**GEORGETOWN CROSS COUNTRY HANDBOOK**

**Introduction**

 Welcome to the Georgetown Cross Country family. Georgetown has a strong winning tradition started many years ago by legendary Coach Vern Hawkins. Cross Country is a unique sport requiring both physical strength and mental toughness. It is both an individual and team sport. We believe athletics, like Cross Country, can enhance a student’s academic experience, while providing valuable life skills. This handbook is a resource for both students and parents.

**Equipment**

 Running shoes: A good pair of running shoes is required for training. Make sure the person selling the shoes is knowledgeable about running shoes and proper fit. Try running in them before purchasing.

 Racing spikes: Cross country spikes are recommended for races but not required. They are light weight and can provide extra traction when needed. Spikes are usually worn only for racing.

 Running socks: Proper running socks are very important to protect the feet. They are made of moisture wicking materials and many types provide extra padding. Avoid cotton socks which can retain moisture and cause blisters.

 Digital watch: A digital wrist watch with a stop watch function is recommended. GPS running watches are helpful for high school training.

 Running log: A notebook or running log is recommended to keep track of each athlete’s mileage and training. High School students can record and keep track of their training using the VdotO2 App.

 Yoga Mat: Please obtain a yoga mat and bring to every practice.

**Team Communication**

We will use the REMIND App for team announcements. To join go to <https://www.remind.com/join/6b34d7457>

High School runners training programs will be communicated using the VdotO2 App. An email invitation will be sent to new runners to set up a VdotO2 account.

**Nutrition**

Proper nutrition is very important for runners. A well balanced diet is essential. Carbohydrates are needed to provide fuel for running and protein is required to help rebuild muscles after training. Try and consume 20 to 30 grams of protein after a run. Fruits and vegetables also provide much needed vitamins and antioxidants helpful for recovery from running.

 Runners need to drink plenty of water every day. Avoid soda! Poor hydration can lead to poor performance and possible heat related illness. Low fat chocolate milk is a perfect recovery drink after running. It provides both carbohydrates and needed protein.

**Running Physiology and Training**

Training puts a stress on the body. This stress causes the body to adapt to better handle similar stress in the future. So, by repeatedly stressing the body in increasing doses followed by periods of recovery, the body becomes stronger and more energy efficient. Recovery is a vital component of training. Proper recovery includes good nutrition, adequate hydration and getting 8 to 9 hours of sleep daily.

 Endurance training for distance running needs to focus on improving the aerobic energy system, the anaerobic energy system and the neuromuscular system. The aerobic system creates energy using oxygen, while the anaerobic system does not use oxygen. All races 800 meters or longer have both an aerobic and an anaerobic component. On average a typical 5K race is 92% aerobic and 8% anaerobic.

 We will use a multi-paced training scheme to develop the different energy systems as well as improve muscle strength and nerve function. This program will include hill training, sprints, interval training, repetitions, tempo/threshold runs, long runs and recovery runs. Each workout will target a different component of the energy systems, nerves and muscles used for running.

**Practice**

 A practice schedule will be posted on the CC website. Practice will be held 5 days a week starting in August. Each athlete is expected to attend all practices unless excused by a coach. Dual sport athletes are expected to attend a minimum of 2 practices a week. If an athlete is ill or injured, he or she should notify a coach. Please meet at the high school stadium shelter for practice. Always bring proper gear to practice including a running watch, water bottle and a yoga mat. Each student must abide by the Georgetown Jr.-Sr. High School Athletic Department Rules for Athletic Participation always.

**Competition**

 Meet preparation: Athletes should pack a meet bag which includes running shoes or spikes, extra socks, dry clothes, water bottle, healthy snacks and a small towel. Each athlete is responsible to bring and care for their team issued uniform. Drink plenty of water the day before the meet and try to get plenty of sleep the night before.

 Uniform rules: Each athlete will be issued a team uniform which is the property of the Georgetown Athletic department. Team uniforms are required at all meets. 2019 rule changes now consider any clothing worn under your uniform as a base layer and previous rules about having the same color no longer apply. Jewelry is not recommended.

 Travel: Athletes are required to travel to meets as a team on the bus. The team bus will leave from the Georgetown High School Stadium entrance. Students will be notified in advance about planned departure time. The team bus will return to the stadium entrance after the meet. The athletic department strongly urges all students to ride the bus home after meets. If necessary, students may be transported home from a meet only by a parent or guardian after signed acknowledgment obtained. Students may only leave after the meet is completed unless special circumstances.

 Meet/Race: Each runner is responsible to report to the starting line at the appropriate time and listen to the race official’s directions. After completing the race each athlete is expected to cheer the rest of their teammates still finishing the race. GPS watches are not allowed to be worn during a race.

 Race distances: Ohio High School Cross Country races are usually 5 kilometers (3.1 miles) and Jr. High races are typically 2 miles in length. Invitational meets may vary in distance.

 Race scoring: A minimum of 5 runners is required to compete as a team. The sum of the top 5 finishing places of each team determines the team score. The lowest score wins. In the event of a tie, the sixth and possibly seventh finishing place for each team determines the winning team.

 League: The OHSAA has approved 3 divisions for Cross Country in Ohio. Georgetown is in Division III. Georgetown is a member of the Southern Buckeye Athletic Academic Conference in the National division.

 Meet Schedule: The meet schedule will be posted on the Georgetown School web site (www.[gtown.k12.oh.us](http://www.gtown.k12.oh.us)) and on the Georgetown Cross Country web site (gtowncc.com). Driving directions to all Ohio high schools can be found at [www.ohsaa.org](http://www.ohsaa.org) under administrator’s corner.

 Meet results: Race results can often be found at [www.baumspage.com](http://www.baumspage.com)

**Georgetown Cross Country State Championship History**

Mike Becraft **1973 State Champ**

Boys CC: 1968 State Runner-Up, **1969 STATE CHAMPS**, 1970 State Runner-up, 1971 State Runner-Up.

**Georgetown Cross Country Website:** gtowncc.com

**Instagram:** georgetowncc **Twitter:** Georgetown CC @cc\_georgetown