

**The Oak Ridge High School**  
**Cross Country Program**

*A brief introduction to cross country running, including our culture, our expectations, & other important information*

**Coaches**

**Kristina Dube – Head Girls Coach**

[kdube@conroeisd.net](mailto:kdube@conroeisd.net)

832-592-5473

**Archie Reed- Head Boys Coach**

[arreed@conroeisd.net](mailto:arreed@conroeisd.net)

**Addie Marek- Asst. Coach**

[amarek@conroeisd.net](mailto:amarek@conroeisd.net)

**Oak Ridge High School**

27330 Oak Ridge School Road

Conroe, TX 77385

832-592-5300

**Team website:** <https://orhstfxc.wixsite.com/orhsrunning>

All information will be sent out via Group Me to the kids & Band App for parents. I will also try to post to website. Please familiarize yourself with the website.

**Our Mission Statement**

The Oak Ridge Cross Country Program strives to provide student-athletes with lifetime athletic and nutritional training skills. Athletes are presented with a rigorous athletic training program and are expected to combine individual fitness with a controlled diet under current nutritional guidelines to achieve maximum individual athletic performance. The goal of this program is to achieve this maximum individual athletic performance under competitive conditions, while simultaneously working with teammates to accomplish the ultimate goal of overall team success.

**Athlete Expectations**

As a member of the Oak Ridge High School Cross Country team, each athlete is expected to:

1. Maintain good academic standing by passing all classes. Students who earn a grade below a 70 may not participate in meets. ***They are still expected to practice.*** If failing grades become habitual, the athlete will be dismissed from the team.
2. Be a positive example to teammates, parents, and the community wherever you go. Be selective in social activities and realize you represent not only yourself, your family but also your team, coaches and school. Do so with class.
3. 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 dismissal from the team.
4. Attend and participate in all practices and meets including those scheduled on school holidays. Athletes are not excused for work, doctor's appointments, hair appointments, etc. If a special situation arises, let coaches know as soon as possible, or if possible, well in advance by emailing Coach Dube or messaging in Group M
5. Report all injuries to the coaches and trainers as soon as you know there is something wrong. Please let the coaches and trainers know before you go to the doctor for a running related problem.
6. Keep a training log- do it on an app. It will be checked by the coaches and will serve as a part of your grade and hold you accountable for your own growth in cross country season to season.

7. Multisport athletes- at ORHS, we want to promote multisport athletes. In order to do so, it takes coordination and flexibility from both coaches, parents & athletes. It is encouraged and there will not be penalty for doing 2 sports at once. Varsity will take precedence over sub varsity events.

### **Grading Procedure**

100 % Participation Points will be deducted for missed practices from athletics class, (before & after school) improper dress, & missed meets.

### **Practice Times**

It is required that you be in the 1<sup>st</sup> period athletic class *unless* another **school sponsored** activity conflicts. It is important the athletes run both in the athletic period and afterschool in order to catch their mileage for the day. Distance running is a progression and we build off mileage weekly in order to compete at the high school level. Also, it is to hold each of them accountable and maintain the team building that is required to be a part of the cross country program.

### **Morning:**

Athletes should be dressed and ready to run at 6:45 am most days unless otherwise told by Coach. We will normally dismiss to the locker room about 8:00-8:15 a.m. Athletes not in 1<sup>st</sup> period will be released by 7:00 a.m.

### **Afternoon:**

We will have **mandatory** practice every afternoon. These are not optional. If you must attend tutorials, please inform your coaches in advance. When finished, you will be expected to complete your workout. Tuesday, Thursday afternoons are the best for tutorials as well as personal appointments.

### **Example of a Weekly Schedule:**

<u>Sunday:</u>	Run on your own	<u>Thursday:</u>	am: Tempo run or speed session (track) pm: Recovery Run
<u>Monday:</u>	am: Track Work pm: Recovery Run	<u>Friday:</u>	pre-meet run/ recovery run (Saturday meet)
<u>Tuesday:</u>	am: Recovery run pm: Team Builder Activities/Recovery Run	<u>Saturday:</u>	am: Meet day or Long Run once we begin meets
<u>Wednesday:</u>	am: Track Work pm: Recovery Run		

### **Equipment**

Running requires very minimal equipment. However, there are a few necessities:

1. All athletes must have at least one good pair of training shoes. Most trainers can withstand **300-500** miles of use if they are not used outside of running. These will get wet and muddy from time to time. It is always good to have a second pair.
2. All athletes will need a pair of racing shoes. There are a variety of racing shoes on the market such as: waffle racers, distance spikes, and road racing flats. Which type of racing shoe depends on the type of person. There is a proven difference in race performance while wearing a lighter racing shoe. We will have some used ones they can check out.
3. All athletes need a runners watch. You can spend as little as \$5.00. The most important feature is the stopwatch function.

### **Picking the correct running shoe:**

Quality running shoes generally cost between \$50 and \$125. Certain shoes are better fitted for particular foot types, your running gait, as well as several other factors. Ideally, it's best to be fitted at a specialty

running store. They can identify your foot type as well as watch you jog looking for biomechanical cues. There is much more to selecting the right training shoe than the color! Proper shoes are the first line of defense against injury. If you had \$100- we would prefer you to buy 2 \$50 pairs and alternate them out rather than using the same shoe. They will last longer.

**Athletes will be issued and are responsible for:**

Practice clothes, sweats, uniforms, bags, locker, racing spikes.

**Spirit Fees**

Due to UIL and the amateur athletic rules, athletes cannot receive any gift of valuable consideration from coaches or other students. This means, to be in UIL compliance, Oak Ridge Cross Country Program will charge a "spirit fee." Each spirit fee will also pay for a yard sign, meet day shirt, any goodies we put on the girls' lockers, and 1 banquet ticket for individual athlete. This money will be due Friday, Aug. 16th at practice in order to initiate orders. **Make Check payable to: ORHS Sports Booster Club- amount \$100**

**Family, Parents, Friends, Spectators...what to do on meet day?**

Cross Country meets are very exciting and most courses are spectator friendly. It is a common place to run around, cheer, and get loud all in the name of supporting your team! You will notice that both coaches run around quite a bit during the meets. As a competitor, there is nothing better than to have someone right there on the course screaming your name and giving you encouragement. It makes you dig a little deeper and find a little more energy to get to the finish line. So prior to the race, scout out the layout of the course. Determine the best places to stand that allow you a good view of the course. We need as many people as we can along the course wearing red, blue and white and cheering our runners on. No matter how tired they are, they can always hear you.... and you make a difference!

**District, Regionals, and State:**

The Cross Country season will consist of 1-2 practice meets, 6-8 invitational meets, and the state qualifying meets. At the District Championships, the top 3 teams and top 10 individuals in both varsity divisions advance to the Regional Championships. Advancement from Regional meet to the state meet will be the top 4 teams and top 10 individuals not already on advancing teams.

**What can I expect at a cross country meet?**

In Cross Country Invitational meets, there may be as many 30 teams or as few as 5 teams competing. The Oak Ridge runners will typically compete in races with around 100 runners, but at times with as many as 300. There are usually 5 High School Divisions: Varsity Boys and Girls, JV Boys and Girls, and Freshman Boys. Most meets will allow unlimited entries in the JV and freshman divisions, thus allowing everyone to compete (there are some exceptions). The Varsity Divisions are usually limited to 7 runners and in some cases, 10 (but never more than 10). Some meets will be attended exclusively by the top 7 or 10 varsity runners.

**How are meets scored?**

In each race a team's top 5 finishers places are added together for a cumulative score. The team with the lowest score wins the meet. Even though the 6<sup>th</sup> and 7<sup>th</sup> runners don't count directly to the team score, they do play a very vital role. By finishing as far up in the race as possible, these runners have a chance to place within another team's top 5 runners, thus increasing your opponent(s) team score.

The following is an example of a scored meet:

<b>6A Girls Race 1 (5000m)</b>								<b>Team Score</b>
1 <sup>st</sup>	Oak Ridge	5	6	12	13	14	15	<b>50</b>
2 <sup>nd</sup>	The Woodlands	1	2	10	20	22	31	<b>55</b>
3 <sup>rd</sup>	Dripping Springs	4	16	19	25	41	53	<b>105</b>
4 <sup>th</sup>	Cy Falls	8	23	27	46	48	54	<b>152</b>
5 <sup>th</sup>	Cy Fair	3	24	33	35	68	69	<b>163</b>

**Oak Ridge Runners:**

Runner 1 – 5th

Runner 2 – 6th

Runner 3 – 12th  
Runner 4 – 13th  
Runner 5 – 14th

Runner 6- 15th  
Runner 7- 21st

**50 points**

### **Safety and Rules of the Road**

Cross Country is a physically demanding sport. Athletes are expected to work very hard in the pursuit of excellence. In the course of our training, we run in a variety of locations. The coaches make every effort to ensure the safety of every runner on the team. However, our practice times often coincide with peak traffic times. We demand that every athlete pay particular attention to safety and make that our number one priority. While on campus in the morning, students must be aware of traffic entering the parking lots. Likewise, when we are running off campus, all runners must ensure they are running in areas free of traffic and other unsafe situations.

### **We emphasize that Oak Ridge Runners:**

- 1 Pay attention at all times, no cell phones.
- 2 Run facing traffic, left side of the road.
- 3 Cross only at intersections and only when you have the right of way.
- 4 Obey all traffic signals.
- 5 Follow the designated route set by the coaches.
- 6 Run with your training group-never alone.
- 7 **Wear reflective clothing & blinking lights.**

Failure to comply with the safety precautions is not acceptable and is grounds for dismissal from the team.

### **Information and Resource Websites**

[www.txmilesplit.com](http://www.txmilesplit.com)

Good for results from around the state

[www.txrunning.com](http://www.txrunning.com)

Great for results, news, forum, rankings

[www.cccat.org](http://www.cccat.org)

Cross Country Coaches of Texas, includes rankings, videos, contact information, UIL news, All State Teams

[www.flotrack.com](http://www.flotrack.com)

Videos, interviews, race coverage, online training log

[www.dyestat.com](http://www.dyestat.com)

National Cross Country and Track site that includes national rankings, discussion, news.

[www.uil.utexas.edu](http://www.uil.utexas.edu)

The state of Texas' public school athletics governing body

### **Apps to use:**

Strava, Running Log, Runkeeper, Nike Run Club, Map My Run, Addidas Running App, Running Distance Tracker, Jog Log, Run Diary, Cross Country Running Log, Garmin, Pacer, Runner's Log, Runnable, etc.

## **XC Athlete Contract**

Being a part of the Cross Country team at Oak Ridge High School is not a right but a privilege. We will spend a lot of time running on and off campus as well as traveling to meets to represent our school with class. I am going to ask that you follow the expectations below. If you feel that you cannot comply with these expectations, come to me for a personal conference. 1) You will be given a warning 2) parent conference 3) and suspension from the team 4) dismissal.

### **Expectations**

- 1) Wear appropriate attire on daily basis with issued practice clothes.
- 2) Be here on time in the locker room, dressed & ready to go on the track by 6:45 with all equipment- sweats, spikes, etc. You will not go back to locker room. Do not LEAVE locker room before 8:50am or discipline will be assigned for being truant. Take care of all personal business BEFORE practice starts (monthly items).
- 3) Be respectful to all teachers, coaches, and fellow athletes as they are your teammates at all times & adhere to ALL school & athletic policies.
- 4) Follow all other school expectations in the classroom & on the track in regards to discipline & conduct. Social Media- anything posted must be considered as you are representing ORHS and the Cross Country Program. You will be monitored by me. That also includes any social media guidelines as it relates to school & being respectful to teachers, peers & coaches or SELF.
- 5) Work out **EVERYDAY** as if you were preparing for a meet.
- 6) Report any injuries to Coach before workouts!
- 8) If injured, you should be dressed out in the training room at 6:45 a.m. for treatment and continue until you are released or have a doctor's note. Parent notes will not be accepted. **ONLY** doctor notes are accepted for **illnesses**.
- 9) Be a leader & stay positive during workouts. Negativity is Contagious and we are a TEAM, give 100% at all times & be respectful.
- 10) You will be required to volunteer for fun runs, home meets, team building activities, etc.
- 11) Keep locker room & equipment in good, clean condition. Take all food HOME.
- 12) **You are a student first**, then an athlete so maintain grades- no pass no play! If Failing a progress report, grade check or 9wk- consequences will be assigned. If Failing consistently, removal from program.

Failure to meet these expectations will result in reminders, student conferences, parent conferences and points taken off grade or failure. Other consequences may follow at the discretion of the coach or lead to the dismissal of the team, class or program.

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I \_\_\_\_\_ understand what is expected from me in the War Eagle Cross Country Program. I also understand the consequences if I fail to meet these expectations.

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**Athlete Printed Name**

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**Athlete's Signature**

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**Date**

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**Parent's Name**

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**Parent's Signature**

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**Parent's Cell #**