”, “Cushioned”, “Performance Stability” or “Lightweight Stability”

IMPORTANCE OF TRAINING DURING THE SUMMER

- Athletes who work hard in the summer and who run year-round are **far less likely to experience an injury** that causes them to miss significant training time during XC and are **far more likely to PR.**

NUTRITION

- Distance running is not easy, and a good diet is of the utmost importance to stay healthy and perform to your full potential!
- Nutrition for “normal” people and nutrition for **ATHLETES** are not the same. Talk to a coach!
- Vitamin supplements are a good way to ensure that you are getting enough important nutrients. Doctors are the best source for information on how much of each supplement to take. However, liquid iron supplements & a multi-vitamin are generally safe & good for athletes!
- **30-minute rule** – Within 30 minutes of completing a run, your body is especially efficient at taking in and using nutrients, strengthening your muscles. Bring nutrition to practice with you.

RUNNING SAFETY

- Athletes must run the routes given by coaches at practice.
- Cars ALWAYS have the right-of-way.
- No headphones/earbuds at practice.
- Share the sidewalk (be courteous to others).

TEAM POLICIES

CORE TEAM VALUES

- **Integrity**
 - What you do when no one else is watching
 - We must be whole in our pursuit of excellence. Even a small crack can sink the entire ship.
- **Sacrifice**
 - Giving up something good for something better
- **Practice = Performance**
 - The Process: effort, focus, attendance, sleep, nutrition, stretching, strengthening, off-season training
 - Take care of the process at practice, and race results will take care of themselves.
- **Consistency**
 - The consistent pursuit of excellence brings success: day after day, week after week, month after month, year after year.
- **Team**
 - You are an important part of the team.
 - The team always comes first.

COACHES' DISCRETION

Situations may arise that require altering or that are not covered by team policies. Coaches have the authority & discretion to alter team policies when appropriate. Alterations will be rare and may apply to an individual athlete or the entire team at the discretion of the coaching staff.

AWARDS

- **Perfect Attendance Award:** Athletes with no absences from practices or meets
- **Participation Certificate:** Compete in all meets in which they are eligible and end the season in good standing.
- **Scholar-Athlete:** Sophomore, Junior, & Senior Varsity Letterwinners with a cumulative GPA of 90 or higher
- **Reward T-Shirts**
 - **Freshman Elite/Sophomore Select:** The top 7 freshman & sophomores in the Overall Rankings
 - **Top 20:** Top 20 in the Overall Rankings
 - Top 20, Freshman Elite, & Sophomore Select shirts will be awarded following the first competition after the Bulldog Dash
 - **Summer:** Meet the “Summer Bonus” summer practice & mileage standards listed below
- **Lettering Standards:**
 - Run the following race times (3.1 miles/5K):
 - Girls: Freshmen - 23:00; Sophomores - 22:30; Juniors - 22:00; Seniors - 21:30
 - Boys: Freshmen – 19:30; Sophomores – 19:00; Juniors – 18:30; Seniors – 18:00
 - Meet one of the following criteria:
 - Finish in the Top 20 in the Final Team Rankings
 - Compete in XC for at least 3 years, finishing each season in good standing.
 - Summer Bonus: Attend 17 or 21 Summer Practices, log the summer mileage below and run the following race times (3.1 miles/5K):
 - Girls: Freshmen - 24:30; Sophomores - 24:00; Juniors – 23:00; Seniors - 22:30
 - Freshmen & Newcomers – 200 miles
 - Returning Sophomores – 250 miles
 - Returning Juniors – 300 miles
 - Returning Seniors – 350 miles
 - Boys: Freshmen – 21:00; Sophomores – 20:30; Juniors – 19:30; Seniors – 19:00
 - Freshmen & Newcomers – 250 miles
 - Returning Sophomores – 300 miles
 - Returning Juniors – 400 miles
 - Returning Seniors – 450 miles

PRACTICE

- We will practice Monday through Friday from 2:30-4:30. In the event of unsafe weather conditions, we will practice indoors, but we will not cancel practice. **Athletes with regular known practice conflicts should talk to Coach Carter prior to joining the team.**
- Athletes who complete the school day are expected to attend practice.
- If an athlete is going to miss practice, they must notify Coach Carter prior the end of the school day. If the athlete is not at school, the athlete or parent may e-mail Coach Carter.
- **Practice Attendance Policy** (includes both excused and unexcused absences)
 - After an athlete misses 5 practices, time will be added to that athlete’s ranking in 1-minute increments for each additional absence. That athlete will be ineligible for subsequent meets unless he or she fully participates in 5 consecutive practices leading up to each meet for the remainder of the season.
 - Meets missed due to attendance issues will count as “unexcused meet absences” (see “Meets”).
 - Excessive practice absences may result in the athlete missing meets, being ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips, or being dismissed from the team.
- **Unexcused practice absences** (absent with no communication prior to practice):
 - 1st offense: 2-minute time penalty in Rankings and athlete may be ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips
 - 2nd offense: athlete is ineligible for next meet (will count as unexcused meet absence)
 - 3rd offense: Dismissal from team
- **Arriving Late & Leaving Early**
 - Athletes are expected to make every effort to take care of schoolwork, schedule study sessions & obtain club meeting information during lunch or before school, at times that do not conflict with practice.
 - Athletes must arrive at practice by 2:30 and stay through the end of practice. If athletes have an appointment, study session, etc. that would cause them to arrive late or leave early, they must discuss that with Coach Carter prior to practice.

MEETS

- **To run in a meet, an athlete must meet the following criteria:**
 - Be able to safely run **3 consecutive miles without walking**.
 - **Not have an injury** that would put the runner at risk.
 - Follow all applicable **team policies**.
- **Uniformity**
 - In competition, all athletes must wear the school-issued and approved uniform. Exceptions to this policy must be approved by Coach Carter.
- **Meet absences** - Runners may miss 1 meet with prior permission from Coach Carter with no penalty.
 - 1st meet absence: Athletes will be given a time corresponding to their ranking (25th ranked runner will receive 25th fastest North Gwinnett time from the meet). The substituted time may be manipulated so that an athlete missing a meet can not benefit in the Rankings.
 - 2nd meet absence: 2-minute time penalty in Rankings and athlete may be ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips
 - 3rd meet absence: Dismissal from team
 - **Athletes with known conflicts with scheduled meets should talk to Coach Carter before joining the team.**
- **Unexcused meet absences**
 - 1st unexcused meet absence: 4-minute time penalty in Rankings and athlete may be ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips
 - 2nd unexcused meet absence: Dismissal from team

INJURIES & ILLNESSES

- Athletes are not expected to train or race through injury or illness. Please discuss all injuries & illnesses with the coaching staff so that the best course of action can be determined to ensure health & success.

RANKINGS

- We will use a ranking system of cumulative times to determine which athletes compete in Varsity & JV races, and in select meets. The rankings will begin with the Bulldog Dash. **Rankings reward consistent performance and hard work, the cornerstones of a successful program.**
- Athletes in the top 12 of the Rankings are eligible for Varsity competition

SUMMER TEAM CAMP

- Athletes will be invited to camp based on performance at a summer time trial. The summer time trial will be a 3200 meter (~2 miles) time trial held at the North Gwinnett track on **June 27th (Monday)**. A make-up time trial will be held the week prior on June 20th or 21st. Camp info can be found at <https://www.runfreetrainingcamps.com/>



NORTH GWINNETT BULLDOGS

2022 Cross Country Schedule



Date	Meet	Location	Who Goes?
6/27	Summer Time Trial	North Gwinnett High School	Everyone
7/11-7/15	Team Camp at Young Harris	Young Harris College	Top 15-20 boys & girls plus top 4 freshmen from Summer Time Trial
8/6	Bulldog Dash (Team Time Trial)	North Gwinnett High School	Everyone
8/13	North Georgia Stage Races	East Jackson High School – Commerce, GA	Everyone
8/27	Spikes & Spurs Classic/ or North Georgia Championship	Flagler Co. Fairgrounds - Bunnell, FL or Lamar Murphy Park – Jefferson, GA	Top 20-40 boys & girls (Spikes & Spurs) All Others (N.Georgia)
9/10	Carrollton Orthopedic/ or Milton Invitational	State Meet Course – Carrollton, GA or Milton High School – Alpharetta, GA	Top 14-21 (Carrollton) All Others (Milton)
9/17	Gwinnett County Championship	Georgia Int'l Horse Park – Conyers, GA	Everyone
10/1	Asics Invitational	Chattahoochee Hills Eventing – Fairburn, GA	Everyone
10/15	Coach Wood Invitational	McIntosh Nature Preserve – Whitesburg, GA	Everyone
10/22	Region 7-AAAAAAA Championship	Georgia Int'l Horse Park – Conyers, GA	Everyone
TBD	Fast Pace Race 5k	Cumming Fairgrounds – Cumming, GA	Any interested athletes not racing at State
11/4	GHSA State Championship	State Meet Course – Carrollton, GA	Top 7
11/26	Nike XC Regionals or Foot Locker	Wake Med XC Park – Cary, NC or McAlpine Park – Charlotte, NC	Any interested athletes
12/1	All-County XC Banquet	Meadowcreek High School (6:30 p.m.)	All-County Award Winners & Parents
TBD	Banquet	Sugar Hill Church	All Parents & Athletes

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