

NEW CANEY CROSS COUNTRY

A Parent's Guide to New Caney Cross Country –

Welcome a new tradition of New Caney Cross Country. Our motto for the Athletic Program at New Caney High School is “Building Pride”. We want to use our cross-country program to help build athletes for all programs. Parents have become instrumental in helping to build and maintain the success of the New Caney Cross Country program. There are many things you can do to help contribute to the success of the teams this year. Some of those are simple, some are a little time consuming or just hard work, and there are even a few things you should *not* do. Hopefully this will help guide you to a great Cross-Country experience.

INTRODUCTION

Sara Sheppard is the Head Girls Cross Country Coach, has been coaching at New Caney since 2005.

Juan Encarnacion is the Head Boys Cross Country Coach. Coach Encarnacion has been coaching at New Caney since 2023.

Communication with parents is important. If you have any questions or comments or simply would like to know how your daughter is progressing, please contact Coach Sheppard at one of the following:

Work Phone: 281-577-2800 ext. 5155

E-Mail at Work: ssheppard@newcaneyisd.org

or Coach Encarnacion at one of the following:

Work Phone: 281-577-2800 ext 5212

Email: jencarnacion@newcaneyisd.org

Remind Group: NCHS CROSS COUNTRY

Analorena Encarnacion Assistant Cross-Country Coach, this will be her 1st year at New Caney, 10th year in education.

Mike Dewitt is the Campus Coordinator his work # 281-577-2800

Anna Burton is the Girls Coordinator her work # 281-577-2800 ext. 5123

Chris Warren and Megan Ruble are our athletic trainers.

If your child has an injury, please contact the trainer before going to the doctor. Their job is to take care of our athletes.

COMMUNICATION

Please do not hesitate to contact us with any concerns you may have.

Email usually works best; however, you may call the office at 281-577-2800 ext. 5155

We also have our own website. Visit New Caney's High School main page,

http://www.newcaneyisd.org/ATHLETICS/high_school_athletic_department.htm

Here you will find schedules, announcements and pictures.

PHILOSOPHY AND GOALS

The philosophical foundation of the program correlates directly with the philosophy of the New Caney Independent School District Athletic Department. This philosophy “athletics is an integral part of the overall

education process. Through competitive athletics, a successful athletic program will enable a student athlete to realize the power of reaching his/her full potential. In most situations, the overall success of the athletic program sets the tone and atmosphere for the entire school. Athletics creates opportunities for developing a positive self-image. Finally, the most important aspect of the athletic program is to develop young men and women to become constructive, contributing members of society.

OBJECTIVES OF THE N.I.S.D. ATHLETIC DEPARTMENT AND NCHS XC PROGRAM

The purpose of the New Caney Cross Country program is to do more than provide competition between two individuals and/or two schools. It is to teach fair play, sportsmanship, the understanding and appreciation of teamwork, the teaching of discipline, and that to quit means failure and hard work means eventual success (properly defined). We will attempt to accomplish this general objective through the following goals.

1. Keep as many athletes as possible in a good environment.
2. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in each athlete involved in New Caney Cross Country
3. Encourage students to grow physically, mentally, morally, and socially.
4. Instill in youngsters an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits, and cleanliness will be stressed at every opportunity.
5. Develop the program in such a manner that the result will be one of unity, harmony, and success. Participation will be emphasized and encouraged among all ability levels.
6. Instill in all athletes the desire to represent New Caney High School and the New Caney community in a manner that will make school administrators, teachers, parents, and other citizens proud of them.

ATHLETE EXPECTATIONS

As a member of the New Caney Cross Country team each athlete is expected to:

1. Maintain good academic standing – pass all classes. Students who earn below 70 may not participate in meets. ***They do still 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 they may go. Be selective in their social activities.
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 may result in removal from the team on the first offense.
4. Attend and participate in all practices and meets including those scheduled on school holidays. Athletes **may be excused from work as long as the athlete provides a work schedule before the future absence. If an athlete does miss a workout for any reason, it is the athlete's responsibility to leave an e-mail or message for a coach at the office number explaining the reason for the absence. All missed workouts should be explained before they occur!**
5. Properly care for equipment loaned to them. Missing equipment items will be paid for.
6. Be familiar with the rules and tactics of Cross Country.
7. Keep parents informed of all team activities.
8. Report on time to all team functions. **Arrival at the practice start time is not on time.** We have a saying in

New Caney Cross Country, “**If you’re early, you’re on time. If you’re on time, you’re late.**” Be ready to run at the start time.

9. Report all injuries to Coach Sheppard for referral to the trainers. Athletes/Parents please let the coach and trainers know you are injured **before** you go to a doctor.

10. If being in ISS becomes habitual the athlete will be dismissed from the team.

11. If profanity becomes habitual and the athlete can’t modify behavior the athlete will be dismissed from the team.

12. **Proper dress code and hair cut guidelines will follow NCISD policies.**

If an athlete is to miss a practice for any reason, they should contact a coach in one of the previously mentioned fashions **BEFORE** practice. If a team member has a conflict with another **school activity**, the athlete, the sponsor, and coach will discuss the situation and try to create a compromise that works for everybody. If there is a conflict with an **outside school activity**, Cross Country will take priority. Coach Sheppard will make the final decision as it affects Cross Country.

NUTRITION

Water/Gatorade – The absolute **minimum** consumed should be 128 ounces per day (that’s one gallon, or 16 eight-ounce cups)! Drinking fountain rule applies for school – If you pass one, take a drink! Proper nutrition is essential to athletic performance as well as good overall health.

- A balanced meal of complex carbohydrates, meats, vegetables, fruits, and fluids are best.
- Athletes should eat before and after every workout and race.
- All athletes should eat at least 8 servings of fruit and vegetables each day.
- What about vitamins? Done in moderation they can’t hurt. (Although they may not help)
- **During the racing season athletes should not be drinking any carbonated drinks!**
- “Junk food” should be eaten in moderation and must never replace the essentials of a healthy, balanced diet.
- All athletes need to consume enough calories to maintain their weight. No one should be on a “diet”, or diet pills of any kind. There are some athletes; especially those who are experiencing exercise and good nutritional habits for the first time that will experience weight loss. If you suspect your daughter is not eating properly please bring this to Coach Sheppard.

EQUIPMENT

Required equipment:

- All athletes must have at least one pair of quality running shoes. Two pairs are better than one!
 - A runner’s watch will be helpful in your training. If you can wear a runners watch to practice each day (one that has a stopwatch and is water-resistant).
 - All athletes will be issued racing equipment at the start of each season. It is **imperative** that this equipment is turned in at the end of each season.
 - All athletes will be held responsible for their equipment. If lost or stolen, the athlete will be required to make payment for lost equipment.
- Suggestions for keeping up with equipment:
- Athletes should make sure they place their equipment in their locker with the locker locked!
 - Athletes should NEVER loan equipment to someone else.
 - Athletes should always have someone watching their equipment while they are competing.

BECOMING A CROSS COUNTRY EXPERT

What to Bring?

Meet Schedule, lawn chairs, binoculars, water, video or still camera, stopwatch.

Meet Etiquette

Do not:

go into the Cross-Country camp ... follow your son/daughter around as they get ready to race... panic when they throw up on your shoes... gather at the starting line with the athletes at the beginning of a race... place extra unnecessary pressure on athletes on meet day, or any day... think that every runner is going to have a great race every week... get in the way of the runners on the course... immediately talk to your child after a race.

Do:

support the entire team as well as all runners at a meet enthusiastically (not just our runners) ... be a good sounding board for your daughter once their meet responsibilities are done... encourage your daughter to be a part of what the team is doing... understand that not everyone has a great race every week... allow them to fail; failing at something does not make a person a failure... be willing to help when needed and be willing to simply watch and cheer when not needed... feel comfortable enough to ask Coach Sheppard about anything... have a great time watching an exceptional group of hard-working kids compete in the great sport of Cross Country running... bring extra water and food to meets... **make sure your child is on time for the bus**

BASIC RULES FOR CROSS COUNTRY

High school may be as short as 2 miles, but most common distance is 5 K (3.1 mi) and JV runs 2-3 mile courses depending on the meet.

PLEASE KEEP IN MIND...

After a race, a runner will possibly be more physically spent than you would anticipate. Symptoms may include rubbery knees, general weakness, the appearance of fainting, glassy eyes, nausea, and salivating (what a fun sport, huh?). These symptoms usually pass quickly. There are trainers at each meet to treat any more serious problems. Many of these can be avoided with *proper hydration*.

Scoring or “We came! We ran!? How did we do?”

Cross Country is a true team sport. *Every* person on the team has an effect on the team’s outcome. You can compare team scoring in cross country to the game of golf: low score wins. Times do not affect team scores (usually). Typically, each varsity and junior varsity team can run between seven and ten runners (sometimes more).

Each individual finishing a race is issued a card in the finish chute with that individual’s finish place written on it (These cards must be turned in to the Coach or manager) For example, the first finisher gets #1, the second #2, etc... The places of the first five runners from a team are added together to compute the team score. The sixth and seventh runners on the varsity and all the additional runners on the JV serve to “bump” an opposing team’s score higher by finishing ahead of the opposing runners.

Team A Team B

| | | |
|--------------|-----------|-----------|
| 1. | 2 | 1 |
| 2. | 3 | 4 |
| 3. | 5 | 6 |
| 4. | 7 | 8 |
| 5. | 12 | 9 |
| Score | 29 | 28 |

6. 13 10 "Bumps" Team A's 5th runner
7. 14 11

If there is a tie in the team score, the tie is broken by comparing the finish of the sixth runner on each team. There have been state championships decided this way. **EVERY RUNNER ON THE TEAM IS IMPORTANT! Whether you finish first or #800, your performance is important, if not to the score of the meet, at the very least, to the overall attitude and work ethic of the program.**

IN CONCLUSION

When your daughter/son decided to join this team, you joined, too. I want to encourage you to be an active part of this exciting and rewarding experience. You have a great opportunity, whether you are an athlete or a parent, to continue this tradition. I want to make you a better athlete for other sports. See you on the Cross-Country course!

RESOURCES

Check these out for more information on Cross Country around the state.

For New Caney High School information: www.newcaneyisd.org

Follow us on twitter: NCHS Girls Track_XC @NCHS_Track_XC

For the State of Texas:

texastrack.com

tx.running.com

CROSS COUNTRY TERMS TO KNOW

Cross Country Team sport involving running over varied terrain.

Dual Meet A meet between two teams. In Texas we rarely have these.

False Start Runner leaving the starting line early. Starter will return all runners to the line for a restart.

Finish Chute The roped-off area at the finish, through which runners are directed in order to establish place in a race. (You should stay away from this area unless you are helping with the meet)

Invitational A meet between a multiple number of teams. All of our races except district, region and state are invitationals.

Pace Rate of speed maintained over a prolonged distance. Normally we are trying to run at the same pace over the entire race.

Personal Record (PR) Best performance time on a specific course or overall for an athlete career. The best they have ever done.

Racing Flat or Spikes A lightweight shoe designed primarily for racing.

Starting box, gate, lane Designated area to which a team is assigned for the start of a race.

Surge A gradual or sudden increase in speed as a tactical move in a race.

Warm Down/Cool Down Exercises and running through which the body is physically returned to a pre-running state.

Warm Up Exercises and running through which the body is physically prepared prior to racing or working out.

New Caney Cross Country

Answers to the Basics

1. When are practices during the season?

Before and/or after school each day at the High School.

2. When are meets?

Meets are on Thursday and Friday afternoon as well as Saturday mornings (but only one per week.).

3. Where are the meets?

Meets are held in parks all over the Houston area. All athletes are expected to attend every meet! Again see the attached schedule for locations and directions.

4. How do runners get to races?

The team always goes on a bus provided by the school. Athletes are expected to return to school on the bus at the end of the meet. There are some exceptions to this; arrangements must be made with a coach before the meet.

5. Should the runners eat before practice and meets?

Definitely!!! This might take some experimenting to find a food they can eat that will not upset their stomach. Bagels, toast, fruit, oatmeal, or juice are good to start with.

6. Who participates in the meets?

Everyone! Cross Country is unique because there is no such thing as 2nd string. All athletes get to and are expected to participate in each meet. The top 7 runners on the team compete in the Varsity division. The next 7-10 runners compete in the Junior Varsity division.

Everyone else competes in an Open race.

7. What forms does my runner need in order to participate?

Every athlete that wishes to participate must have a physical, emergency card and Acknowledgement of Rules form on file. Any person who does not have a physical on file in the training room will not be allowed to practice with the team.