

## **THINGS TO KNOW FOR CROSS COUNTRY**

Cross country is a demanding sport that provides fantastic overall exercise and enhances your endurance. As with any sport, there are some things you need to make sure you are aware of:

### **The Sport**

- Distance – Most races are 2 miles in length for the girls and three miles for the boys.
- Teams – Most schools have a JV and varsity team for both girls and boys; however, some also have a freshman team (boys only).
- Practice - Consistent, continuous training is important for cross country – you will only achieve better times, if you practice each day with the team and participate in the training regimes set out by the coach.
- Nutrition – Diet and hydration is very important in any sport that involves running. The fall weather in Texas can still generate temperatures with a heat index approaching 100° or more. We make sure the athletes have water at the meets, but it is important for them to bring plenty of fluids as well. We do not provide food during the meets and most often there are no concession stands, so it's important for the athlete to pack food (snacks, fruit, etc.) so they have something both before and after they run.
- Support – Supporting the team is very important! The meets are not like football games, with spectators in the stands....It means a great deal to the runners hearing someone encouraging them to continue when they are struggling to finish with a good time. Our meets are not held in Sugar Land, but in several locations in the metropolitan area. Supporters must make a conscious effort to come to the meet, so decide now that will join and plan your Friday night or Saturday morning accordingly.

### **Meets**

- Meets are held on Friday nights or Saturday mornings. The meet itself usually lasts about 3-4 hours, depending on the numbers of meet races; therefore, with travel time, plan on 5-6 hours “door to door”.
- For Friday night meets, the team will leave from the school so it is extremely important for the athletes to have all their gear (uniforms, SHOES, food and fluids) with them. For Saturday morning meets, we leave from the school usually between 6-7am, depending on the distance to the meet. It is EXTREMELY important to be on time as the team needs to register before the races begin.
- Meet preparation is also important. Please make sure the athlete has plenty of sleep the night before a meet. Distance runners benefit from eating higher quantities of carbohydrates 24-48 hours a race, so planning Thursday night supper accordingly.

## Communication

- It is very important to communicate with the Coach Laney and/or Eileen Howell regarding anything that comes up – ex., “not going to make the meet/practice/the bus”.... You can contact us by the following:
  - Coach Laney - [Todd.Laney@fortbend.k12.tx.us](mailto:Todd.Laney@fortbend.k12.tx.us)
  - Eileen Howell – [eileen.howell@pdgm.com](mailto:eileen.howell@pdgm.com)
    - Blackberry (synced with above e-mail address) – 713.456.9891
    - Secondary cell phone – 281.900.4809
    - Work phone – 713.393.4050
- The team coordinator sends out e-mails every week, giving information about the prior week’s meet results and about the upcoming meet. Please check your e-mails frequently! If you are not currently receiving e-mails from the coordinator, please contact me immediately at the above address.
- If you take any digital pictures during a meet, please send them in so we can put them on the Cross Country website.
- **NEW THIS YEAR!** The Sports Banquet invitations will be sent via e-mail this year. (Another reason we need your e-mail address!). If you prefer to have a paper copy mailed to you, please let me know and provide your mailing address.
- If you have questions about anything at all, please contact us at any time.

### **Some useful websites:**

**Booster Club home page:** <http://austinboosterclub.homestead.com/welcome.html>

**Cross Country home page:** <http://austinboosterclub.homestead.com/xctrynews.html>

**TXRunning (for meet results):** <http://tx.milesplit.us/meets/calendar/2008/cc>

**TXRunning (for AHS team info):** <http://tx.milesplit.us/teams/FBA>