

KING HIGH CROSS COUNTRY

Summer camp Information

FIND US ON THE INTERNET!

www.kingcrosscountry.com

Facebook: "King High Cross Country"

Instagram: "kinghighxc"

www.twitter.com/kingrunning

Remind: "kinghighxc" (We use this a lot!)



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 14th.

Cost of the camp: The fee for the summer camp is \$80. This fee provides a 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 High School. Bring this payment to the first day of camp. If paying with cash, bring exact bills.

KING XC SUMMER CAMP CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 23 summer camp starts 7:00 AM At KHS	24 7:00 AM/KHS	25 7:00 AM/KHS TT #1 for 6th period selection	26 7:00 AM/KHS	27 7:00 AM/KHS Angel game team outing	28 7:30 AM at Gage Canal
30 7:00 AM/KHS	31 7:00 AM/KHS Time Trial #1	AUG 1 7:00 AM/KHS	2 7:00 AM/KHS	3 7:00 AM/KHS Pool Party and BBQ at the Wilbert's "Senior Night"	4 8:00 AM at the Gage Canal
6 7:00 AM/KHS	7 7:00 AM/KHS Time Trial #2	8 6:30 AM/KHS	9 6:30 AM/KHS	10 6:30 AM/KHS	11 7:30 AM at Bonaminio park – Breakfast and a run!
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

SUMMER TRAINING RECOMMENDATIONS

It is an expectation that athletes arrive at Summer Camp in shape. Therefore, you should be training on your own or, preferably, in groups of similar ability in the weeks of June and early July. Rookies, you should do some running as well prior to our first day of camp.

Follow the training recommendations that will be posted on www.kingcrosscountry.com in the weeks from now until we start summer camp.

Explanation of the Summer Camp

The summer camp (3 weeks, starting July 23) is a separate program and experience from the competitive season (September-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) Those desiring to be in 6th Period Athletic PE must be present (administration request) so we can determine basic fitness and ability.

In short, you'll be missing a ton if you're not in the summer camp!

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.

STANDARDS REQUIRED FOR MAKING THE 2018 TEAMS

In order to be eligible for 6th Period Athletic PE (if desired)

Rookies must meet the following standard by July 25

On a three mile course:

Girl, 9th - 11th grade rookies must run 28:00 or faster

Boy, 9th - 11th grade rookies must run 26:00 or faster

Girls in 12th grade who are rookies must run 25:00 or faster

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

Those desiring to be enrolled in the 6th period PE class (generally, this is 9th and 10th graders) must

1) be present in summer camp

2) demonstrate adequate fitness by July 25 and run, at minimum, the times posted above

IN ORDER TO RACE AND MAKE THE FINAL SEASON ROSTER

All athletes on the initial roster (rookies and veterans alike) must meet the time requirements for 3 miles on a time trial that will be held on August 25.

Standards for competition are:

9-11th grade rookie girls: 25:30

9-11th grade rookie boys: 23:30

12th grade rookie girls: 23:30

12th grade rookie boys: 20:45

Veterans of King XC must meet a personal standard by August 25:

(Veterans are boys and girls who have run at least one year of King XC). Check the website for that standard.

As always, the coaching staff reserves the right to select anyone for the roster for extenuating circumstances. All athletes are reminded that

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

COMPETITIVE SEASON

EARLY DATES

August 25 – Final time trial and team selections posted on kingcrosscountry.com

August 27 – First day of the competitive season

August 13 – First day of school. Depending on the heat, practice MAY be scheduled for 5:00 PM

The racing calendar is under “events” link on www.kingcrosscountry.com

CLUB SPORT POLICY - FULL COMMITMENT TO THE TEAM REQUIRED

The coaching staff will require all juniors and seniors to be fully vested in 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 invitationals is an expectation except for illness or family emergencies.

Exceptions are made for underclassmen (9th and 10th graders) or for rookies who are in the 11th and 12th grade, 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.

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_____