

NORTH GWINNETT XC: TEAM INFORMATION

* Athlete & Parent Checklist *	Complete
Updated Rank One – Instructions: https://www.northtfxc.com/xc-info All forms completed (must be renewed every school year)	
Current Physical Expires after 12 calendar months; completed on GCPS form, uploaded to RankOne & given to Coach Carter	
Athlete Sign Up & Contact Info Complete info via signup QR code shown at Parent & Athlete meetings (e-mail Coach Carter if you were unable to make the meetings)	
Team Dues or Fundraising (\$230 per athlete; \$175 for each additional sibling) Payment made via Venmo or Check given to Coach Carter; includes team dues, team t-shirts, athlete banquet plaque & meal (please include athlete’s name in notes of check or Venmo/Cash App): Please pay by June 23rd – (Does not include uniform)	
Uniform (Boys & Girls - \$56) Individual Items - Boys & Girls Singlet: \$31; Boys & Girls Shorts: \$25 Submit sizes via sign-up QR code shown at Parent & Athlete meetings; payment made via Venmo or Check; Payment can be submitted with dues (please make note on check or Venmo); please pay by June 23rd	

COMMUNICATION & COACHING STAFF

- Information will be primarily distributed at practice and via the team e-mail list
- Additional information & communication resources:
 - Team website – www.northtfxc.com
 - Remind - text “@nghscross” to 81010
 - Twitter & Instagram: @northtfxc
 - Facebook: North Gwinnet Track and Field/Cross Country
- Coaches’ e-mail addresses:
 - Coach Carter - Chris.Carter@gcpsk12.org
 - Coach Storm – Lara.C.Knapp.Storm@gcpsk12.org
 - Coach Morton – Amystraining@yahoo.com
 - Coach Russell – Kim.Russell@gcpsk12.org
 - Coach Smith – Nicole.R.Smith@gcpsk12.org

PARTICIPATION REQUIREMENTS:

- **Complete all sections of RankOne & have a valid Physical on file.**
 - RankOne Instructions & Physical Form found here - <https://www.northtfxc.com/xc-info>
 - 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 (How do we win?)

- 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 teams competing
- Races are often divided into Varsity & JV (and sometimes further divided into Championship, Open, etc.):
 - Varsity – the fastest 7-10 runners on a team
 - Championship JV – the next fastest 7-10 runners on a team
 - Open JV – unlimited (all JV runners on a team not competing in another division)

REQUIRED GEAR:

- Team Uniform
- Good pair of running shoes (see next page)
- Wristwatch (with stopwatch function)
- Spikes (optional – contact Coach Carter for recommendations)

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.**

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.**
- **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.** See “SHOES” section below for more info.

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.**
- 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.

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.

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).

SHOES

- 300-350 miles on a pair of running shoes before needing to be replaced
 - Upperclassmen Varsity Boys: typically need a new pair of shoes every 6-8 weeks
 - Upperclassmen Varsity Girls: typically need a new pair of shoes every 8-10 weeks
 - JV athletes and Newcomers: every 3-6 months (at least a new pair every season)
- Logging your running miles helps track shoe mileage
- Racing Spikes: Are optional but recommended. See Coach Carter for recommendations