

Lacey Township High School Cross Country

What is Cross Country?

Cross Country is a sport of distance running that takes place over natural surfaces that may include grass, trails, gravel, sand or roads. Courses vary greatly from the hills of Holmdel to the flatlands of Ocean County Park.

How do I make the Lacey Cross Country Team?

Everyone makes the team. We are a program that does not incorporate a cut policy and we are proud that we are completely inclusive. However, that does not mean that you should forget the value of team and commitment. Therefore, we have incorporated some other policies.

Policy # 1 Athletes **MUST** meet a performance standard in order to be eligible to compete at dual meets and/or invitationals. You must first show that you have the physical skills in practice, workouts, and time trials before we will allow you to compete.

Policy # 2 Athletes **MUST** be cleared prior to the first day of practice. You cannot practice without a physical and the expectation is that if you are serious about potentially competing for the LTHS Cross Country team, then the first step is paperwork.

Policy # 3 Athletes **MUST** be at practice each and everyday. You have committed yourself to a team and the expectation is that you are there everyday. You will be allowed 3 unexcused absences for the season. If an athlete has a 4th unexcused absence, he will not be racing the rest of the season for the team. Excusable absences are absences of an emergency nature, religious requirements, and any other absences that have been pre-approved by the coach. Athletes are to have, in writing, their request to miss practice with stated reason. I expect any appointments to be made around practice schedule, not during it.

Policy # 4 Athletes **MUST** be warmed up to begin stretching on distance days at 2:10 sharp. Any athlete that is not warmed up and stretching by 2:10 will be marked late. 3 lates equal an unexcused absence. Once again, if an athlete has a 4th unexcused absence, he will not be racing for the team. On workout days, athletes **MUST** begin their warm-up by 2:05.

How do I earn a Varsity Letter?

In order to be eligible for a varsity letter, athletes must:

- 1) Finish out the entire season. Anyone that quits or has a 4th unexcused absence will not receive a varsity letter.
- 2) Be a member of the varsity squad (Top 7 on the team). It is this group that competes in the varsity division at invitational and championship meets.
OR
Boys: Run a time of 18:30 or better on a standard course or a time of 19:00 or better on a hilly course (ie Holmdel).
Girls: Run a time of 23:00 or better on a standard course or a time of 23:30 or better on a hilly course (ie Holmdel).
- 3) The only exceptions are any runners whom the coach deems to be a varsity athlete

Other Rules and Regulations

1. Stay out of trouble in and out of school. You are a reflection of your family and this team. We are to be viewed as productive members of our communities. If you have detention, report to practice right after detention ends.
2. You will respect your coaches, teammates, and yourself. Opinions are only valid when you can have a constructive and productive conversation. If you cannot do that then it is best to keep quiet until you can manage to have a pleasant dialogue with coaches and teammates.
3. Your equipment and uniform is to be treated with the utmost respect and care. They are expensive and symbolically reflect your connection to your school and team. They are to be kept clean and in order.
4. A good athlete is an extension of a good student. You must put forth the same dedication and effort to your studies that you will put forth on the track and on the field.
5. The locker room is a place of preparation and relaxation. Use it for both but nothing else. Keep it clean and organized. Your locker should be neat and clean with a lock to safe guard valuables.
6. If you have any intentions of quitting, you must see your coach in person. I expect any equipment that was given to you to be turned in the day you choose to jump ship.

Summer Practices

Consistently running during the summer is the most important factor in being a successful cross country runner. Regardless of the distance, get out and run. Why? It will give you a base which helps you to 1) get in better shape, 2) allows you to expand your base when the season officially begins, and 3) will help prevent injuries.

Official practices for the summer will begin on **Tuesday, July 11** and will run every **Tuesday and Thursday in July and August**. The start time for practice is at **7am** so that we may avoid as much of the summer heat as possible.

Make sure to come to practice with:

1. Adequate running clothes and shoes
2. Water
3. Your running log (Write down all mileage done)
4. A positive attitude

Some summer running guidelines:

1. **Hydrate properly.** This must be done on a daily basis!
2. Keep your intensity low for the first two weeks of running so your body can acclimate to the heat.
3. Run at cooler times of the day (morning or evening).
4. Run in light colored, loose clothing.
5. On days of extreme heat and humidity, run on a treadmill, swim, or take the day off.