

Lawrence High Cross Country



Coaching Staff:

Head Coach: Laura Brensing

Email: laura.brensing@usd497.org

Assistant Coach: Kyle Morgison

Assistant Coach: Victor Beckerman

XC Philosophy:

Lawrence High cross -country runners take pride in their sport. They represent their team and their school well, and strive for academic excellence. In addition, we as coaches aim to produce a team “family” in which all members of the team are encouraged to do their best at every practice as well as every meet. We cheer each other on, always.



Successful Runners:

-Don't Dwell: Everyone experiences good days and bad days during the season. Don't dwell on the bad days. Maintaining a positive attitude is key in having a successful season. If you have a bad practice or meet, learning from it, pick yourself up, and keep going.

-Focus on Consistency: It is important to find consistency in your workouts. Attending practice every day is key to being a successful runner. Once you are consistent, you will see improvement in your runs.

-Possess Determination: Learn from every practice and meet. Runners must be mentally tough to succeed. Your mental toughness will be tested, and will be an important factor in success or failure. If you believe you are going to fail, you most certainly will. Don't ever give up.

"With self-discipline all things are possible"

~Theodore Roosevelt

ATTENDANCE POLICY

Attendance will be recorded daily. Team members are expected to be at practice **every** day. If you have an unexcused absence you may not be able to run in the next meet. **3 unexcused absences will result in automatic dismissal from the team.**

Unexcused absences include (but not limited to):

- I have a big homework assignment and need to miss (Plan ahead! Use and organize your time wisely. Everyone has homework assignments)
- Participation in club sport practice or event
- I have friends/relatives in town and need to miss
- I'm tired, don't feel good (There will be days we all feel this way. We will get through it together)
- If you are injured you must still report to practice unless excused for medical reasons. There are still many things you can do while recovering.

Excused absences include (If possible, you can come late to practice, or it may be rescheduled in the morning):

- Family emergency
- Religious observances
- Have to meet with a teacher for extra help or to make up an exam
- Doctor appointment (with note)

****Practice starts promptly at 3:30pm each day. If you are not at practice on time, you will be counted tardy. 3 tardies= 1 unexcused absence.**

ELIGIBILITY

In order to participate in a cross -country meet, a runner must have practiced for 9 consecutive days. Therefore, if a runner joins late and does not have the necessary amount of practices, they will be unable to run until they have completed 9 practices.

MISSING A MEET

Because we only have 7 meets, it is very important for athletes to try very hard not to miss. Band members should make every effort to come run their event and then head to band competition. If an athlete is sick and misses a meet, a doctor's note may be required. **Athletes are subject to team adjustments for any missed meets or practices for any reason.**

CUTOFF TO PARTICIPATE

The cut off to participate in cross- country is **August 27th** . We cannot accept runners after this date due to the amount of practices required before races. If your athlete is not cleared to participate by this date, they will be unable to join the team after August 27th . **NO EXCEPTIONS**

DUAL SPORTS

Athletes who wish to participate in two sports at once must complete a contract with coach. Athletes are **REQUIRED** to participate in at least 3 practices per week if they wish to run cross- country. Club sports are not encouraged, and we will not make exceptions for clubs. Missing meets or practices for club sports will result in consequences.

EXTRA CURRICULARS

We understand many of our runners participate in many activities. We fully support our athletes and encourage them to be involved in other activities. Athletes that are involved in other activities will need to make extra efforts in and out of the classroom to ensure they are meeting requirements to participate. Missing practice for any reason will still be considered an absence. We will work with athletes to make sure they can attend all activities, but they will need to communicate with us about when they need to leave practice or meets.

INJURY

It is common for athletes new to running to develop injuries. We understand this. In order to ensure the safety of each athlete, a doctor's note is required if a runner is unable to participate for 3 or more practice days. This ensures the athlete's safety and health.

CRITERIA TO LETTER

In order to letter in cross- country a runner must meet three of the following criteria:

- Miss no more than 3 practices
- Miss no meets
- Be a senior and member of the team for 4 years
- Varsity runner for at least 4 meets
- Demonstrate qualities of great sportsmanship/leadership

Procedure for teacher help:

- Please attempt to get help before school
- Notify coaches beforehand if you know ahead of time or after practice if you come late
- If seeing a teacher, you must provide them with a note they will sign
- Come to practice as soon as you can after or arrange to get help before school. You **MUST** have a note from the teacher that says you were with them, or the absence will be unexcused.

Injury/Illness: Trainer and or doctor will be involved in determining proper course of treatment.

How to inform coach of absence:

- Inform coach **BEFORE** the missed practice. (not 5 minutes). Plan ahead. Tell coach several days before absence occurs (unless it is a true emergency)

3 ways NOT to inform coach of an absence:

- Have a friend or teammate do it for you
- Tell coach right before practice (unless it's a true emergency)
- Tell coach the next day.

DRUG AND ALCOHOL POLICY

USD 497 Lawrence School District's policy will be enforced.
You drink, use drugs or tobacco, you will be off the team!

ALCOHOL AND ATHLETES:

1. Blood-alcohol reduces the ability of the bone marrow to make red blood cells, causing a condition called ANEMIA. A person with anemia feels weak and tired. Alcohol reduces the number of white blood cells and their ability to fight infection.
2. Muscles- alcohol leads to muscle weakness and muscle destruction. Simple: alcohol creates small muscles
3. Heart and the brain- alcohol reduces the flow of oxygen to the brain and causes the heart to beat irregularly.

CHOOSE: ATHLETE OR WANNA-BE

COMMUNICATION

It is important to get information out in a timely manner. For this reason, we have a Lawrence High Cross Country Twitter Account. To receive the latest information, including practice time changes or meet information, please follow our twitter account listed below:

@LawrenceHighCC

WE ARE A FAMILY

That means:

1. We encourage each other during practice.
2. We congratulate each other's successes.
3. We support each other's setbacks.
4. We stay for all races during Saturday meets.
5. We cheer each other on during races and practice.

"We came together as a team, but we are leaving as a family"

Shoe Buying Guide

A good pair of running shoes will help you reach your potential as a runner. Good shoes are not a replacement for hard work, but they do enable hard work by reducing the risk of injury and enabling you to train more consistently.

There is no “best” brand, type, or model of shoe. The best shoe is the one that works for you as an individual. What works great for someone else may not work for you at all.

When buying a pair of running shoes, the least important thing is color. When you’re three-fourths of the way through a long run, you’re really not going to care what color your shoes are if your feet are hurting. Color is always the last consideration.

Brand also doesn’t matter much. As long as it’s a reputable brand that produces quality running shoes, the brand of shoe you get is far less important than how it fits and feels on your feet.

Be aware that even reputable brands produce shoes of differing degrees of quality. Just because a shoe looks like a running shoe does not mean it has been designed to stand up to the rigors of running. Brands offer less expensive fashion shoes intended for casual wear only. How to tell the difference? Price. A quality pair of running shoes will cost \$100 or more, with most starting at around \$120. You get what you pay for when you buy a pair of \$60-\$70 shoes.

The most important factors when buying a pair of running shoes are fit and feel: Does the shoe fit your gait? Does the shoe fit your feet? Does the shoe feel comfortable?

Does the shoe fit your gait?

“Gait” refers to how your legs and feet move during your running motion. The biggest factor in analyzing a person’s gait is the amount

of pronation occurring – or how much their feet are rolling inward while touching the ground. Slight pronation is natural and part of how the body absorbs shock. Over-pronation, however, puts things out of alignment, which creates stress in the feet, shins, knees, hips, and lower back, and if left unaddressed can lead to injury.

Running shoes fall into two main categories: neutral and stability. Neutral shoes are intended for runners whose feet pronate slightly or not at all, whereas stability shoes are intended for runners whose feet tend to over-pronate. Both types of shoe provide cushioning and support; a stability shoe, however, is designed also to stabilize the foot while it is in contact with the ground, preventing it from pronating excessively.

Does the shoe fit your feet?

Most people are running in shoes that don't fit their feet. Not only is this uncomfortable, it can lead to injury, as well as premature break down of your shoes.

Most commonly people are running in shoes that are too short. Running shoes are frequently a full size bigger than your regular shoe size. While standing with your feet all the way back in your shoes, there should be a thumb's width of space between the tip of toes and the end of the shoe. While running your feet will swell, and that thumb's width is critical in preventing all manner of foot issues you'd rather not have: blisters, black toenails, toenail loss, bunions, hammer toe, etc.

Similarly, roughly a third of people require shoes that are wider or narrower than the average shoe. Not realizing this, most of these people end up buying shoes that are way too long or way too short in order to fit the width of their feet.

Does the shoe feel comfortable?

Once you know which type of shoe (neutral or stability) and what size shoe (length and width) you need, all that remains is finding the shoe that feels best on your feet. There are three main considerations during this process: forefoot, midfoot, and heel. In the shoe's forefoot you want enough room that your toes are not cramped together. In the midfoot, you want to feel comfortably secure, like the foot is fastened into place. In the heel, you want a snug rather than a sloppy fit.

A shoe should feel good right out of the box. If something is uncomfortable or feels out of place, move on a different option. Often the best shoe is the one that you barely feel at all, the one that feels most natural.

Shoes also differ in the amount of cushioning they offer and the angle at which they hold the feet (a shoe's "drop" or "offset"). These often boil down to personal preference, although some thought should be given to the use of the type of training that is being done; longer distances may call for more cushioning, for example.

A quick word about cross country spikes: Spikes are lighter and less cushioned, offer greater traction, and will help you run faster on grass, dirt, and wood-chip surfaces. They generally do not come in stability options: spikes are neutral, and stability can be added by way of an insert if necessary.

The surest way to select the right pair of shoes is to get expert help from a staff member at a specialty running store. Bring your current and/or an old pair of running shoes with you so that the staff member can examine their wear pattern (the areas where they are worn down) and the condition of the shoe's upper (the material surrounding the top of your feet). He or she will then analyze your gait by watching you walk barefoot, measure both of your feet for length and width, and bring out several options for you to compare against each other.

In Lawrence, Ad Astra Running is the place to go for expert help in finding the right pair of running shoes. They offer high school and junior high athletes a year-round 10% discount on regular price running shoes and spikes; in-season (from August 1st through October 31st) this discount doubles to 20% off regular price shoes and spikes for all cross country and track athletes. Any questions can be directed to the store at [\(785\) 830-8353](tel:7858308353).

August

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 First day of practice Lock Checkout 3:30-5:30	20 Practice: 3:30-5:30	21 Practice: 3:30-5:30	22 Practice: 3:30-5:30	23 Practice: 3:30-5:30 Uniform Handout	24 Time Trials @Haskell 7:30am Potluck 5pm
25 Rest/ easy run 3-4 miles	26 Practice: 3:30-5:30	27 Practice: 3:30-5:30	28 Practice: 3:30-5:30	29 Practice: 3:30-5:30	30 Practice: 3:30-4:15 Team Dinner	31 NO PRACTICE

September

Su	M	Tu	W	Th	F	Sa
1 Rest/ easy run 3-4 miles	2 NO SCHOOL Practice: 8am	3 Practice: 3:30-5:30	4 Practice: 3:30-5:30	5 Practice: 3:30-5:30	6 Practice: 3:30-4:15 Team Dinner	7 First Meet@ Manhattan
8 Rest/ easy run 3-4 miles	9 Practice: 3:30-5:30	10 Practice: 3:30-5:30	11 Practice: 3:30-5:30	12 Practice: 3:30-5:30	13 Practice: 3:30-4:15 Team Dinner	14 Meet @ Emporia
15 Rest/ easy run 3-4 miles	16 Practice: 3:30-5:30	17 Practice: 3:30-5:30	18 Practice: 3:30-5:30	19 Practice: 3:30-5:30	20 Practice: 3:30-4:15 Team Dinner	21 Meet @ Baldwin
22 Rest/ easy run 3-4 miles	23 Practice: 3:30-5:30	24 Practice: 3:30-5:30	25 Practice: 3:30-5:30	26 Practice: 3:30-5:30	27 Practice: 3:30-4:15 Team Dinner	28 Meet @ Rim Rock
29 Rest/ easy run 3-4 miles	30 Practice: 3:30-5:30					

October

Su	M	Tu	W	Th	F	Sa
		1 Practice: 3:30-5:30	2 Practice: 3:30-5:30	3 Practice: 3:30-5:30	4 Practice: 3:30-4:15 Team Dinner	5 Meet @ Shawnee North Community Center
6 Rest/ easy run 3-4 miles	7 Practice: 3:30-5:30	8 Practice: 3:30-5:30	9 Practice: 3:30-5:30	10 Practice: 3:30-5:30	11 NO SCHOOL Practice: TBD Team Dinner	12 Meet @ Haskell
13 Rest/ easy run 3-4 miles	14 Practice: 3:30-5:30	15 Practice: 3:30-5:30	16 Practice: 3:30-5:30	17 Practice: 3:30-5:30	18 NO SCHOOL Practice: TBD	19 League Meet @ Rim Rock
20 Rest/ easy run 3-4 miles	21 Practice: 3:30-5:30	22 Practice: 3:30-5:30	23 Practice: 3:30-5:30	24 Practice: 3:30-5:30	25 Practice: 3:30-4:15	26 Regional @ TBA
27 Rest/ easy run 3-4 miles	28 3:30pm Uniform Turn In West Gym	29 Practice: 3:30-5:30	30 Practice: 3:30-5:30	31 Practice: 3:30-5:30	1 Practice: 3:30-4:15	2 State @ Rim Rock

