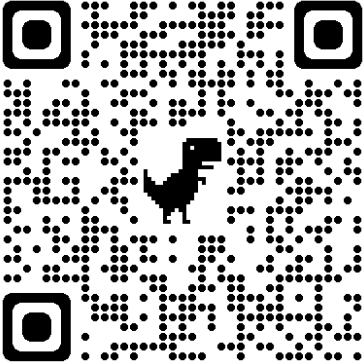
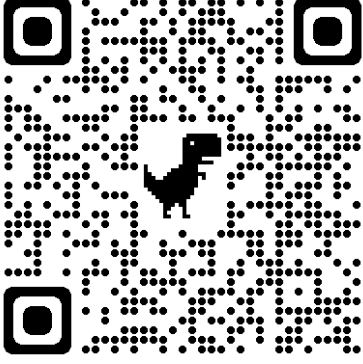
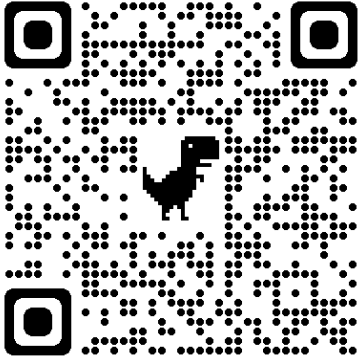
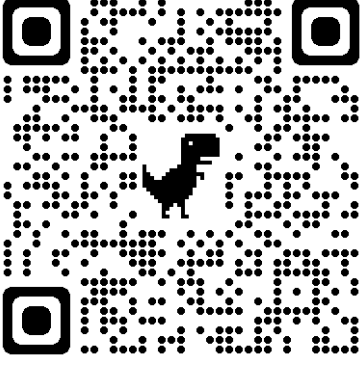
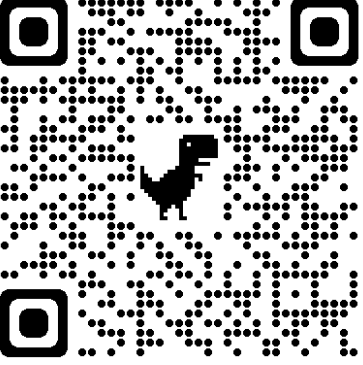
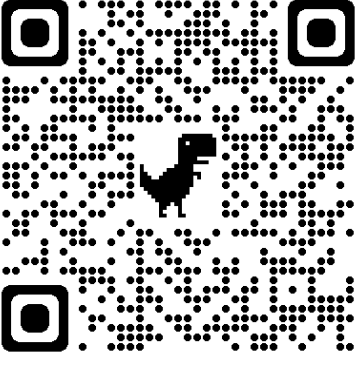

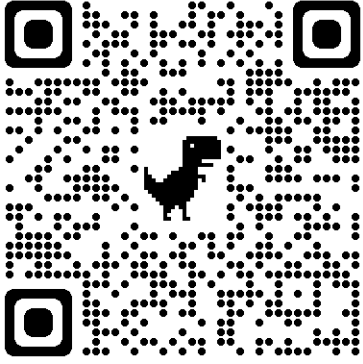
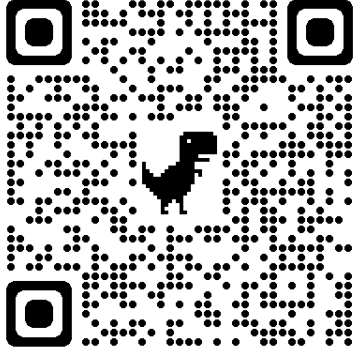



<p align="center">XC TEAM Dinner Sign-up!</p>	<p align="center">XC Pancake Run Donations!</p>	<p align="center">XC Homecoming Parade Sign-up!</p>
		
<p align="center">Seven Lakes Showcase Sign-up!</p>	<p align="center">Pay N' Go, Physicals, Paperwork!</p>	<p align="center">Seven Lakes Website!</p>
		
<p align="center">Seven Lakes Beginning of the Season Information!</p>	<p align="center">Team Photo Dump for 2024!</p>	<p align="center">Official Site Seven Lakes High School Athletics</p>
		
<p align="center">Join the Seven Lakes Cross-Country Athletic Booster Club!</p> <p>Join the Seven Lakes Booster Club and be an integral part of shaping the future of our student athletes and athletic programs at Seven Lakes High School. By supporting the club, you contribute to providing essential assistance, enhancing our athletic organizations' image, and fostering a scholarship program that recognizes and rewards outstanding seniors for their commitment to athletic excellence and high ideals.</p>		

SEVEN LAKES CROSS COUNTRY

A Parent's Guide to Seven Lakes Cross Country - 2024 Season

Welcome to the proud tradition of Seven Lakes Cross Country. You have become a part of one of the most successful high school Boys and Girls teams in the state of Texas. Parents have been instrumental in helping to build and maintain the success of the Seven Lakes Cross Country program. There are many things you can do to help contribute to the success of the teams this year. Some of those are simple, some are a little time consuming or just hard work, and there are even a few things you should *not* do. Hopefully this will help guide you to a great Cross Country experience.

INTRODUCTION

Scott Kenney is the Head Boys' Cross Country coach. Coach Kenney has been coaching at Seven Lakes since 2005. Communication with parents is important. If you have any questions or comments or simply would like to know how your son is progressing, please contact Coach Kenney at one of the following.

Work Phone: 281-237-2895

Email at Work: scottakenney@katyisd.org

Alyssa Crocker is the Head Girls' Cross Country coach. Coach Crocker has been coaching at Seven Lakes since 2020. Communication with parents is important. If you have any questions or comments or simply would like to know how your daughter is progressing, please contact Coach Crocker at one of the following.

Work Phone: 281-237-9528

Email at Work: alyssarcrocker@katyisd.org

Additional Supportive Staff:

- Campus Athletic Coordinator James Hamon 281-237-2840
- Assistant Athletic Coordinator Kaytlin Eidson 281-237-2928
- Head Athletic Trainer Liz Wagner 281-237-2879
- Athletic Office Administrative Assistant Summer Gil: 281-237-2940

COMMUNICATION

Please do not hesitate to contact your respective head coach with any concerns you may have. Email usually works best for short responses, phone calls work best for long responses. We also have our own website. In order to get to our team website, you simply need to visit Seven Lakes High School's Athletic Booster Club High School main page, and click on Sports, then click Cross Country. Here you will find schedules, records, and announcements.

HISTORY AND TRADITION

The Seven Lakes Cross Country Boys Team has an outstanding tradition of success over the past 19 years. 7 District Team Champions, 8 District Individual Champions, 59 All District performances, 3 Regional Runner Up Teams, 4 Region Team Champions, 3 Region Individual Champions, 18 All Region performances, 18 State Meets, 11 All-State performances, 1 Team State Runner-Up, 1 Team State champions. The 2024 team is set to continue this tradition, as we will run free in 2024! This is the tradition of Seven Cross Country – a commitment to excellence forged by self-discipline, dedication, and consistent hard work.

The Seven Lakes Cross Country Girls' Team has an outstanding tradition of success over the past 19 years. 6 District Team Champions, 3 District Individual Champions, 56 All District performances, 5 Regional Runner Up Teams, 3 Region Team Champions, 2 Region Individual Champions, 13 All Region performances, 16 State Meets, 3 All State performances. The 2024 team is set to continue this tradition, as we will run free in 2024! This is the tradition of Seven Cross Country – a commitment to excellence forged by self-discipline, dedication, and consistent hard work.

PHILOSOPHY AND GOALS

The philosophical foundation of the program correlates directly with the philosophy of the Katy Independent School District Athletic Department. This philosophy is to maintain a broad-based program that will afford all

students with athletic interests and abilities an opportunity for safe and healthful participation in the sport of their choice. The philosophy is based on the concept that there is a need for rugged physical development and fitness for every youngster, as well as a variance of interest, abilities, and desires.

OBJECTIVES OF THE K.I.S.D. ATHLETIC DEPARTMENT AND SLHS XC PROGRAM

The purpose of the Seven Lakes Cross Country program is to do more than provide competition between two individuals and/or two schools. It is to teach fair play, sportsmanship, the understanding and appreciation of teamwork, the teaching of discipline, and that to quit means failure and hard work means eventual success (properly defined). We will attempt to accomplish this general objective through the following goals.

1. Keep as many athletes as possible in a good environment.
2. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in each athlete involved in Seven Lakes Cross Country
3. Encourage students to grow physically, mentally, morally, and socially.
4. Instill in youngsters an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits, and cleanliness will be stressed at every opportunity.
5. Develop the program in such a manner that the end result will be one of unity, harmony, and success. Mass participation will be emphasized and encouraged among all ability levels.
6. Instill in all athletes the desire to represent Seven Lakes High School and the Seven Lakes community in a manner that will make school administrators, teachers, parents, and other citizens proud of them.

ATHLETE EXPECTATIONS

As a member of the Seven Lakes Cross Country team, each athlete is expected to:

1. Maintain good academic standing – pass all classes. Students who earn below 70 may not participate in meets. *They still practice*. If failing grades become habitual the athlete will be dismissed from the team.
2. Keep a **detailed Training Log daily**. On a weekly log sheet, your athlete will log workouts, record updates and announcements, and communicate with coaches. This will be **graded** and is a part of the 6 weeks average.
3. **Participate to their fullest**. A 100 daily participation grade will be given when the student shows up on time with SLHS issued equipment, completes training to the best of their ability, and logs training daily.
4. Be a positive example to teammates, parents, and the community wherever they may go. Be selective in their social activities.
5. Maintain good training procedures including proper nutrition, hydration, rest, and injury management. The use of alcohol, tobacco, or drugs is contrary to sound training and sound living and will result in swift disciplinary action as allowed through the KatyISD athletic handbook.
6. Attend and participate in **all practices and meets** including those scheduled on school holidays. Athletes are not excused for work, Driver's license, hair appointments, etc. **It is the parents' responsibility to notify the coach explaining the reason for the absence BEFORE it occurs. Unexcused absences may result in exclusion of the athlete in that week's meet and more than 2 unexcused absences or 3 tardies to practice will result in removal from the team.**

Continued on the next page...

If an athlete has an illness or injury, a doctor's or a parent note- including signature, phone number, date and reason- must be given to the coach and training room. HOWEVER, an athlete is still expected to dress in appropriate workout attire –AND-attend all practices to earn their full daily grade. Failure to dress out, even when legitimately injured or sick, will result in a 5% grade deducted for each practice tardy or unexcused absence. If an athlete must see a trainer, it is

required that they check in with their coach first. The athlete must then sign in with the trainer.

7. Properly care for equipment loaned to them. Missing equipment items will be paid for.
8. Be familiar with the rules and tactics of Cross Country.
9. Keep parents informed of all team activities.
10. Report on time to all team functions. **Arrival at the practice start time is NOT on time.** We have a saying in Seven Lakes Cross Country, “**If you are early, you are on time. If you are on time, you are late. If you are late, you are rude.**” Be ready to run at the start time.
11. Report all injuries to your coaches for referral to the trainers. Athletes/Parents please let the coach and trainers know you are injured **before** you go to a doctor.
12. Athletes are not to practice with private sport specific coaches. We believe that private coaches are ultimately detrimental to the athlete, and more importantly, the team.

Failure to meet the team expectations may result in disciplinary action including suspension from meets and/or removal from the team. Coach Kenney and Coach Crocker reserve the right to suspend any team member for any action considered inappropriate or detrimental to the team.

If an athlete is to miss a practice for any reason, parents should contact Coach Kenney or Coach Crocker in one of the previously mentioned fashions **BEFORE** practice.

If a team member has a conflict with another **school activity**, the athlete, the sponsor, and coach will discuss the situation and create a compromise that works for everybody. If there is a conflict with an **outside school activity**, Cross Country will take priority. Coach Kenney and Coach Crocker will make the final decision as it affects Cross Country.

TEAM UNITY

- We would like to create several opportunities throughout the season to help bring the teammates together. Look forward to updates pertaining to these events.
- Each Friday evening before Cross Country Meets, we will encourage the team to gather at a local eating establishment for a team dinner. The schedule and times will be discussed and announced during the week before the meet.
- Each athlete involved in the Seven Lakes Cross Country program is expected to refrain from drinking **ALL Carbonated Beverages** during the duration of the competitive season. This is a small sacrifice that **all** runners can make. In making this (and other) sacrifice/s the entire team, best to worst, is unified.
- At the close of every meet, the program will round up to reflect on the meet and give out Spartan Shout-Outs. This process is a symbol of our team unity and the significance of every individual to the success of the program. This allows individual athletes and teams to recognize the accomplishments of teammates. This is a very important process of team building. Athletes are expected to be present.
- Many of our families make the trek to the Regional and State Championship meets at the end of the season. Even if your son or daughter is not participating, we encourage you to come to these highly competitive, outstanding races. It doesn't get any more exciting in this sport! Don't miss these events!!!
- The Cross Country season culminates with an Awards Banquet. We will be sending out information at least 3 weeks prior to the team banquet so you and your family can plan accordingly in order to attend.

NUTRITION

Water/Gatorade – The absolute **minimum** consumed should be 128 ounces per day (that's one gallon, or 16 eight ounce cups)! The drinking fountain rule applies for school – If you pass one, take a drink!

Proper nutrition is essential to athletic performance as well as good overall health.

- A balanced meal of complex carbohydrates, meats, vegetables, fruits, and fluids is best.
- Athletes should eat before and after every workout and race.

- All athletes should eat at least 8 servings of fruit and vegetables each day.
- What about vitamins? Done in moderation they can't hurt. (Although they may not help)
- **During the racing season athletes should not be drinking any carbonated drinks!**
- "Junk food" should be eaten in moderation and must never replace the essentials of a healthy, balanced diet.
- All athletes need to consume enough calories to maintain their weight. No one should be on a "diet" or diet pills of any kind. There are some athletes; especially those who are experiencing exercise and good nutritional habits for the first time that will experience weight loss. If you suspect your athlete is not eating properly please bring this to the coaches' attention.

EQUIPMENT

Required equipment:

- All athletes must have at least one pair of quality running shoes for training. Two pairs are better than one!
- Competitive racing shoes (also called **spikes**) should also be purchased for athletes to wear during XC competition.
- All athletes must get and **wear** a runners watch to practice each day (one that has a stopwatch with "splits/laps" feature and is water-resistant).
- All athletes will be issued racing equipment at the start of each season. It is **imperative** that this equipment is turned in at the end of each season.
- All athletes will be held responsible for their equipment. If lost or stolen, the athlete will be required to make payment for lost equipment.

Suggestions for keeping up with equipment:

- Athletes should make sure they place their equipment in their locker with the locker locked!
- Athletes should NEVER loan equipment to someone else.
- Athletes should always have someone watching their equipment while they are competing.

Picking A Training Shoe:

Quality running shoes generally cost between \$100 and \$150. The most important factor in choosing a running shoe is comfort. If the shoe fits and is comfortable you are probably OK. If injuries are a problem or there is some biomechanical flaw in a person's running form, the best option is to have your runner's stride and running form evaluated. Fleet Feet and Good Times Running Company are stores that work well with us.

PRACTICE SCHEDULE

Morning Practice: Daily practices typically **start** at 6:00 am sharp Monday through Friday mornings. The athlete will be notified about any time changes for practice. Saturday morning practices will fluctuate between 6:00 am and 7:00 am.

Afternoon Practice: Will occur for athletes 40 miles or high, as well as auxiliary training. Lifting will occur twice a week in the morning or after school depending on training. *Occasionally, practice times will vary. Your athlete should keep you informed.

School Holidays: We practice

Adverse weather conditions: We practice according to UIL and KatyISD safety policies.

Practicing with injury: Be proactive to help prevent injuries. We have stationary bikes and aqua running belts for the pool to help keep training levels up or supplement training when recovering from injury. Athletes that cannot run show up and look for other opportunities to help the team.

Meets: See provided schedule

BECOMING A CROSS COUNTRY EXPERT

Seven Lakes Cross Country parents have an excellent reputation in the Cross Country community. Coaches from around Texas are amazed at the quality of the meets you help us put on and the knowledge and enthusiasm you bring to each race. This section is especially dedicated to those of you who are new and don't want to go home after a meet and wonder if we won or not.

What to Bring?

Meet Schedule, lawn chairs, bug spray, hat, binoculars, water, video or still camera, stopwatch.

Meet Etiquette *Do not:* go into the Cross Country athlete camp ... follow your athlete around as they get ready to race... panic when they throw up on your shoes... gather at the starting line with the athletes at the beginning of a race... place extra unnecessary pressure on athletes on meet day, or any day... think that every runner is going to have a great race every week... get in the way of the runners on the course... immediately talk to your child after a race... coach them in a contradictory way.

Do: support the entire team as well as all runners at a meet enthusiastically (not just our runners)... be a good sounding board for your athlete once their meet responsibilities are done... encourage your athlete to be a part of what the team is doing... understand that not everyone has a great race every week... allow them to fail; failing at something does not make a person a failure... be willing to help when needed and be willing to simply watch and cheer when not needed... feel comfortable enough to ask Coach Kenney or Pollack about anything... have a great time watching an exceptional group of hard-working kids compete in the great sport of Cross Country running... bring extra water and food to meets... **make sure your child is on time for the bus**

PLEASE KEEP IN MIND...

After a race, a runner will possibly be more physically spent than you would anticipate. Symptoms may include rubbery knees, general weakness, the appearance of fainting, glassy eyes, nausea, and salivation (what a fun sport, huh?). These symptoms usually pass quickly. There are trainers at each meet to treat any more serious problems. Many of these can be avoided with *proper hydration, eating, and great sleep.*

Scoring or “We came! We ran!? How did we do?”

Cross Country is a true team sport. *Every* person on the team influences the team's outcome. You can compare team scoring in cross country to the game of golf: low score wins. Times do not affect team scores (usually). Typically, each varsity and junior varsity team can run between seven and ten runners (sometimes more).

Each individual finishing a race is issued points based on when their timing chip crossed an electronic sensor at the starting line or a card in the finish chute with that individual's finish place written on it (These cards must be turned in to the Coach or manager) For example, the first finisher gets #1, the second #2, etc... The places of the first five runners from a team are added together to compute the team score. The sixth and seventh runners on the varsity and all the additional runners on the JV serve to “bump” an opposing team's score higher by finishing ahead of the opposing runners.

Place	Team A	Team B
1	2	1
2	3	4
3	5	6
4	7	8

5	12	9
Total Score:	29	28
6	13 -Bumps Team A's 5th Runner	10
7	14	11

If there is a tie in the team score, the tie is broken by comparing the finish of the sixth runner on each team. There have been state championships decided this way. **EVERY RUNNER ON THE TEAM IS IMPORTANT! Whether you finish first or 800th, your performance is important, if not to the score of the meet, at the very least, to the overall attitude and work ethic of the program.**

Race Tactics

Cross Country racing on the surface appears to be simple, right? The fastest runner wins, how tough can it be? The important thing to remember is that **Cross Country is a team sport**. In fact, no other sport emphasizes the meaning of team more. In order to have a good team all the runners must be able to perform well. Therefore, the most important aspect of cross country tactics is pack running. The most important result of pack running other than the score is the "spread" or "gap" time. This is the time from when a team's first runner finishes until their fifth runner finishes. Great teams have spread times of less than 20 seconds. Most good teams have gap times less than 60 seconds.

As for the rest being simple try explaining these: negative splits, positive splits, even splits, crest the hill, gut check, kick, tempo, pace awareness, competitor awareness, controlled hill climb, hard surge, break up the course, long surge, race plan, stay connected, Fartlek, Intervals, recovery run, to name just a few.

SPECIAL NATIONAL MEETS

There are several opportunities for national caliber competition in Cross Country. The EastBay South Region is an event that is accessible and encouraged for some of our athletes. If you have a son or daughter who is interested in going to the Eastbay Race visit the website at footlockercc.com. Another chance for national competition will be the Nike National Championship Meet held in Dec 2023 at Glendoveer Golf Course, Portland, Oregon, This year, 22 teams will qualify for NXN by placing 1st or 2nd in eight Regional qualifying meets. The NXN selection committee will pick two teams each from New York and California as well as a 4th national at large bids. The Nike South Qualifier Meet will be held in The Woodlands on November 18, 2023, following the Texas State Meet on November 3. It is definitely an event worth working toward.

THE CHAMPIONSHIP SEASON

The championship season consists of the District, Regional and State meets. This year the District Meet will be hosted by Katy ISD and will be held at John D Rushing Park on Thursday, October 12. We must finish in the top three teams at District to advance to the Regional meet. When we accomplish this, we take Varsity athletes to the Regional meet in Huntsville, TX on October 23. Everyone travels together to the Regional meet. This scenario is repeated the following week for the Texas State Meet in Round Rock on November 3, 2023. All other athletes and parents are strongly encouraged to attend all the postseason meets.

THE VARSITY AND TRAVELING TEAM

There are two groups of runners during the championship season. The Varsity refers to the seven runners that are competing at the Regional and State level. These seven athletes earn their spots based on performances throughout the Cross Country season. Coach Kenney and Coach Pollack reserve the right to make roster changes to any spots, especially where health is an issue or as it benefits the team.

The Traveling team includes the seven Varsity athletes and, sometimes, the next 3-7 finishers at the District meet. These athletes are official alternates for the Regional and State Meets. The traveling team has all their

expenses to the State meet paid for by the school district.

IN CONCLUSION

When your son and daughter decided to join this team, you joined, too. We want to encourage you to be an active part of this exciting and rewarding experience. The Seven Lakes Cross Country program has been one of the best in the state for the past 16 years. You have a great opportunity, whether you are an athlete or a parent, to continue this tradition. See you on the cross country course!

RESOURCES

Check these out for more information on Cross Country around the state and nation. For Katy ISD athletic information: <https://www.katyisd.org/Page/4258>

The team website: www.sevenlakesxc.com

Seven Lakes Athletic Booster Club: <https://www.sevenlakesabc.com/>

Photos and Videos of our team: <https://sevenlakesboycrosscountry.shutterfly.com/>

UIL Cross Country Information: <https://www.uiltexas.org/cross-country>

Coverage of our sport in TX: <http://tx.milesplit.com/>

Coverage of our sport: The Flotrack website: www.flotrack.org

For the Eastbay National Championships Meet information: [Footlockercc.com](http://www.footlockercc.com)

For the Nike Cross Nationals Meet information: <http://www.runnerspace.com/nxn>

CROSS COUNTRY TERMS TO KNOW

- **Cross Country** Team sport involving running over varied terrain.
- **Dual Meets** A meet between two teams. In Texas we rarely have these.
- **False Start** Runner leaving the starting line early. Starter will return all runners to the line for a restart.
- **Finish Chute** The roped-off area at the finish, through which runners are directed in order to establish place in a race. (You should stay away from this area unless you are helping with the meet)
- **Eastbay Inv.** The National Championship individual race at the end of season.
- **NXN** The National Championship team race at the end of season.
- **Invitational** A meet between a multiple number of teams. All of our races except District, Regionals and State are Invitationals.
- **Pace** Rate of speed maintained over a prolonged distance. Normally we are trying to run at the same pace over the entire race.
- **Personal Record (PR)** Best performance time on a specific course or overall for an athletes career. The best they have ever done.
- **Racing Flat or Spikes** A lightweight shoe designed primarily for racing.
- **Starting box, gate, lane** Designated area to which a team is assigned for the start of a race.
- **Surge** A gradual or sudden increase in speed as a tactical move in a race.
- **Warm Down/Cool Down** Exercises and running through which the body is physically returned to a pre-running state.

Answers to the Basics

When are practices during the season?

See practice schedule section

When are meets?

Meets are primarily on Saturday mornings (although we do have a few Friday meets). The first meet is the Klein Oak Steeple Race on August 19. A time schedule of races is sent home each week in the newsletter and will be posted on our website. Always ask for it – they should have a copy for themselves and one for you.

Where are the meets?

Meets are held in parks all over the Houston area. The final two meets of the season are in Huntsville and

Round Rock (25 miles north of Austin). All athletes are expected to attend every meet! Again see the attached schedule for locations and directions.

How do runners get to races?

The team always goes on a bus provided by the school. Generally, we leave school between 5:00 and 6:30am. Athletes are expected to return to school on the bus at the end of the meet. There are some exceptions to this; arrangements must be made with a coach BEFORE the meet.

Should the runners eat before practice and meets?

Definitely!!! This might take some experimenting to find a food they can eat that will not upset their stomach. Bagels, toast, fruit, oatmeal, or juice are good to start with. Each athlete must find what works best for them.

Who participates in the meets?

Everyone! Cross Country is unique because there is no such thing as a 2nd string. All athletes get to and are expected to participate in each meet. The top 7 runners on the team compete in the Varsity division. The next 7-20 runners compete in the Junior Varsity division. The top 7-10 freshmen will compete in the Freshmen division (The other meets will vary in entry limitations.) Everyone else will compete in the Open race.

2024 SEVEN LAKES CROSS COUNTRY



May 13th- Info Meeting Competition Gym 6pm

June 5: Orange Crush Starts

July 29: SLHS Official Season Begins

Aug 3: Blue versus Orange Meet

Aug. 17: Seven Lakes Tri- Meet 2 Mile @ Nottingham Country Greebelt

Aug. 31: Seven Lakes Showcase @ Seven Lake HS

Sept. 14: Lovejoy XC Festival @ Myers Park - McKinney, TX

Sept 29: Nike South @ Bear Branch Soccer Complex

Oct 10: District 19-6A XC Championships @ Rushing Park

Oct. 21: Region III-6A Championships @ Kate Barr Ross Park

Nov 1: State Championships @ Old Settlers Park, Round Rock, TX



Qualified to State Championships 2006, 2007, 2008, 2009, 2010, 2011,

2012, 2013, 2014, 2015, 2017, 2018, 2019, 2020, 2021, 2022, 2023



281-237-2895



scottakenney@katyisd.org



www.sevenlakesxc.com
www.orangecrushrunning.com



2024 SEVEN LAKES LADY CROSS-COUNTRY SCHEDULE



8/10/24
8/17/24
8/23/24
8/31/24
9/7/24
9/14/24
9/21/24
9/28/24
10/5/24
10/10/24
10/21/24
11/1/24

PEARLAND DAWSON
SHORT COURSE

SEVEN LAKES TRI MEET

FRIDAY NIGHT LIGHTS

SEVEN LAKES
SHOWVOASE

STRAKE JESUIT CRUSADER INVITE

SEVEN LAKES HOME TRAINING

ANDY WELLS INVITATIONAL

NIKE SOUTH

SEVEN LAKES HOME TRAINING

**19-6A DISTRICT
CHAMPIONSHIP**

REGION III UIL 6A
CHAMPIONSHIP

UIL 6A STATE CHAMPIONSHIP

PEARLAND HIGH SCHOOL
NOTTINGHAM COUNTRY GREENBELT
WOODLANDS BEAR BRANCH SOCCER COMPLEX
HOME - SEVEN LAKES
BEAR CREEK PARK
SEVEN LAKES HIGH SCHOOL
KINGWOOD HS
WOODLANDS BEAR BRANCH SOCCER COMPLEX
RUSHING PARK
RUSHING PARK
KATE BARR ROSS PARK HUNTSVILLE, TX
OLD SETTLERS PARK, ROUND ROCK, TX