

2009 THOMAS JEFFERSON CROSS COUNTRY

Website: <http://www.colonialtnf.com>

Coaching Staff:

Head Coach – Matt Ryan - colonialtnf@yahoo.com

Asst Coach – Annie Lutz - annie.lutz@gmail.com

(Practice starts Aug 5th, 2009; check the website for complete practice schedule)

What is Cross Country?

- Cross-country is team sport in which both boys and girls will compete at the varsity, junior varsity and freshman levels, while all being members of the same team. Boys and girls do compete in separate races.
- Cross-country races are generally 5000 meters (3.1 miles) and take place over a variety of terrain.
- The training for cross-country is demanding and requires discipline & commitment and includes running, weightlifting and a variety of stretching and drills.

Paperwork: PLEASE READ CAREFULLY

- Grades 10-12th: All paperwork will be turned into the activities office no later than August 5th.
- Grade 9: You are asked to follow the same policy but can turn paperwork in on your first day of practice if need be; please arrive 20-30mins early the day you are turning in paperwork.
- All forms can be found at: <http://sports.tjhsst.edu/boosters/forms.php>

Paperwork includes the following items:

- VHSL physical form
- Fairfax County [Emergency Care Card](http://www.fcps.edu) (fcps.edu) – A copy MUST be on file with the coaching staff prior to participation.
- FCPS Extra Curricular Participation Form
- Assumption of Risk Form

****No paperwork from upperclassmen (grades 10-12) will be accepted after Aug 5th, if you would like to be on the team you will turn your paperwork in by Aug 5th. NO EXCEPTIONS!!!!!!**

Team Policies:

Making the team & summer conditioning for returning athletes:

- A summer running schedule will be posted on the team website. The only way to assure you are prepared for the season is to follow the running schedule. Other activities are helpful but you must log some miles to truly be prepared.
 - **Grades 10-12: If you are involved with a separate club team you will be expected to clear ALL conflicts with the cross country meet and practice schedule. Jefferson cross country will need to be your athletic priority if you would like to join the team. Personal, family, religious and academic conflicts will be dealt with on an individual basis.**
- All Athletes will test / time trial on the track during their first 4 days of practice. Time trial distance will be 4000m, standards are listed below:

2009 Qualifying times for joining TJXC 4000m / 10 laps	
Boys	Girls
9 th – No standard; all athletes will be kept on team	9 th – No standard; all athletes will be kept on team
10 th – 17:30 7:00/mile	10 th – 21:15 8:30/mile
11 th – 16:15 6:30/mile	11 th – 20:00 8:00/mile
12 th – 15:30 6:10/mile	12 th – 17:30 7:30/mile
*** Important notice for 10th-12th grades: You will need to submit in writing any request to have an alternative time trial date.	

Attendance:

- Practice is Mandatory. All athletes are expected to attend all practices.
- The team practices after school (once school starts) from 4:10 – 6:15 and on some Saturdays.
 - If an athlete misses practice during any week of a meet then his or her entry into that week's meet/s is at the coach's discretion.
- **August Attendance Policy:** Check the schedule below.
 - **Grades 10-12 – Must attend a minimum of 10 of the 20 scheduled practices in the month of August (8/11 – 9/5) to be on the team. Any athlete who misses more than 6 practices will not compete in the first two meets of the season.**

Sportsmanship & Conduct:

- Your attendance is mandatory and you will be expected to be a committed mature athlete regardless of your year in school and/or status on the team.
- Athletes will treat teammates, coaching staff and opposing teams with respect and consideration.
- Athletes will express concerns regarding injuries, competition, workouts or any issues regarding the team in a mature manner.

Meets and Meet Entries:

- Two types of meets: Invite are held on Saturdays and entries are performance based
- Entry into the invitational meets is based on performance. Most of the meets have entry limitations and prior performances and attendance will be the determining factors.
- The coaching staff will make every effort to announce the entries for the each week's meets on Monday at practice.
- League meets are held on weekday afternoons and allow for any/all athletes to compete.

Lettering Criteria:

- Acceptable Attendance, no more than 3 unexcused absences.
- Compete in Varsity Races at 3 Invitational Races.
- The coaching staff will use final discretion when lettering athletes.
 - **All members in good standing at the end of the season will receive a Certificate**

Required Equipment:

- Everyday: 1. running specific shoes (i.e. shoes used only for practice/running) 2. Athletic shorts / shirts 3. Water bottle 4. Towel (sometimes the track is wet and/or very hot)
- When weather conditions dictate: 1. Sweatshirt / Long sleeve shirt 2. Raingear 3. Warm-up bottoms
- Optional: 1. digital watch 2. racing flats / shoes (required for varsity athletes)

Camp Info: Cross Country Athletes are strongly encouraged to attend a cross country camp in July or August; several are listed below:

- GottaRun XC Camp held at Concord Retreat in Capon Ridge West Virginia. Camp brochures are available from Coach Ryan. Dates for the camp are Aug 16th -21st. <http://www.gottaruncamp.com> If registering online you will need the following username: gottaruncamp and password: xccamp.
- Blue Ridge Running Camp held at Eastern Mennonite University in Harrisonburg, VA. Details and registration information can be found at: <http://www.blueridgerunning.com/>