



# **ASHLAND MIDDLE SCHOOL**

**2011**

## **CROSS COUNTRY**



**Boys Head Coach  
Brian Kettering  
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419-685-4992**

**Girls Head Coach  
Sarah LeVeck  
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**Ashland Middle School  
419-289-7966**

## Directions

Here are the directions to our away meets for the 2011 cross country season.

### **Saturday, September 10<sup>th</sup> - Tiffin Invitational (a HUGE, HUGE meet!)**

**Drive time – 1½ hrs. max.**

Take St. Rt. 250 west to 224. Turn left (west) on 224 and stay on 224 west for about 45 minutes or so until you reach state route 100 (there is a light there). Turn right at the light and stay on St. Rt. 100 until Spayth (you'll be on 100 for about 1½ miles). Turn right onto Spayth and go to Co. Rd. 36 (Coe St.), then go left to **Hedges Boyer Park**. The meet is held at this park. You'll know you're at the right place when you see buses and runners everywhere. It may take you some time to actually find our tents.

### **Saturday, September 17<sup>th</sup> - Galion Invitational**

**Drive time -- 30 to 40 min.**

Take 42 towards Mansfield. Turn onto St. Rt. 30 west. Take 30 to St. Rt. 589 into Galion. 589 will become State Rt. 309 and Rt. 61. Turn right onto Bloominggrove-New Winchester Rd to **Amann's Reservoir Park**. The meet is held at this park.

### **Saturday, September 24<sup>th</sup> – Ontario Invitational**

**Drive time – 30 to 40 min.**

Take 42 towards Mansfield. Turn onto St. Rt. 30 west. Exit onto 309 towards Ontario. Turn right onto Shelby Ontario Rd and the school will be on your left. The course is behind the school.

### **Saturday, October 1st – Vermillion Invitational**

**Drive Time - 1 hour**

Take S.R. 60 North to Vermilion, then right on Sailorway Drive. The school is on the right.

### **Tuesday, October 4<sup>th</sup> – Medina Festival**

**Drive time – 40 to 50 min.**

Take I-71 towards Cleveland. Take exit 209 and merge onto I-76 East to exit 2. Turn left on Wooster Pike / OH-3. Turn left onto West Park Blvd and then left onto Lawrence St. This will take you to Ella Canavan Elementary School. The course is behind the school.

### **Saturday, October 8<sup>th</sup> – Cat Pack Invitational at Mansfield Senior**

**Drive time – 30 min.**

Take 42 towards Mansfield. Turn onto St Rt. 30 West. Exit at Trimble Rd. and turn left. Turn left at West 4<sup>th</sup> St and then right onto Linden Rd. The course begins and ends near the baseball field.

### **Saturday, October 15<sup>th</sup> – OCC Meet @ Lexington**

**Drive time –**

Course location has not been confirmed.

Dear Parents/Guardians,

We'd like to say thank you for allowing your child to be a part of the Ashland Middle School Cross Country program. This is a wonderful sport to participate in, and we are certainly glad your child has chosen it this fall. We presently have about 30 runners on our roster. This is very good considering many **high school programs** struggle to have numbers near these. With the leadership from our veteran runners along with the eagerness and excitement of our new runners, we feel that we are in store for another fun and successful season. We highly encourage you to take an active interest in your athlete's season – it will go by very quickly. Please come to as many meets as you possibly can **and read all of the information your child brings home or is emailed** so that you can keep up with their times, improvement, team news, schedules, etc. We also hope this packet will be helpful to you throughout the season. Don't hesitate to call/email the coaches if you have any questions/concerns along the way. Once again, thanks for allowing your child to be a part of the team. **See you at the meets!**

**Team Philosophy:**

We, as coaches, pride ourselves on having a team that is supportive of others (on our team and the competitors). As such, we insist that all talk and actions be focused on building others up, even if they are not present. We follow the Golden Rule in that we treat others as we would like to be treated.

**General Questions and Answers:**

**1. What exactly is cross country?**

It is a sport where runners race against other schools on a marked course. The course is typically a distance of 2 miles for middle school and 3.1 miles for high school. The course itself is usually a field of grass that is very open (like a park), or goes around a school property (like our home course at Ashland High School). Many meets will even have a little area of woods the runners will trek through. The object of the course is to finish as fast as you can . . . and finish ahead of as many other runners as possible.

**2. How is a cross country meet scored? How do you determine who wins?**

That's easy . . . Ashland wins every meet!! Just kidding (sounds great though, huh?). Here's how it really works. In the smaller meets we will run only two races, a boys' race and a girls' race. As each runner finishes, he or she will receive a card with a number on it – the number on the card represents the place the runner finished in the race. All of the cards are collected from the participating team members and the **top five places** for each school are recorded and scored. **The team with the lowest point total wins the race.**

Here's an example with two teams:

TEAM A

2<sup>nd</sup> place

4<sup>th</sup> place

8<sup>th</sup> place

19<sup>th</sup> place

25<sup>th</sup> place

58 points

**TEAM A WINS!**

TEAM B

1<sup>st</sup> place

3<sup>rd</sup> place

14<sup>th</sup> place

17<sup>th</sup> place

32<sup>nd</sup> place

67 points

In big meets, scoring is done the same way, except there are more than two races. In the big meets (invitationals), there will be a boys' team race (top 7 boys) and a girls' team race (top 7 girls). These races are scored for the meet. Those who are not competing in the team races will run in the open races (a boys' open race and a girls' open race) which are not scored.

**\*There will not be varsity races for the Ashland Invitational (Sept. 4th) since it is our first meet. The boys will all run in one race and the girls in another. Varsity (top 7) races will begin at Tiffin Invitational (Sept. 11th).**

**\*\*SCORING IS BASED ON THE FIRST FIVE PLACERS ON A TEAM. FIVE PARTICIPANTS MUST BE PRESENT FOR A FULL TEAM. YOU MAY HAVE UP TO SEVEN ON A TEAM. IN CASE OF A TIE BETWEEN TEAMS, YOU MOVE TO THE SIXTH RUNNER FROM EACH TEAM AND LOOK AT THEIR PLACE FINISH.**

### **3. How are runners selected to run for the team in big meets?**

The first factor coaches will look at will be times/performance at meets. Those runners finishing with faster times earn the opportunity to run in the varsity (top 7) races. Besides finishing with faster times, we will also consider the following when making these decisions: attendance at practice, effort at practice and meets, attitude of runners, etc.

**\*\*\*Changes in the “top 7” line-up may be made throughout the season based on race performances (consistency and improvement is definitely key), effort, illness, etc. Nobody will be guaranteed a varsity spot for the entire season. Runners must strive each day to earn a spot and will be encouraged to do so.**

### **4. So how soon before a big meet will my athlete know what race he/she will compete in?**

We will usually announce the race line-ups no sooner than a few days before the meet. These can be tough decisions, especially when you have several runners that are close together in their times and other criteria (like attendance).

### **5. What about transportation?**

Athletes will take their bus from the Middle School after each school day and ride it to the High School. All walkers will ride busses that have been designated as athletic busses from the Middle School to the High School. They will change in locker room areas at the high school and will practice at the high school.

**\*For all away meets, we will leave from the Stadium and return there as well by school bus. We will inform you of bus and race times as soon as we know. We will try to be as accurate as possible with that information, but please understand that things beyond our control may occur (i.e. the meet may fall behind schedule due to very poor weather).**

### **6. Can I take my athlete home from a meet?**

Sure. We understand that many activities may be scheduled that same day and their will be times when it just makes sense and is more convenient to take your athlete home yourself. In these cases, simply pick up a **Parent Transportation Request** form from AMS or print one from the school website. **You must complete the necessary information, have it signed by either Mr. Mike Heimann or Mr. Gary Weisenstein, and return it to a coach as soon as possible (before the meet that you will be taking your athlete home from).**

### **7. What about uniforms?**

Each runner will be supplied with a running jersey, matching shorts and possibly a warm-up jacket which must be returned at the end of the season. If under certain circumstances a runner is permitted to run in other shorts, the shorts must be black and as plain as possible -- any emblem or logo on the shorts larger than 1 inch by 1 inch could result in disqualification.

### **8. Are practices/meets ever cancelled due to weather?**

Not usually. As a general rule of thumb, we run in all kinds of weather (lightning excluded) because meets are run in all types of weather (lightning excluded). It is important that athletes come prepared for the possibility of bad weather. It is a good idea to bring extra sweats, socks, and shoes just in case.

**\*\* Your child must have pants and a long sleeved shirt to run in if the weather is at or below 55 degrees.**

**\*If we ever need to cancel a practice due to weather or any other reason, we will make an announcement at school so that the team can head directly home after school.**

### 9. *Is my child safe when going on road runs?*

We feel confident in saying yes. Cross country is a unique sport in that we do not have one specific field or court to which we are bound. This allows some flexibility and fun in planning practices. However, we do limit what runners are doing and where they may run everyday. We have routes mapped out that all of the runners become familiar with pretty quickly. Also, in town we run on sidewalks and runners are monitored either by foot, bike, or vehicle.

**\*All runners are instructed to cross streets only at crosswalks and at the appropriate signaled time.**

**\*All runners are encouraged to run with at least one other person.**

### 10. *What is the general purpose of our program?*

In a nutshell -- IMPROVEMENT. We want each runner to improve throughout the season. As our season progresses, hopefully you will hear your athlete talk more and more about PRs (personal records). If every runner comes to practice everyday with a positive attitude and is willing to work hard -- EVERYONE IS BOUND TO IMPROVE AND THIS WILL BE A SUCCESSFUL SEASON. Winning plaques, medals, and trophies is nice too . . . but the pride each runner will feel from their improvement will shine much brighter than those physical rewards.

### 11. *What equipment will we need to purchase?*

Every runner will need a stopwatch, running shoes, and clothing to run in. The stopwatch does not need to be fancy. The parents organization will help with the shoes. Some runners will want to purchase spikes. This is optional. We do have a spike loan program available that we use for Cross Country and Track. As far as clothing to run in -- keep it simple and cheap. A couple of pairs of shorts and some t-shirts are just fine. The only exception to this is if your child wants to wear anything under their uniform. It must be solid black.

### **Some additional information (you're almost done!)**

- If you have not already done so, please complete and return all forms in the athletic packet.
- Our general **practice policy** is simple -- we need our athletes at practice everyday to prepare them to be in the best physical shape as possible for competition. Practice is a must! **Unexcused absences will result in not being allowed to participate in upcoming races and possibly dismissal from the team.** We understand that illnesses or unexpected circumstances arise from time to time. Whenever possible, please let us know in advance when your athlete will need to miss a practice. **An athlete that is absent from school is not permitted to practice or compete that same day he or she was absent. Likewise, anyone who was at school is expected to attend practice unless the coach is notified of an extenuating circumstance ahead of time.**

**\*Students must be in school by 9:15 am to be considered present on a given day.**

- **Grades** -- Athletes are definitely expected to fulfill their academic responsibilities throughout the entire school year, not only during cross country season. Athletes are encouraged to keep up their grades so they may be eligible for other sports later in the year. **Eligibility -- requires at least a 1.5 grade point avg., no more than 1 F.**
- **School/practice/meet behavior** -- We expect our runners to be respectful of teachers, bus drivers, classmates, teammates, coaches, and runners from other schools. In the event that this behavior is not shown, the following steps will be taken to rectify the situation:
  - A. **First Offense:** verbal warning from coach, parent/guardian notified
  - B. **Second Offense:** suspension from meet
  - C. **Third Offense:** suspension from team

**\*\*\*Middle school administration may become involved at any point during this process\*\*\***

**Good sportsmanship is an important part of our program, and we always want to represent the Ashland Cross Country program with maturity, respect and pride.**

- **Food/Nutrition** – It is very important for athletes to eat like athletes. That means less junk food and more fruits, veggies and juices. **Encourage your athlete to drink lots of water daily.**

**\*For our Saturday meets, we will regularly be reminding runners to eat at least two hours before they run their race. This gives some time for digestion. A good breakfast the morning of a race should be pretty light – maybe cereal, toast and juice.**

**\*Also for Saturday meets, runners will want to pack a lunch to eat after they run. They may also bring some money to buy something to eat. In addition, many of the bigger meets sell T-shirts.**

**\*No runner will be permitted to eat any form of junk food before a race- if doing so he/she could be dismissed from running in that meet.**

- **Athletes are *prohibited from wearing any jewelry while they are running in races.* It will result in disqualification from the race. The only exception to this would be a religious pendant that must be taped to the athlete's chest. So please do not bring these items to meets.**

**We highly discourage athletes from bringing any valuable items to meets (like CD players, jewelry, large sums of money). We cannot be held accountable for watching such things with our other responsibilities.**

- **Injuries** – Certainly aches and pains are a natural part of any kind of physical activity. With runners, this is especially true. Knees, feet, ankles, and legs are accumulating lots of miles throughout the season. This combined with adolescent growth spurts will have runners noticing more aches and pains. One aspect of growing as an athlete is working through those pains as much as possible. **We always address each runner's physical concerns carefully, and use the trainer when we feel it becomes necessary. However, we cannot help an athlete through discomfort if we are not made aware of it. If your athlete continues to have some physical problem for a period of time, please discuss it with us. We may recommend you seek medical attention with your family physician.**

# Recognition of Policies and Procedures AMS Cross Country

The packet you have just reviewed is an explanation of what to expect this cross country season and what the coaching staff expects from your son or daughter. As a coaching staff, we are always concerned with your son or daughter's acceptance of the policies and procedures. We are also hopeful that you will take a supportive role in these policies and procedures along with a supportive role of the entire cross country program. Having said that, we ask that you and your son or daughter please sign and return the bottom portion of this page stating you fully understand the information contained within this packet.

Sincerely,  
AMS Cross Country Coaches

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We have read the Ashland Middle School Cross Country packet for the 2010 season and recognize the policies and procedures that each student/athlete must follow.

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Parent/Guardian Signature

Date

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Student/Athlete Signature

Date

**\*\*\*Please return to coaches by Friday, August 27th\*\*\***