

King High Cross Country

Summer camp Information

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www.kingcrosscountry.com

Facebook: “King High Cross Country”

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THE BASICS: WHAT YOU NEED

Physicals/Paperwork: All athletes must redo their doctor’s physical and RUSD Emergency Packet and submit to Coach Peters on July 24th.

Cost of the camp: The fee for the summer camp is \$115. This fee provides a “dry-fit”/technical t-shirt to all participants, food and beverage on occasion, pool party with dinner served and a small stipend for the coaching staff.

This is payable to King Cross Country Booster Club. Bring this payment to the first day of camp. If paying with cash, bring exact bills.

SUMMER CAMP CALENDAR & IMPORTANT DATES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 24 summer camp starts 7:00 AM At KHS	25 7:00 AM/KHS	26 7:00 AM/KHS Mammoth TT	27 7:00 AM/KHS	28 7:00 AM/KHS	29 7:30 AM at Gage Canal
31 7:00 AM/KHS 6:00 PM/varsity level runners	AUG 1 7:00 AM/KHS	2 7:00 AM/KHS Mammoth meeting at KHS 6:30 PM 5:30 pm/varsity	3 7:00 AM/KHS 3 mile TT #1 6:00 pm/varsity	4 7:00 AM/KHS Angel Game 7:00 PM	5 No Camp practice Mammoth group leaves tomorrow
7 Mammoth Day 2	8 Mammoth day 3	9 Mammoth day 4	10 Mammoth day 5	11 Mammoth day 6	12 Mammoth day 7. return to King by 5:00PM
14 7:00 AM/KHS 6:00 PM/vars	15 7:00 AM/KHS	16 7:00 AM/KHS 6:00 PM/vars	17 7:00 AM/KHS 3 mile TT #2 6:00 pm/vars	18 7:00 AM/KHS	19 7:00 AM Bonamino Park – Run, Breakfast, Play
20 7:00 AM/KHS 6:00 PM/vars	21 6:30 AM/KHS due to teacher meetings 6:00 PM/vars	22 6:30 AM/KHS due to teacher meetings	23 6:30 AM FINAL TIME TRIAL – TEAM SELECTIONS POSTED	24 1 st Day of Season Practice at 6:30 am Required	25 Required 7:00 AM
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

SUMMER TRAINING RECOMMENDATIONS

Pre-Camp Preparations. Check the website, www.kingcrosscountry.com for specifics for each recommended run. Follow the recommendations. Do not do more than what is being asked of you. It's a progression

Week of May 28 – Three days, run 30-35 minutes each time

Week of June 5 – Four days, run for 30-35 minutes each time

Week of June 12 – Five days, run for 40-50 minutes each time

Week of June 19 – Six days, run for 45-55 minutes each time

Week of June 25 – Six days, plus 2 days of “two-a-days” – (Recommended only for older boys and girls, no freshmen)

Week of July 2 – Six days, plus 4 days of “two-a-days” – (Girls add in 2 days of “two-a-days”)

Week of July 09 - Six days, plus 4 days of “two-a-days” – (Girls add in 2 days of “two-a-days”)

Week of July 16 – Six days, plus 4 days of “two-a-days” – (girls add in 2 days of “two-a-days”)

Explanation of the Summer Camp

The summer camp is a separate program and experience from the competitive season (August 24-November). Minimum requirements are held for the summer camp training, and participation in the camp is separate from participation in the competitive season. Athletes may participate in one or both; ending their XC association after August, or if team selection requirements are made, they may join the team after August.

The camp is not required for participation in the competitive season, but is HIGHLY recommended. The camp serves two primary purposes:

- 1) It is a time for training and preparation in the goal of being selected to the team at the end of the camp.
- 2) It serves as the only means by which the coaching staff can select athletes for invitation to the weeklong Mammoth Camp in August.

Explanation of KXC Training

The primary key to racing well in the Fall is to build a large and solid base of strength in the months preceding race season. King Cross Country encourages athletes to work hard during the summer accumulating a lot of mileage in order to build that base that will set the stage for a successful racing season.

You are encouraged to start training individually or in small groups by June 1.

MAMMOTH HIGH ALTITUDE CAMP

Dates: August 6-12, 2017

Athletes: Up to 28 runners, co-ed. 28 are not guaranteed, gender balance is not a necessity if warranted.

Chaperones: All coaches and a number of parents

COST: Approximately \$330. Exact price will be announced the week before and is dependent on how many athletes go and the cost of rentals, gasoline and other factors

WHO: This camp is by invitation only. The coaches will extend those invitations. For the sake of clarity, the coaches make their decisions by considering and ranking each athlete on the following categories.

Attendance in Summer Camp, ability demonstrated on a long time trial, ability and speed demonstrated on a short time trial, your personal team selection standard met, and, in some cases, if the athlete ran the distance events (800, 1600, 3200) during 2017 track season. These standards apply to RETURNING KING RUNNERS. **All newcomers to KXC are judged on relative talent, fitness and attitude compared to other rookies during summer camp.**

Note for all: the Mammoth Camp selection is a competitive process. Athletes who desire to go, among many other criteria, must be aware that they must prove a fitness level and/or running ability that is superior to others attending the summer camp for consideration to be made.



TEAM SELECTION PROCESS AND STANDARDS

How to make the team

The coaching staff will select athletes for the competitive season based on the following criteria:

1. Displays a Consistent Positive Attitude.

Athletes of any ability level who are viewed by the coaching staff during the summer camp or during the prior season(s) as being negative toward their teammates, the sport, training, the coaching staff or the well-being of the program will not make the team. Such attitudes are detrimental to the team bonding process and will not be tolerated.

Prior experience with King Cross Country will NOT guarantee a position on the team.

Internet/Facebook/Twitter posts, texting or other electronic communication that is damaging to individuals or the team as a whole will not be tolerated and if discovered will be grounds for dismissal from the team

Such characteristics of negativity, should they arise during the competitive season (after selection has been made) may result in mid-season dismissal from the team.

2. Shows Consistent Quality Effort in practice.

Athletes who make a habit of walking for any part of a practice after the first two weeks of the summer practice schedule will not be selected for the competitive season. Deliberately cutting a prescribed route to gain a shorter distance is viewed as showing a distinct lack of effort.

3. Demonstrates a Minimum Ability Level.

Concerns of safety and liability require that the coaches be able within reason, to monitor all runners on the team. Therefore, runners must demonstrate the ability to run at an adequate speed to ensure visibility and group contact. Much effort will be made by the coaches during the summer camp to motivate and instruct all runners to be able to maintain reasonable contact with the group. Should a runner NOT be able to consistently finish workouts without walking, within a reasonable time-gap of the group, such a runner will not be selected for the competitive season.

All athletes must meet minimum time standards to make the team. Below is a listing of the marks for both ROOKIES and VETERANS.

PERSONAL STANDARDS REQUIRED FOR MAKING THE 2017 TEAMS

STANDARDS REQUIRED FOR MAKING THE 2017 TEAMS

Rookies must meet the following by the final time trial in August:

On a three mile course:

Girl, 9th - 11th grade rookies must run 25:30 or faster

Boy, 9th - 11th grade rookies must run 23:30 or faster

Girls in 12th grade who are rookies must run 23:00 or faster

Boys in 12th grade who are rookies must run 21:00 or faster

Veterans must meet the following by the final time trial in August: (Veterans are boys and girls who have run at least one year of King XC) --- Run a three mile course in their 2016 pace per mile PR + 90 seconds. See the attached chart

A grace period may be held after the last time trial for a maximum of two weeks. During that time, those still desiring to make the team can attend two more time trials (one per week) and attempt a qualifying mark. Students will not be able to practice with the team during that period of time.

NOTE: Improvement over your time spent in our program is an expectation. Therefore, if a KXC veteran's 2016 pace-per-mile PR + 1:30 window pushes their qualifying mark ABOVE the rookie standard for your grade, then the veteran must meet the rookie standard for their grade level (9-11 or 12th grade rookie standard)

STATEMENT OF RISKS ASSOCIATED WITH RUNNING CROSS COUNTRY

The coaching staff has taken great care in planning the structure of the program to assure the safety and well-being of the athletes who participate in it. However, it is imperative that students and parents alike be aware of the risks inherent in the sport and the recommendations for safe conduct.

1. The team uses the surrounding streets and neighborhoods of King High School for training. Virtually all of the workouts are held off campus. Potential dangers from dogs, people and cars are part of the training environment on a daily basis
2. Injuries can and do happen when participating in sports. Injuries common to distance runners are sprains, joint pain and shin splints. Wearing of quality running shoes and proper stretching and warm up routines can alleviate injuries. When possible, runners should avoid running on concrete

3. Health concerns associated with heat are potentially life threatening. Proper hydration with water throughout the day as well as while training is strongly recommended to avoid heat-related illnesses.
4. Asthmatic conditions can be exacerbated with exercise. Those diagnosed with any level of asthma are encouraged to take precautions and use appropriate inhaler medication even while training if necessary.

King Cross Country will take action to assure the safety of those participating, including:

1. "J walking" on any non-residential street is strictly prohibited. Penalty for J walking is a one-week suspension from the team. On the second violation, the student will be cut from the team
2. Practice times are adjusted to avoid excessive heat and smog. In the summer, 6:00 AM start times are held for this reason, and in September, 5:00 PM start times are held.
3. Coaches actively try to monitor all athletes, but due to disparate ability and effort levels, athletes are encouraged to use the "buddy system" – letting others on the team know if they are turning around mid-workout or are in physical trouble.
4. Coaches are assigned different ability group levels to monitor on a workout so that as much adult supervision as possible is present.
5. On hot days, the coaching staff provides water stops within the workout. On all days, runners are encouraged and allowed to stop for water at any point along a running route when the athlete feels it's necessary.
6. Coaches provide ongoing instruction on the importance of proper running shoes and injury prevention
7. Coaches provide ongoing encouragement to hydrate THROUGHOUT THE DAY to avoid heat-related issues/concerns
8. Should an athlete fall significantly behind the group, the coaching staff reserves the right to turn the student around to remain closer to school

The Competitive season

EARLY DATES

August 23 – Final time trial and team selections posted on kingcrosscountry.com

August 24 – First day of the competitive season

August 27 – First day of school. Depending on the heat, practice MAY be scheduled for 5:00 PM

September 1 – Team fundraising drive ends. \$125 per athlete requested.

CLUB SPORT POLICY - FULL COMMITMENT TO THE TEAM REQUIRED

The coaching staff will require all juniors and seniors to be fully committed to the cross country program and 100% of its requirements.

Specifically, this means there is to be no involvement in club sports of any kind (including running clubs) during the cross country season. Missing Saturday invitationals (or leaving early) is not acceptable due to club games, club races or other activities. Participation in Saturday invitational races is an expectation except for illness or family emergencies.

Exceptions are made for underclassmen (9th and 10th graders) as we feel the first two years of high school are a time of experimentation and growth and trying a new sport is commendable. In time, we believe it is healthy for student-athletes to make a choice to either run cross country or pursue other endeavors.

OVERNIGHT TRAVEL – Clovis Invitational

We are planning to travel to the highly competitive Clovis Invitational on the State Meet Course at Woodward Park in Fresno. We will take the top girls and boys on the team based on attitude and competitive criteria during the month of September.

IN SEASON FUNDRAISING EXPLAINED

Fundraising, unfortunately, is a necessary evil in today's high school athletics. With minimal financial support from the school district or the school, teams are left to raise the necessary funds for survival.

Did you know that it took over \$12,000 to operate our program in 2016? It's true! That's what a season costs!

Did you know that we received \$1800 from the school to help? Yep, true too.

This year, we have a projected goal of needing to raise \$10,000 ON OUR OWN to maintain the program as we've known it.

You have our word; the monies generated by fundraisers are carefully guarded and spent only on items that will benefit the athletes of our team.

The primary expenditure we need to raise money for is to provide a coaching stipend for three of our five coaches. The RUSD funds only 3 coaches.

Any monies raised in excess are spent on the needs of the team such as:

Coaching pay Equipment (sweats replacement, technology and software, stop watches, flags, canopies, banners, etc.) Canopy banner invitational entry fees publicity-publications website fees recruitment travel expenses incentives/prizes	- food and water/Gatorade - photography and development - team parties/functions - awards and championship patches - League finals medals for JV - and many other things... -
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What we need from each athlete:

All athletes are asked to raise \$125 toward the expenses of the team. This target should be achieved by September 1

Types of TEAM fundraising we will do:

Corporate Sponsorships

Each one costs \$125, and the business will receive a **banner ad** on our website with a link to their company website. The deadline for getting sponsorships is AUGUST 31.

Friends/Family Solicitation – We will offer an opportunity to send letters to friends and family who may be willing to help out in small ways that will add up to a bigger total!

Parent Sponsorship

If a parent wishes to forgo the above options, a donation of \$125 or more will be accepted.

VARSITY LETTER REQUIREMENTS, 2017

Please Note: While the coaches do reserve the right to award a letter to any athlete regardless of point total, due to the objective nature of the lettering system and its broad-based, multi-faceted approach, such awards have never been given since this system's adoption in 2002. 100 points are required to letter. Less than 100 points will not letter.

In the event of a League Championship: League Championship patches are made available only for varsity letter earners who raced in the top nine (9) of King's finishers at least once during the season.

Varsity Letter Requirements: The varsity letter for King Cross Country is awarded for both talent and effort. It is designed to be a valued award for running ability, hard work and dedication. The achievement of a varsity letter is not a right, but rather the result of a personal responsibility to act and behave all season in a "Varsity Manner," meaning, an above average commitment to the team, the sport, to hard work and to improvement. A letter can be earned by anyone from any grade level. To earn a varsity letter in Cross Country, the athlete must do the following.

1. Finish the season in good standing with the coaches.
2. Compete in at least three of the in-season Saturday invitationals
3. Maintain a "varsity attitude" throughout the season. A varsity attitude is demonstrated by an above-average commitment to the team's goals, to the sport and to one's individual improvement. Negative attitudes or disruptive behavior toward the healthy culture of the team will negate a letter being awarded.
4. Maintain a 2.0 GPA
5. Don't quit. Quitting for any reason prior to the end of the season will disqualify an athlete from a letter.
6. Refusal to compete in a CIF race (if qualified to do so) will disqualify an athlete from a letter.

Once the six criteria above have been achieved, the student-athlete must also earn 100 or more points from any of the following categories.

Accomplishment	Points Awarded
Boosters: Parent attendance at a booster meeting (Sep, Oct, Nov)	5 each day
Improvement: Athlete displays consistent and substantial improvement from prior year of King XC in race times throughout the season and on a variety of courses.	10
Fundraising: Community financial support obtained (student earns only one level of points): 10 points for every \$100 earned in fundraising, maximum of 40 points. <u>**bonus 5 points if at least \$125 is raised and turned in by September 1</u>	10, 20, 30 or 40 (+5 more with date-by bonus points)
DNR: (defined as “the student <u>Did Not Run</u> the intended workout.” Is NOT defined as “student was present for attendance or watched the workout”) Athlete has 2 or fewer days of non-running - DNR - (for any reason) from scheduled practices and meets from Aug 22 to the day after league finals (only academic events/testing and doctors notes are excused) <i>After 8 days of non-running, an athlete forfeits a letter regardless of points earned. Doctor’s excuses must be delivered to Coach Peters within one week of the injury/illness to excuse non-running days.</i>	30
DNR: Athlete has 3 or fewer DNR's (for any reason) from scheduled practices and meets from Aug 22 to the day after league finals (only academic events/testing and doctors notes are excused) <i>After 8 days of non-running, an athlete forfeits a letter regardless of points earned. Doctor’s excuses must be delivered to Coach Peters within one week of the injury/illness to excuse non-running days.</i>	20
DNR: Athlete has 4 or fewer DNR's (for any reason) from scheduled practices and meets from Aug 22 to the day after league finals (only academic events/testing and doctors notes are excused) <i>After 8 days of non-running, an athlete forfeits a letter regardless of points earned. Doctor’s excuses must be delivered to Coach Peters within one week of the injury/illness to excuse non-running days.</i>	5
Participation in King Cross Country For Four Years For Three Years	30 25
Racing Accomplishment: Finish the season with your name on the Top-7 Grade Level Record List (all time), or Top 15 MSAC All-time List (one only) – Improving upon a Mt.SAC time already listed in top 15 will count toward points	10

Racing Accomplishment: Finish in the top 7 combined King finishers of a competitive day or race in the actual varsity race regardless of finish place (8 th and 9 th place runners earn 5 points)	10 or 5
Racing Accomplishment: Compete in the varsity race at League Finals	5
Racing Accomplishment: Compete at CIF Prelims	20
Racing Accomplishment: Compete at CIF Finals	25
Racing Accomplishment: Compete at State Championships	50

GEAR GUIDE AND EXPECTATIONS OF WHAT YOU SHOULD WEAR

We often model our team and our values after legendary UCLA coach, John Wooden who did not need to compromise much to achieve success. One item that he was resolute on was wearing the proper socks. One might think that he would overlook something as mundane as a pair of socks with his national championship teams, but he started with the simple things. Not wearing the right socks meant a player wasn't committed to the success of the team. Want to grow out your hair to protest the Vietnam War? Then pack your bags ... a player wasn't going to make that point while Wooden was around.

In the end his top athletes had to choose between doing things their own way or the team's way. Seven consecutive NCAA championships weren't won by the individual.

The following items on the list are not to be taken as SUGGESTIONS, but rather as REQUIREMENTS to run with excellence this season.

WEAR THESE...	DON'T WEAR
<p>Running shorts are meant to be short. Girls can and should wear spandex "bun huggers" that are modest in their cut and style.</p> 	<p>Long, baggy shorts, shorts with pockets, shorts made for other sports.</p> <p>This isn't soccer, football, or basketball. This isn't LA Fitness. We are graduates of junior high P.E. so it's time to give up the PE shorts.</p>
 <p>Dry-fit running t-shirts, tanks, and tops. It is cool that you ran in the 2012 Mission Inn run, but save that for your post-workout change of clothes. Look the part- it makes a difference! It's been proven scientifically!</p>	<p>Long and saggy cotton shirts only help for long and saggy runs. After switching to technical shirts, wearing cotton is like wearing a coat!</p>

 <p>Running socks. Short, breathable, form-fitting, thin, water-resistant socks. <u>Cotton is not the fabric of our lives here.</u> Look for anything that will keep the blisters away and keep you cool. We run in intense heat and the perfect sock is necessary to avoid blisters, overheating, or holes.</p>	<p>Long cotton socks, long cotton black socks (unless you are coming from work at the office), or no socks.</p>
<p>The right, running shoes, made for high-level training.</p> 	<p>Converse, Keds, NIKE FREE's (or anything like them), or a shoe that you chose just because you like the colors. Any shoe from Payless, Target, Big 5 or on the clearance rack at Sport's Authority probably isn't a great idea. Sound elitist? Try it your way and prepare to head down to the SPORT Clinic for your injury. It's the ONE financial investment you have to make- do it the right way. You will not run if your shoes are not approved. SERIOUSLY! Go to the Running Center in Redlands to get fitted for the shoe best for you. Listen and heed their advice now and in the future.</p> <p><u>DO NOT WEAR NIKE Frees</u> (or other minimalist shoes) to practice. They will cause injury.</p>

<p>Excellence in all we do.</p> <p>Excellence in knowing your opponent.</p> <p>Excellence in knowing your pace.</p> <p>Excellence in doing what is right.</p> <p>Excellence in preparation.</p> <p>Excellence in ownership to do what is right all the time.</p>	<p>Excellence in doing MORE than what is asked of you.</p> <p>Excellence in warming up, cooling down, doing what is right for you.</p> <p>Excellence in believing.</p> <p>Excellence in setting goals.</p> <p>Excellence in showing up for your team.</p> <p>Excellence in what you wear</p>
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SUMMER CAMP PARENT-ATHLETE STATEMENT OF UNDERSTANDING AND COMMITMENT

We, the parents and athlete participating in the King Cross Country Summer Camp have read the guidelines and descriptions of the summer camp.

- We understand that the summer camp is a separate entity from the competitive season and that the camp serves as a time to prepare physically for the competitive season and give the coaching staff of King Cross Country a basis upon which to make team selections in late August.
- We understand that participation in the summer camp does not guarantee participation in the competitive season.
- We agree to communicate with Coach Peters if/when absences are necessary during summer camp.

I, the undersigned athlete, agree to abide by the rules of safety and conduct throughout the summer camp.

Parent

Student

Date