

WAYNE CROSS COUNTRY

Meet Expectations and Procedures:

- All athletes are expected to travel to and from meets on the school bus with their teammates. The bus ride home is a team meeting where important information will be discussed and performances will be recognized. Only in case of an emergency or extenuating circumstances will athletes be able to travel with **their parents only!!!** Therefore, do not ask me if you can ride home with your parents!
- If an athlete is sick and unable to compete, then they should stay home and get healthy! It's not worth endangering your teammates' health. Do not share water bottles!
- Absences from meets are not acceptable and will result in removal from the team.
- At all times be courteous to officials, competitors, coaches, and parents.

Pre-race night:

- Don't stand on your feet all night before a race
- Eat a reasonable healthy dinner
- Prepare spikes, pack your bag, and lay out your clothes
- Be to bed at a regular time (no later than 10:00 or 11:00)

Pre-meet checklist

- Positive attitude**
- Uniform shirt and shorts**
- Warm-up bottoms and top**
- Sweatshirt or long sleeve-T**
- Training shoes**
- Race flats (put in spikes the night before!)**
- Hat & gloves**
- Rain gear**
- Water bottle and healthy snacks**

Pre-race morning (for Invites)

- Wake up at least 3-4 hours before you race.
- Have a *light breakfast* and begin to drink water.
- Stay away from acidic food, such as orange or grapefruit juices, or eggs. I suggest a bagel or toast with butter (not with cream cheese) or a banana.

Day of Races (for Tuesday Meets)

- Check to make sure you have everything before you leave for school (uniform, shorts). We will NOT wait for someone to drive home and pick up his or her stuff after school.
- Make sure you eat healthy all day long
- Avoid excessively greasy or fatty foods
- Do not eat anything which you might believe will upset your stomach
- Bring your lunch to school to avoid any surprises that the cafeteria might throw at you (you never know what is in those soups and how old that pizza is!)
- Drink water throughout the day. The water fountain is your friend!
- Relax on the way to the meet. Visualize the race.

Bus Procedure

- Be early or on time and respect your teammates!!
- Excessive noise or distracting behavior will not be tolerated.
- You must remain in your seats and be on your best behavior.
- The bus driver is in charge, so be respectful and courteous.

Race Procedure:

You and your teammates should follow the following procedure as a team!!

On arrival to the competition site you and your teammates are expected to:

1. Run the course for a warm-up. Discuss race strategies with teammates and coaches.
2. Drills
3. Stretch (change to racing flats)
4. 5-6 x stride-outs (to the bathroom if necessary)
5. Remove your warm-ups at the starting line
6. **Race Hard and Win!!!**
7. Congratulate teammates and competitors.
8. Immediately change your shoes, put on your warm-ups, and jog the course again!!
Discuss race achievements and areas of improvement with teammates and coaches.

Your races are hard workout days that should total about 7-9 miles.

Don't forget to support your teammates as you are cooling down from your race or warming up for your race!