

KING HIGH SCHOOL
CROSS COUNTRY
TEAM HANDBOOK

KING CROSS COUNTRY TEAM HANDBOOK

Volume 18

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with input by the coaching staff

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PROMOTING EDUCATIONAL
ATHLETICS AT KING.

faithFULL kingXC 2016

OUR THEME FOR 2016

In June my family and I had the chance to go visit Yellowstone National Park, famous for natural geysers and other incredible beauty. Most famous of the many landmarks of that park is the aptly named “Old Faithful” geyser.

When we drove into the parking lot I was immediately impressed by how many people were there. Out in the middle of “nowhere”, thousands of spectators had made the drive to see the famous geyser do its



thing. Following the path, we made our way to the semi-circle of benches placed just close enough. The bump in the ground gurgled and sputtered, looking like it was working up its nerve.

We sat for 45 minutes with 1000 other sunbaked tourists, patiently waiting for the moment. We sat, expecting. Confident. *Knowing*, even though those 45 minutes showed only a little steam and a few burps.

But then, right on time, Old Faithful proved herself faithful once again, blasting a scalding gusher some 70 feet in the sky. We oohed and awed, raised our smart phones to the sky collectively checked off another item on our bucket lists. After a few minutes, spent, the geyser went back to the gurgle phase, and all of us now-accomplished tourists wandered away. If we had wanted to, we could have waited for another 91 minutes and watched her explode again.

Because that’s what she does. Faithfully, for years. And years. And YEARS! She’s old, and she’s faithful.

It’s funny now that I think about it, we saw a number of geysers during those days at Yellowstone. None of them had thousands of spectators descend upon them waiting in the hot sun for their timely eruptions. Only this one did.

Why? Because those “lesser geysers” were unpredictable. You could stand there for hours or days waiting to be blown away only to be disappointed by their inactivity. But Old Faithful is different. You can practically set your watch to her explosive personality. She’s proven herself. Time and time again.

That faithfulness draws a crowd.

Each year in King Cross Country we set a theme to focus on, to make ourselves think and act upon. In 2016, we’ll be looking at and trying to practice the characteristic of “**faithFULL**”, with the hope of kids and coaches discovering the fullness of life that comes when we live in and practice **faithFULL**ness.

There are many applications of this concept that are like gold nuggets for athletes.

How faithful are to your teammates? -- Are you there for them? Do they know that?

How faithful are you to show up for practice? -- do you consistently show up? On time?

How faithful are you to the workouts? – executing and absorbing their intent and benefit?

How faithful are you to your coaches? – are you listening, following instruction, trusting what we say?

How faithful are you to your school? -- Do you wear our uniform well, with pride, honor and distinction?

How faithful are you to your friends? – Are you dependable?

How faithful are you to your health? -- Are you icing, eating well, hydrating, sleeping enough?

And, when the pressure is on, and the anxiety rises in the face of competition or a tough workout ...

How much faith do you place in your ... training?

How much faith do you place in your ... ability?

How much faith do you place in your ... will to succeed?

How much faith will you place on your teammates to race hard with you and for you?

Will you be looked upon as Old Faithful is? One who can be trusted to perform no matter how many people are watching? It’s interesting, Old Faithful, the geyser, only performs under pressure. There’s nothing chill about her performance. Without the unseen pressures below ground, there’s no explosion for us to watch above ground. There’s nothing to be amazed at. Pressure is the difference between ooze and gusher. It’s because she’s good at performing under intense pressure and because she’s faithful in that pressure, that she draws a crowd to clap and cheer.

Would that describe you by the end of this season? I hope so. That’s our hope. For whether you’re a geyser or a runner, faithfulness to the task makes a difference in outcome. As you practice faithfulness in all you do, you’ll be rewarded with a very FULL season of rewards and satisfaction.

XC4LIFE

OUR VALUES AND GOVERNING BELIEFS

The philosophy that Coach Peters and the coaching staff of King Cross Country attempt to apply on a daily basis — both at practice and at races — is summarized below. It can also be understood an acronym that spells, “LIFE”:

LEARNING – INTEGRITY – FAITHFULNESS – EXCELLENCE

Learning – Cross Country has a way of teaching us about ourselves, others, and life. We emphasize a theme each season that draws us to think bigger than simply running fast. Learning about health, fitness, competition and life are all strong values of the King XC experience – hoping to inspire student-athletes to be lifelong learners and make our program much more than just “winning”!

Integrity – The bedrock of any successful organization is its integrity. Are we who we say we are? Do we conduct ourselves in a worthy and honorable manner? Do we live in a positive way that leaves a legacy to follow? Are we kind and gracious in competition regardless if we win or lose? These hallmarks of integrity and very important to us and override any competitive score or outcome.

Faithfulness – It is our theme in 2016, but it’s been a strong desire of King XC since 1999 that we be faithful in all things. To each other, to the sport, to the coaches, to the athletes, to our community and school. Success is so often found in the simple faithfulness to show up on time, work hard and be supportive of one another. Success in racing is a result of faithful preparation.

Excellence – We strive to be excellent in all that we do. We made “The Pursuit of Excellence” our season theme back in 2012, but it is, in reality, a pursuit that marks every season. This does not mean perfection, but it does mean that we take seriously the calling to be excellent runners, competitors, coaches, students and teammates. We want to be known for being an athletic program that is excellent at all that it endeavors to do.

~*~

“XC4LIFE” doesn’t mean that we expect our student-athletes to be running cross country their entire lives, though a lifetime of healthy physical activity is something we would endorse. The reality is that most teens will compete in their sport of choice only while in high school ... so if that’s the case, we hope that the “L.I.F.E” lessons we boldly pursue during their time with us will translate positively into their lives long after the racing shoes have been hung up or outgrown.

WANT TO STAY ELIGIBLE?

HERE'S HOW

After team selections have been made at the end of the summer, the coaching staff reserves the right to remove athletes who have become unruly or disruptive to the team goals and a healthy team atmosphere.

Displays a Consistent Positive Attitude. Athletes of any ability level who are viewed by the coaching staff as being negative toward their teammates, the sport, training, the coaching staff or the well-being of the program may be suspended from competition or, or if egregious, expelled from the team mid-season.

Electronic forms of dialogue that are damaging to individuals or the team as a whole will not be tolerated and if discovered will be grounds for dismissal from the team

Shows Consistent Quality Effort in practice. Deliberately cutting a prescribed route to gain a shorter distance is viewed as showing a distinct lack of effort. Walking during workouts, except for injury or illness, is not allowed, and if chronic, will result in disqualification from racing or dismissal from the team.

Maintains minimum GPA in class. CIF-SS and the RUSD establish a policy that all student athletes must maintain a minimum 2.0 GPA at each grading cycle in order to compete and participate. If a student's GPA falls below that mark at the end of the first quarter, they will not be able to compete and will forfeit all rewards at the end of the season, including a varsity letter. This is in effect, even if the quarter grades are posted AFTER your last race at League Finals.

STATEMENTS AND POLICIES REGARDING CLUB SPORT INVOLVEMENT

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.

PHILOSOPHY REGARDING DUAL INVOLVEMENT IN TRACK CLUBS While many of the high school sports have been supplemented or challenged by the existence of club teams or “travel ball”, such has not been the case in the sports of cross country and distance running. While there are a few running clubs in existence that do cater to distance running, (most exist to develop sprinters) college coaches still widely look to achievement within the context of organized high school competitions, under the auspices of high school institutions and high school coaches, as the pinnacle of the sport. It is at the major high school invitationals and the CIF/State Championship rounds that colleges flock to find potential college athletes. There is no Club-sponsored meet that even comes close to the attraction of CIF-sanctioned high school cross country and track meets.

CIF, the governing body of California high school sports, changed its rules in 2010 regarding off season involvement between high school coaches and their athletes. In short, they allowed “year-around” development between high school coaches and their runners, where in prior years it was severely limited. King High Cross Country and Track and Field have benefitted from this change by implementing an organized system in all four seasons of the year. Winter Camp, Summer Camp and the competitive seasons in the Fall and Spring now help to develop distance runners throughout the year if that is their choice.

Furthermore, we believe it is in the best interest of the individual as well as the collective team that student athletes not divide their attention or loyalty with competing groups or clubs. While we do not claim to have “the answer” to all things distance running, we do have a proven record of nurturing young runners through their high school years to achieve beyond what they thought was capable. We

have a long and growing list of students who earned scholarship to compete at the collegiate level or competed as walk-ons. We have guided novices to becoming collegiate scholarship runners. And while running clubs and off-site coaches may be alluring, entertaining a second “voice” when it comes to the periodization of training, strategy and the development of a young runner is very confusing to the young person and is not a healthy way to advance one’s skills or interest in the sport of distance running.

Therefore, if focusing on the sport of distance running (cross country and track) is of great interest to you, we believe that the coaching staff at King High Cross Country and Track is all you will need to succeed and we would make a strong appeal to dissuade you from the divisive nature that Club Sports and

KING GRADS WHO COMPETED IN COLLEGE

2002 - 2003 - Steve Griesinger - RCC
2003-2004 - Shamari LaCour - Houghton College, NY
2003- 2006 - Angella Nanyonyi - RCC
2003 - 2006 - Laura Fairley - RCC , San Jose State
2003-2007 - Laura Moore - RCC, Cal Lutheran
Brian Brierly - UC Irvine 2004-2008
2004-2005 - Megan Fairley - UC Irvine
2005 - Stephanie Fematt - RCC
2005 – 2008 - Kristina Moore - UCSB
2002-2006 - Morgan Sjogren - Cal State San Marcos
2006 - Lindsay Vitort - Loyola Marymont University
2006 to 2012 - Bridget Gonzalez - Southern Virginia University
2007 - Daniel Beld - RCC
2007 – 2012 - Matt Cummins - Harvey Mudd/Claremont
2007- 2010 - Alec Fillmore - University of Redlands
2007-2011 - Monika Valenzuela - Cal State San Marcos
2007 1 Nashatar Gill - Cal Poly Pomona
2008 - Colton Underwood - RCC
2008-2012 Larissa Davis - RCC/UNLV
2008 - 2009 Rebekah Fairley - RCC
2008 -2012 - Carissa Bowman - Biola University
2008 - Stacy Yarbrough - Azusa Pacific University
2008 - Patrick Gonzalez - Southern Virginia University
2009 - 2010 - Charlie Alvarez - RCC
2009 - 2013 - Casey Candelaria – RCC and CS Fullerton
2010 –2011 Rebecca Asplund - Biola University and Cal Baptist
2010 - Rebecca Trupp - Cal Baptist
2010 - 2014 - Katrina Graham - The Masters College
2010 - 2011 - Kelsi Tippetts BYU

2010 - Jarod Nocella - RCC
2011 - 2015 - Carrie Soholt - Biola University
2011 -2016 - Hanna Peterson - University of Arizona
2011- 2016 - Lane Werley - UCLA
2011 - Nick Rini - RCC
2011 - 2012- Rafi Perez - RCC
2011 - Aaron Youngren - RCC
2012 - Taylor Amiot - Cal State San Bernardino
2012 - Ethan McAbee - University of LaVerne
2012 – 2016 - Nathan Meier - University of Redlands
2012 – 2016 - Tyler Parrish – RCC, Tabor College
2013 – present - Raelyn Werley - Cal State San Marcos
2013 – present - Brandon Berz - Biola University
2013 - present - Lisa Garside - Embry Riddle, Prescott
2013 – 2015 Katelyn Fatten—Bethel College, Kansas
2013 – 2016 - Perry Elerts—Nortre Dame De Namure
2013 – present - Bayleigh Porter - Vanguard University
2013 – present - Lauren Soholt, Vanguard University
2013 – present - Joe Casco - Cal State Fullerton
2014—Aimee Martinez, UCR
2014 – present - Brianna Jacklin, RCC and Cal State Fullerton
2015—Dalton Seckinger, RCC
2015 – present - Rolando Phalen, RCC
2015 – present —Carlos Ramirez, RCC
2015 – present - Isaiah Quiambao, RCC
2015 – present – Hannah Johnson, Carroll College, Montana
2016 – Tyler Janes, UCLA
2016 – Jessica Ferguson, Cal State San Marcos
2016 – Mark Werley, Cal State San Marcos
2016 – Michael Robinson, RCC
2016 – Alyssa Haring, Dixie State, Utah

DAILY AND RACE DAY REQUIREMENTS

PRACTICE HOURS: Depending on the weather (heat!), during the first two to three weeks of school we may hold practice from 5:00 PM to 7:00 PM (M-Th) (Friday's at 3:15 PM). Normally, practice starts at 3:10 PM. Practices will generally run from 90 minutes to two hours. Attendance is required for all athletes who are at school during the day, including those who are injured or slightly ill. All athletes must dress out even if injured or ill.

If starting after school, athletes will start at Bergamont Park and finish at school. Meeting at Bergamont starts at 3:15 PM.

ATTENDANCE POLICY: IF YOU MUST MISS PRACTICE: Notify Coach Peters IN ADVANCE OF PRACTICE if you will be absent, or if ill or injured, notify Coach Peters before practice starts. Email is the best method. Failure to notify before practice of intended non-participation will result in the loss of competition at our next meet.

ATHLETES ARE ALLOWED ONLY ONE EXCUSED MISSED WORKOUT ("excused" means you gave prior notification) during the season. Upon the second missed workout, even with prior notification, participation in the next race is by coaches' discretion, but will usually result in missing the race.

Bad Weather will not cancel practice. The coaching staff will cancel practice. If it is excessively smoggy or raining hard, practice will be modified to accommodate. Modification of practice may include postponing the start of practice to 6:00 PM, after our three week late start period.

RUNNING, PRACTICE AND VARSITY LETTER POINTS: All absences or days of non-participation (meaning, you did not physically run the workout but were present at the workout) will be deducted from varsity letter eligibility. Tardies are deducted a "half-day" point. Only a doctor's note specifically mandating "do not run" will be excused.

Each time you miss running a workout, you will lose a point toward letter points. This includes ALL reasons, including: - Normal doctor's/dentist/ortho appointments - Family vacations or weekend getaways - Illness or injury - School related extra curricular activities Should a doctor's note restricting practice be attainable, it must be submitted within one week of missed practice in order to clear attendance deductions on the varsity letter program. After one week, a doctor's note will not clear absences for attaining letter points. Designated "second-workouts" for the specified groups are required of those groups. Attendance is taken and counted in all aspects of the attendance/varsity letter points policy

RACE DAY POLICIES: Attendance: King emphasizes the value of competition. Therefore, it is unacceptable for athletes to miss a race unless he or she is sick. Injured athletes are expected to attend the races and support the team. Attendance at all meets is expected as well unless the athlete is being disciplined for attendance or effort-related issues.

Dress Code: All athletes must wear the school issued sweats to and from meets.

Individual sweats of school colors are NOT allowed. Civilian clothes are not permitted traveling to or from meets. The current team shirt is the ONLY shirt allowed to be worn at meets while not racing.

Running shoes must be worn at ALL times. No slippers, flip-flops, casual shoes or barefoot are allowed before or after your race.

Travel: All athletes must travel to and from a race on the school bus or coach-organized transportation. NO ONE IS ALLOWED TO LEAVE A MEET EARLY. Leaving a meet prior to the team leaving will result in a half-day deduction from letter points.

Varsity Designation: The coaching staff determines the “varsity lineup” on a weekly, race-by-race basis. The varsity seven each week will be chosen and announced prior to race day based on a variety of factors, including previous times, attendance and “varsity-level effort” at practice during the week (or specifically a lack of it), attitude, long-term team strategy, illness/injury, varsity “exposure” and other unforeseen issues. The decision may be made on one or a combination of all of the factors noted above.

6TH PERIOD, ATHLETIC PE GRADING POLICY

Applicable to those athletes enrolled in 6th period PE. Students are earning PE credit for being involved in a sport. Therefore, the students will earn a grade based on their effort, participation and success in the sport of cross country. They are NOT earning a grade for attendance in 6th period, they are earning a grade for the work they do as athletes involved in a sport. Therefore, all events or practices that King Cross Country participates in will be considered for their grades, including Saturday meets and practices.

Athletes are graded per day, 10 points being assigned to each day King XC holds practice, event or competition, including Saturdays.

Students will also be graded for study hall performance during 6th period.

If the student successfully finishes the prescribed physical activity for the day, they will earn 10 points. If they do not participate, fail to finish or do not attend a practice or race, they will receive zero points for that day.

Grades are averaged:

90% A;

80% B;

70% C;

60% D;

0-59% F

ANTI-HAZING POLICY

The purpose of high school athletics is to provide student-athletes a safe place to grow within a competitive environment. Therefore, it is unacceptable to treat fellow teammates with disrespectful words or actions.

Any behavior that is deemed as “hazing” - the deliberate attempt to humiliate in any way a member of the team - will NOT be tolerated, even on the first offense. Hazing or humiliation of others, even “in fun” will be grounds for dismissal from the team.

SAFETY REQUIREMENTS

Though cross country is basically a very safe sport, the fact remains that there are inherent dangers involved in the sport, as there are with any athletic endeavor.

The greatest dangers to running cross country are found in the fact that most of our workouts take place outside of the school campus, on the roads and pathways of the surrounding community. Basic knowledge of the rules of the road are required, and adherence to them is expected.

Athletes of King Cross Country are expected to do the following:

On the Streets

1. Obey all rules of the road. Athletes must cross intersections at the crosswalks and wait for green lights. "J-Walking" is prohibited at all times.
2. Athletes may run on the side of the street opposing traffic, but must remain close to the curb of the street or on the sidewalk.
3. Athletes are encouraged to run on the sidewalks whenever possible.
4. Athletes should avoid running in large, wide groups; stay 2-3 abreast along the side of the road

On Trails and Pathways

1. Watch for gopher holes or other divots that could cause injury.
2. Do not run recklessly. Run in such a way as to keep from falling or slipping on loose gravel.
3. Keep your eye on the trail for snakes or other potentially harmful wildlife.
4. Make noise (within reason) while running on trails. This alerts wildlife to your presence and frightens them away.

When Ill or Injured

1. If a student/athlete is sick or otherwise not feeling well, it is up to the athlete to inform Coach Peters PRIOR TO PRACTICE BEGINNING.
2. If a student/athlete feels that he/she cannot finish a workout once the workout begins, he/she must inform a coach and seek permission to end the workout early.
3. Please do not attempt to run if you are legitimately sick or injured.

Hydration: It is paramount that the athletes properly and consistently stay hydrated throughout the school day in order to safely conduct afternoon workouts. 32-64 ounces of WATER is the recommended amount of fluid to consume per day before practice. In order for the body to properly absorb and apply the benefits of hydration, the fluid intake must be done over a period of hours, not minutes. While water intake right before practice is good, it cannot take the place of hydration throughout the day.

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.

The team uses the surrounding streets and neighborhoods of King High School for training. Virtually all of the workouts are held off campus. Potential life threatening dangers from dogs, people and cars are part of the training environment on a daily basis.

Injuries can and do happen when participating in sports. Injuries common to distance runners are sprains, joint pain, pulled muscles 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.

Health concerns associated with heat are potentially life threatening. Proper hydration with water or sport drinks throughout the day as well as while training is strongly recommended to avoid heat-related illnesses. Coaches provide ongoing encouragement to hydrate THROUGHOUT THE DAY to avoid heat-related issues/concerns.

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: “Jay-walking” on any non-residential street is strictly prohibited. Penalty for jay walking is a one-week suspension from the team. On the second violation, the student will be cut from the team.

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.

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.

Coaches are assigned different ability group levels to monitor on a workout so that as much adult supervision as possible is present.

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.

LETTER REQUIREMENTS AND AWARDS

The letter policy of King XC reflects the philosophy that a letter should be a reward for talent and overall commitment to the team, regardless of age level. Should talent be lesser relative to other members of the team, a letter can be achieved by demonstrating above-average commitment to the health and productivity of the team. To be awarded a letter, the athlete must achieve each of the following five criteria:

League Championship and CIF Patches: 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. CIF Finalist/championship patches will be available to those who raced in, or served as an alternate on the CIF teams.

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

DISQUALIFIERS FOR EARNING A VARSITY LETTER

1. Fall BELOW a 2.0 GPA at the end of the first quarter. Ineligibility will disqualify an athlete from lettering.
2. Quitting for any reason prior to the end of the season will disqualify an athlete from a letter.
3. Refusal to compete in a CIF race (if qualified to do so) will disqualify an athlete from a letter.

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 Did Not Run 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 23 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	30

TEAM BANQUET AND AWARDS

AWARDS NIGHT AND DESSERT: Following the close of the CIF season and the official end of the year, we gather for an "Awards Night and Dessert." The coaches expect all athletes to attend. We honor every athlete verbally and with mementos from the achievements of the season.

The primary awards are as follows:

Four Year Athlete Honor: Athletes who compete in cross country at King High all four years of high school are honored with a paper certificate, handsomely framed.

Those who, during their senior year, finish with exceptional attitude and effort, will receive a distinguished plaque. In order to qualify for this plaque, athletes must meet the minimum requirements in all of the following categories during their senior season:

- 1) Miss less than 5 days of running,
- 2) Compete in 75% of the invitationals,
- 3) remain eligible academically,
- 4) meet the minimum request of fundraising
- 5) finish in good standing.

Martin Luther King Servant Leader Award: This honor reflects the character and legacy of our school's namesake, Dr. Martin Luther King. Dr. King led by serving. His life modeled "the first shall be last" and "do unto others what you would have done to you." In that spirit, we honor an exemplary young person who leads all season by serving. This award honors someone who demonstrably puts others before him or herself. This person does not seek acclaim, but is noticed, respected and honored by many due to their sacrificial character. To maintain the dignity and esteem of this award, the coaching staff awards it only when there is a deserving athlete, therefore, it's an honor that is not yearly given.

Most Valuable Runner This is a person who displays a consistently valuable character to the competitive outcome of the team all year long. These qualities are demonstrated in a variety of ways, among which for consideration are: Speed and skill on the race path, competitive contribution to the success of the team in racing, strong, positive contribution to the success of the team in practice, positive attitude toward the sport and teammates, coachability, demonstrated enthusiasm for King High, demonstration of unselfishness, integrity, and verbal leadership and inspiration toward the team

Most Improved Runner: This is a person who demonstrably shows dramatic improvement in their race times from one season to the next or within the context of one season

Rookie of the Year: The most impressive new-comer to King High XC, both boy and girl. A rookie who demonstrated an above average success in racing and commitment to the sport and the team.

CIF TEAMS: ELIGIBILITY AND SELECTION PROCESS

King XC has had a tradition of qualifying for the CIF Championships every year since our beginning in 1999.

The CIF Championships are held in the weeks following League Finals and are for varsity only. The CIF officially “recognizes” only 9 athletes per gender team during the rounds. Teams may take more than 9 athletes, but they serve in an unofficial capacity.

For many years, King has made the announcement of the CIF squads by mid-October. We do not wait until league finals to announce who the members of the CIF squads will be.

CRITERIA FOR SELECTION The selections are based on a variety of criteria, among which but not exclusively are:

- 1) Positive attitude and expressed enthusiasm to compete at a high level
- 2) Overall contribution to the team through the first six weeks of racing
- 3) Varsity level achievement during the season
- 4) Projected ability to impact the CIF team scoring
- 5) Demonstrated strength on the CIF course,
- 6) Leadership ability.

The coaching staff reserves the right to grant priority to freshmen or underclassmen who may benefit from “CIF exposure”. The fact that one is a Senior in high school does not in its own right, grant one a right to CIF action.

Athletes who portray negative attitudes toward their teammates, the sport, the coaches or toward CIF-level effort will NOT be considered for the CIF teams.

COMMUNICATION BETWEEN XC PARTICIPANTS

Every effort is made by the coaching staff to keep the lines of communication open between the staff, the runners, the parents and the community. The following are useful to keep abreast of the many events and happenings of King XC

REMIND: You are all encouraged to sign up for the one-way text communication that the coaching staff will utilize for IMPORTANT information that needs to be relayed quickly to all participants. On your cell phone, to the number 81010, text @kinghighxc

FACEBOOK: "KING HIGH CROSS COUNTRY" - We are using this social media for quick updates, praise and communication. "Like" it today!

WEBSITE: WWW.KINGCROSSCOUNTRY.COM This site is an up-to-the-day portal of information for all that goes on with our program. Most questions parents may have can usually be answered by a 1-3 minute perusal of the home page of the site. Each week's schedule is posted by Sunday evening. Links on the site can take you to find directions to events, event websites with start times etc, a calendar of the entire season, varsity letter requirements and more. We encourage you to use the website almost daily. Bookmark it on your computer for easy access. Have a question? Consult the website first!

TWITTER: WWW.TWITTER.COM/KINGRUNNING. We use twitter messages responsibly to get quick and important information out to our program participants. Please sign up for a free account and have it feed your text messaging services.

BOOSTER CLUB: Our booster club, one of the oldest on campus, is a vibrant group of parents who seek to aid the coaches in a variety of ways, foremost, fundraising. If you are seeking to be involved at a greater level, come on out to our monthly meeting.

DRESS CODE FOR ALL ATHLETES

Practice attire for boys will consist of the following: T-shirt. No collared shirts are allowed. Shirts with buttons are not acceptable. Advertising for any company or idea that is sexually suggestive or demeaning of another race or group of people is not allowed.

Athletic shorts. Shorts designed for other sports such as but not confined solely to basketball (baggy, excessively long, striped, etc) are not allowed. Shorts designed for “casual wear” – pockets, zippers, etc – are not allowed. Boys’ shorts must not cover the knee when standing and must be worn on the waist, covering boxers or underwear completely.

Running shoes. Non-running shoes will result in not practicing.

Head phones/”i-pods” are not allowed at any time at practice.

Race day attire will consist of our team shirt (given during summer camp) navy blue or red shorts, team sweats and running shoes. Shoes not designed for running will not be worn at any time at a meet.

GIRLS Practice attire for girls will consist of the following: T-shirt and/or modest sports bra. No collared shirts are allowed.

Advertising for any company or idea that is sexually suggestive or demeaning of another race or group of people is not allowed.

Athletic shorts. Shorts must be modest and worn at the pelvic bone. “Low-riding” shorts are not viewed as modest and are not allowed. Pajama bottoms of any length are not acceptable at practice at any time.

Running shoes. Non-running shoes will result in not practicing

Head phones/”i-pods” are not allowed at any time at practice

Race day attire will consist of our custom-designed Race Day, red or navy blue shorts, team sweats and running shoes. Shoes not designed for running will not be worn at any time at a meet.

FUNDRAISING – A NECESSITY!

WHERE THE MONEY COMES FROM Fundraising is a necessary evil in today's high school athletic arena. Quite simply, the RUSD and the school do not fund what is necessary to operate a full program. What the district/school do provide is the following: Bus transportation to and from meets, and the provision of two-and-a-half coaching stipends, despite the reality that we compete on four (sometimes six) different levels and provide coaching for both genders.

WHERE THE MONEY GOES All other expenses incurred by the program, which includes providing stipends for needed coaches beyond our allotted two, and some of the following: supplies and equipment, team sweats, rewards and prizes, runner of the week shirts, league champion shirts, web site fees, publishing, paper, etc, etc, all have to come from fundraising. Hence, the term "necessary evil."

WHAT THE MONEY MEANS Our goal as coaches is to put as little burden of fundraising on the kids as possible. Though we cannot require students to fundraise, we trust that each student and family is aware of the needs of a team like ours and that when many pitch in for the common good, the rewards are greater.

We keep a very careful accounting of all the money we earn through fundraising, and all of it goes back to the kids for their benefit. Please attend booster club meetings for full disclosure of our budget and spending.

THE WAY THE MONEY IS RAISED We employ a variety of methods to raise funds. SCRIP is also a powerful way for our team to raise money with little to no effort or sacrifice on the part of the parents. We strongly encourage you to take part by buying weekly scrip for the stores you frequent.

Please see the link on our website that explains how to get started.

WHAT WE REQUEST OF EACH ATHLETE All cross country athletes are asked to earn a minimum of \$125 toward the program. If we reach this goal, we will be able to provide for the team financially.

TRAINING PHILOSOPHY EXPLAINED

King High's distance training program is based on the essentials of Dr. Joe Vigil's training theories and practices. We believe in the periodization of training, building a strong base on which the elements of speed and Vo2 Max efforts can be applied.

For the athlete to realize the full potential of the training program, the athlete must be consistent and train fully at each of the training stages. Missing days or weeks of any period of training is to minimize its effects and, potentially, increase the chance for injury. Success in distance running cannot be achieved by doing less than the coaches' implemented training program. One's full potential as a distance runner can only be attained by steadily, consistently with effort applying oneself to each developmental stage of the program.

With the "Tower of Power" diagram to guide you visually on the next page, the periodization of King's training is as follows:

Base Phase: An emphasis on the accumulation of miles, strength and endurance is the focus. Workouts include long runs in excess of 8-15 miles, long threshold paced intervals and hill work. The athlete is encouraged to make his/her base as long as possible, as the work load accumulated will allow the body to transition into the next phase more capable of withstanding the rigors of race-pace work. This Base Phase lasts throughout the summer months and into September.

Pre-Competitive Phase: This period (3-6 weeks) is designed to ready the body for racing. Races have already begun, but they are less important than the races to come at the end of the season. Vo2 max development is the staple workout, while maintaining endurance with long runs and a stable weekly mileage average. Pace in workouts will continue to increase.

Competitive Phase: (3-6 weeks) Racing becomes a higher priority here, as the athlete nears the end of the season and gets into the more significant races. Practices will decrease in volume and increase in velocity as the athlete fine-tunes his/her body for the pace and speed of all-out racing.

Championship Phase: (2-3 weeks) Here the body is rested as much as possible in order to maximize the conditioning of the season and put full effort into the targeted championship races. Mileage is decreased, intensity remains the same yet more time for recovery is given. Rest and racing are the two primary considerations during this phase.