



Bosque Running Bobcats Training

26 August 2011

To: Upper School Cross Country Runners & Parents/Guardians

From: Dan Shaw/Cathy Bailey/Kate Sanchez

RE: Cross Country Details

THE PRIORITIES

Fitness and team sports are a part of a healthy upper school student's life, but not the most important part. We believe that a student-athlete's priorities are, in descending order:

- Their own health and wellbeing (spiritual, mental, emotional, and physical)
- Their family and faith obligations
- Their academic responsibilities
- Cross Country and other key extracurricular activities
- Social activities

Health, family, faith, and school all come before cross country. However, we expect student-athletes to communicate with us in advance if they have an obligation that keeps them from practice or a meet. Where possible we ask students to do what they can to minimize conflicts, but many things, such as standing music or riding lessons, religious holidays, working with a small group on an out of class school assignment may not be able to be done outside of the cross country schedule. We want cross country to be part of a healthy life and a stress reducer not increaser.

We know from research that students who are physically active have both healthier lives and improved brain function. To miss practice for homework might be counterproductive. We would rather a student be present for a shorter part of practice, get the benefits of exercise for brain activity, and then go do homework than to miss practice all together.

REQUIREMENTS

- Running shoes with proper arch and ankle support – we acknowledge that some people prefer bare foot style running shoes, but they are problematic on many running surfaces and we do not recommend them.
- Exercise shorts and T-shirt consistent with Bosque's dress code for practice
- Layers to run in for warm ups and when cold or rainy, practice
- Water bottle (bring to practice full) (Drink one or more bottles during day, not all at once)
- Sun block (ball caps or visors are fine and encouraged for practices)
- Light application of insect repellent if so desired (apply to yourself away from others and outside please)
- Eat a healthy lunch (55 to 70% of calories from carbohydrates)
- Eat a healthy snack before practice (like an orange)
- Have a snack for immediately after practice (like a chocolate milk)
- Attend all practices unless Mr. Shaw/Ms. Bailey/Coach Sanchez approves
- Promptly tell Mr. Shaw/Ms. Bailey/Coach Sanchez if you are sick or injured during a meet or practice
- Keep uniform in good repair and promptly return it at the end of the season
- Must participate in 5 practices prior to first non-scrimmage meet
- Be on time and a full participant in all practices until dismissed by Mr. Shaw/Ms. Bailey/Coach Sanchez
- When school is not in session on a regular practice day, do a coach approved practice run on own
- Health and academics come before cross country but communication about issues is a priority

PARENTS AND FANS

Parents and other fans are welcome at all meets. By no later than the Thursday before each meet an electronic flyer will be emailed to each family with meet times and directions. A hard copy will be available from the folder on Dan Shaw's office door. In the past some parents have arranged for drinks and snacks for the team after meets. If you are interested in helping in that manner please let Coach Bailey know. Also, parents have arranged team dinners on Friday evenings. Talk with Coach Sanchez if you are interested. Parents are also welcome to run with the team during practices. Sportsmanship is critical to whom we are as a team and that behavior has always been greatly modeled by cross country parents. Thanks in advance for keeping that tradition alive and well.

PARENT HELP

The success of our program includes a tradition of family support and volunteering. In particular we need help with:

- Saturday 24 September – Home meet, staffing the course, concession stand, and general assistance
- Team dinner hosting or co-hosting
- Coming to meets and cheering on our runners

CAPTAINS

Both the boy's and girl's teams have their own team co-captains. For the girls they are Kyleigh, Jenna, and Jessie. For the boys they are Miles, Ryan, and Jon. Captains are responsible for keeping their squads informed of all team information, encouraging everyone to fully participate, setting a good example, attending almost all meets and practices, and making sure that all team tasks are completed by the team such as making sure that the vans and buses are cleaned up after we use them. Captains do not have to be the fastest runners, but they do have to be committed to the team.

VARSITY AND JUNIOR VARSITY (JV)

For each race there are separate boys and girls divisions. For each of our meets we will field a varsity squad of between 5 to 7 runners. In many races, we are required to run 7 varsity runners before we can place anyone in a JV race. At very large races there are sometimes "C" team races in addition to varsity and JV. Coaches will determine placement in C team, JV, or varsity race. The decisions will depend upon a variety of factors including the needs of the team, commitment to training, providing experience and challenge to a variety of runners, and input from the captains and team.

NMAA and MEET RULES

Race rules and other requirements are set by the NMAA. The NMAA web site is www.nmact.org. We are in a Class A-AA district 1 with 12 other schools (Walatowa Charter, Cuba, Dulce, Estancia High, Evangel Christian, Jemez Valley High, Laguna Acoma, NACA, School of Dreams, To'Hajilee, Tsi Yi Gai, and East Mountain High). There are 4 Class A-AA districts. The top four teams from our district championship meet advance to the state championship race. All races are about 3 miles (5 kilometers). The first 5 runners for a team to cross the finish line earn points for a team. The number of points earned is equal to the place finished (for example 3rd place earns 3 points). The team with the lowest number of points wins. It is important to know that the following things disqualify a runner: a competitor who false starts, a competitor who interferes with another competitor, unsportsmanlike or unacceptable conduct, a competitor who receives assistance from any other person who could improve that competitor's performance (being given water is fine, having someone run along side a runner, even if for a few moments is not), and not completing the entire course.

No jewelry may be worn in meets. A wristwatch is permitted. No hats are worn in meets, but a head or sweatband of a single color may be worn if it is no larger than two inches in width. On particularly cold meets the race director can authorize knit hats. School issued uniforms consisting of shorts and shirt must be worn as the manufacturer designed them to be worn. Bicycle shorts, leotards or similar apparel may be worn under the shorts, but the team running shorts must still be worn, and the team must have the same color of bike shorts or other apparel. (We wear black, and only black, under our uniform for both tops and bottoms. The black underclothing can not have any color stitching other than black and there should not be a logo showing on any undergarments larger than a quarter).

The NMAA has eligibility rules, as does Bosque School. Bosque's are more restrictive. Please review the 2011-2012 Bosque School handbook about all of Bosque School's policies regarding athletics. Remember, a Bosque student must maintain a C average with no failing grade at both mid and end of term.

TEAM, FITNESS AND PE CREDIT

To earn either a varsity or JV letter, a runner must attend on average four practices a week (or have excused absences) and run in at least 5 meets (or have excused absences). All members of both the JV and varsity cross country teams earn ½ a PE credit. In addition to people on the varsity and JV running squads there are also opportunities for students to do fitness running with the team. Students who are not on the team and who run with the team at least three times a week can also earn half a year of PE credit.

OTHER RUNNING OPPORTUNITIES

Many team members get involved in other running events outside of school. For the most part we encourage and support those activities but we do want to make sure that they fit into our overall practice plan. Please confer with the coaches prior to signing up or participating in extra runs. There is a limit to the number of races a student can run during a season and that limit includes the total of all team runs, fun runs, road races, and club runs. Failure to abide by this NMAA race number can result in the forfeiture of our team from District and State competition. Also, we want to make sure that each runner has an appropriate number of rest and recovery days.

We will also pass on information about extra, non-mandatory, informal opportunities to run. These will include events during and after the regular cross country season. These are not formal school events but might be of interest to team members. Many of the races are fund raising events for charitable causes. Two web sites with information about area races and running opportunities are: <http://www.roadrun.org/index.htm> and <http://www.usatf.org/assoc/nm/index.html>

COMMUNICATING WITH FAMILIES - CONTACT INFORMATION

Do not hesitate to contact us with your questions or concerns. We will also maintain an email list of runners and their parents or guardians and will send out meet directions and other team details in that manner unless other arrangements are made. We are happy to make other arrangements if that is needed. Coach Sanchez maintains the email list.

CROSS COUNTRY CAMP 2012

We plan to go to the Northern Arizona/Flagstaff/Grand Canyon area the first week of August 2012. Space is limited.

CONTACTING COACHES

For problems or concerns please first contact Cathy Bailey or Dan Shaw or Kate Sanchez 898-6388.

You can talk with any of the coaches about any matter but we do divide up some of the work and in general this is who handles what:

Cathy Bailey: Strength workouts, all injuries and injury care, team snacks for meets

Kate Sanchez: Interval workouts, team email, team dinners, race times

Dan Shaw: Distance workouts, overall schedule, team obligations, academic concerns, NMAA compliance

SCHEDULE

Week Day Afterschool Practices

Mondays – Long distance run, usually off campus. Back around 5:30 to 5:45 in August and September. Back around 5:30 to 6PM in October

Tuesdays – Mixed practices including core, strength, interval, and tempo runs finish by 5:15

Wednesday – Team run finished by 5:00

Thursday - Mixed practices including core, strength, interval, and tempo runs finish by 5:15

Friday – Team game day, race prep finished by 4:45, often have team dinners at various homes

Optional Weekday Morning practices 6 to 7AM

Monday – Strength training (to do in addition to afternoon practice)

Wednesday – Run (to do instead of afternoon practice)

Thursday – Strength training (to do in addition to afternoon practice)

Meet Schedule

Date	Where	1 st Race starts	Event
Friday 26 August	Home	4:15	Scrimmage
Saturday 3 September	UNM	9:00	UNM Invite (Optional)
Saturday 10 September	Jemez	9:00	Jemez Invite
Saturday 17 September	West Mesa	9:00	West Mesa Invite
Saturday 24 September	Home	7:30	Fall Fiesta/Homecoming
Saturday 1 October	East Mtn	9:00	East Mountain Invite
Saturday 15 October	Rio Rancho	9:00	Cross Country Jamboree
Friday 21 October	Grants	3:00	Grants Invite
Friday 28 October	TBD	3:00	District Meet (could be Sat 29 Oct)
Saturday 5 November	Rio Rancho	10:00 Girls/Noon Boys	State meet

Middle School Assistance

We host the following events for the Bosque School Middle School Cross Country Team

Wednesday 14 September Middle School meet 4 to 6PM at Bosque School, based in Sanchez Park

Wednesday 5 October Middle school meet 4 to 6PM at Bosque School, based in Sanchez Park

Wednesday 12 October Middle school pre-championship spaghetti dinner, Budagher Hall 5 to 6:30PM