

Updated: 8/9/2016

2016 Cross Country Information

Mountain Brook Jr. High

7th, 8th and 9th Grade

Practice will begin on August 15th.

**Informational Parent Meeting in the MBJH Auditorium
at 5:00pm on August 23rd. (this is a new date due to
MBJH Open House)**

Updated: 8/9/2016

Dear Parents,

I wanted to take a minute and welcome you to one of the most successful athletic programs in the state of Alabama, Mountain Brook Cross Country. Our high school program is successful in large part to the foundation formed at the Junior High. We believe in long term development, keeping athletes healthy and constantly improving.

As coaches, we are passionate about our sport and our athletes. We believe that the values, discipline, commitment and goals set and accomplished during the season will help prepare your student athlete for life.

This will be my first season as the head coach of the JH program but I have been coaching in Mountain Brook City Schools for 20 years. I will be following one of the most successful coaches ever and consider it a great honor and responsibility to be given the opportunity to continue the success in molding and shaping the lives of your children.

Please take a moment and read over the handbook. We look forward to seeing your child at practice on August 15th and seeing you at the parent meeting on August 16th. If you have any questions please don't hesitate to get in touch with me or with Coach Breeze.

Thank you,
Randy Stephens

2016 Cross Country Handbook

➤ Who are the coaches?

Randy Stephens
John Phillips
Trish Carey
Adam Wilson

Marie Wilson
Greg Fisher
Jane Mosakowski
Amelia Breeze

➤ What is the philosophy of track and field?

- our expectation of the kids are based on ability
- we coach each kid based on his own ability not that of a parent or siblings

➤ What is a typical day of practice like?

- The 3:06 bell rings- all kids should get changed in the locker room and come the auditorium dressed and ready to run.
- Some days we run distance and some we run a workout. Depends on the group your child gets put in.
- Practices are usually over between 4:45 and 5:00pm.

➤ Where the kids should put their track bags?

- Lockers are provided for all athletes. IT IS THE ATHLETES RESPONSIBILITY TO LOCK UP THEIR STUFF.
- If you do not have a PE locker see Coach Stephens, Phillips or Breeze to get a locker.

➤ Are ALL practices required?

- **YES!!**
- We take roll at the beginning of practice EVERY DAY. We expect your athlete to stay for the entire practice. Coming late and leaving early is not allowed and counts as a missed practice.
- If you miss practice for any reason it requires a Sunday morning make up.
- Make up practice on Sunday mornings are 6:30-7:15am at MBJH Flag Plaza. DO NOT SHOW UP LATE.
- If you are absent you will have two Sundays to make up an absence. Days that you are consecutively absent will only require 1 make up practice.
- We DO NOT EXCUSE any absence for any reason expect for 7th graders meeting with a rabbi in order to train for bar mitzvah.

- School sponsored events are NOT excused. Including but not limited to: the Biology trip, choir performance, scholars bowl, makeup test, band performance, cheerleader tryouts, detentions
- Team members missing practice to participate in another school sponsored extracurricular activity will be required to attend one Sunday morning session per week of missed practices.(i.e. football spring training, cheerleader tryouts, dance team tryouts, scholars bowl, etc.)
- Failure to attend a second session will result in dismissal from the Mountain Brook Junior High Track Team. No refund of paid fees or monies will be available upon breach of team rules.

➤ **Do we need a GPS Watch?**

- We **require** a watch cross country and we feel that there are benefits to wearing the watch.
- Athletes must wear the watch to keep track of their workouts.
- If an athlete wants to earn a Spartan Mileage magnet they must be able to prove their mileage on the watch.
- We will be using Tomtom watches. Once the season starts we will discuss which website we will use to track mileage.
- Once you have paid your fees for Cross Country you can pick up you watch at the Homewood Track Shak.

➤ **What equipment does my athlete need?**

- Shoes are the most important
- Shoes are your only defense from injury.
- You would not let a kid go to football practice with an old helmet you got at a garage sale.
- TomTom Watch
- Racing shoes are part of the spirit pack. Once you have paid your fees you can pick those up at the Homewood Trak Shak.

➤ **How can I tell if my athlete is injured or just sore?**

- Kids are going to be sore if they practice hard enough.
- Sore is when it hurts before or after practice but is fine during the practice once the muscles get warmed up.
- Injured or HURT is when the pain gets worse throughout the workout.
- If you are sore- It will get better- give it some time
- If you are injured- Go to the doctor. We have trainers at the school that can look at the injury if you want them to.
- We have some connections with area PT people that will work you in. Call or email us.
- **NO REHAB- if you cannot run then do not come to practice- YOU ARE ABSENT**

➤ **What is the approach to balancing academics and athletics?**

- It is crucial to balance school work with athletics, especially during 9 weeks testing
- We will have practice and possibly a meet during 9 weeks tests/exams. PLAN AHEAD!! STUDY AHEAD!
- Missing practice will require a makeup practice.
- Do not schedule tutors or help sessions during practice or meets unless you are willing to come to a Sunday morning make up.

➤ **What is the best ways to communicate with the staff if I have a question?**

- EMAIL: jhtrack@mtnbrook.k12.al.us
- Coach Breeze checks that hourly and will get back to you as quickly as possible.
- We make decisions as a group. So sometimes your answer might be delayed if we have to meet and talk about it.
- You can call Coach Stephens if it is an emergency- 205-908-6061 or Coach Breeze 205-410-8034

➤ **How does the team travel to and from meets...times to arrive?**

- Depends on the meet. Coach Breeze will send out specific information before each meet.
- There are 3 bus trips to out of town meets. (Chickasaw, Jesse Owens, and Dew it on the Trail)

➤ **What if the team gets dismissed early from school for a meet?**

- We have the ability to check the kids out of school on meet days. You do not have to come to the school to check them out.

➤ **What should athletes wear to the meet?**

- Uniform
- Stride shirt and shorts over the uniform
- black socks and black undergarments- boys: compression shorts if desired/ girls: black sports bras
- Wear practice shoes but bring racing shoes
- Spartan Track or Spartan warm-up shorts/shirts (no Duke shorts and Alabama T-shirt)

Updated: 8/9/2016

➤ **PRACTICE WILL START ON August 15th**

➤ **When and where are the meets? (updated 8/9/16)**

7th and 8th Grade Meets

| | | |
|----------------------------|--|----------------|
| September 10 th | Chickasaw Trails (7 th -9 th) | Oakville AL |
| September 24 th | Oak Mountain Invite | Heardmont Park |
| October 1 st | Jesse Owens (7 th -9 th) | Oakville AL |
| October 8 th | Dew It on the Trails (7 th -9 th) | Decatur AL |
| October 18 th | Metro South Championship | Spain Park HS |

Freshman/ JV Schedule

| | | |
|--------------|--|------------------------|
| September 10 | Chickasaw Trails | Oakville, AL |
| September 24 | Oak Mtn Invite | Heardmont Park |
| October 1 | Jesse Owens Invitational (only 9th graders) | Oakville, AL |
| October 8 | Dew It On The Trails | Decatur, AL |
| October 15 | Husky Challenge | Trussville, AL |
| October 20 | Hoover Invitational | Spain Park High School |
| October 27 | JV Championship | Alabaster AL |

➤ **What if I miss a meet?**

- Everyone is allowed to miss one meet with no questions asked. The only exception is Metro Championships or JV Championships- those meets are required.
- If you miss more than one meet you will be removed from the team. Other school sponsored events **do not** count as excused absences. This includes but is not limited to choir/ band tryouts or performances; biology trip; rec baseball games; cheerleading tryouts; scholars bowl; tutoring; studying for nine weeks tests; family trips.(Unless the reason for missing the meet is a documented injury. Documented from a trainer or doctor.)

➤ How does an athlete sign up for Cross Country?

- You must complete the following information: **ONLINE REGISTRATION AND SPIRIT PACKS CAN BE FOUND ON THE CROSS COUNTRY WEBPAGE.**
 - The other forms are available on the **MBJH Athletics page.**
1. **ONLINE REGISTRRTATION:** <http://goo.gl/forms/f5eddN5x7Z2IWVP13>
 - You must go onto the Cross Country webpage and complete the online registration.
 - Please be careful when you enter your email addresses. We will copy and paste these into our email list. Put all the email addresses you want listed.

2. **Spirit Packs:** On the Cross Country webpage there will be a link for the registration, in the registration form you will find the spirit pack information. Please print and complete this form.

7th, 8th, and 9th grade spirit packs

Required Items will be \$175- not including uniform (\$70) or watch (\$100)

There are several optional items that will also be listed on that page.

- Please print the form and calculate your payment. Send your form and payment in an envelope with all other forms to the front office. (If you have an issue with the payment please contact Coach Breeze to work out a plan.)

*Athletic spirit packs are designed to provide equipment and other essentials for students associated with a particular athletic program. Any minimal funds that are generated through the purchase of the student/athlete spirit pack will be used to support the (sport) program by means of equipment maintenance, entry fees, etc.

3. **Physical**- Every athlete must have a current AHSAA physical on file.
 - Make sure there is a parent signature/ athlete signature and a DATE on the front page.
 - On the back page- Make sure the doctor circles CLEARED/ Signs the form and puts a DATE
 - <http://www.mtnbrook.k12.al.us/Page/6561>

(Please go ahead and take care of this as soon as possible. DO NOT WAIT FOR PRACTICE TO START!)

4. **Concussion form**- <http://www.mtnbrook.k12.al.us/Page/6561>
5. **Participation Waiver**- <http://www.mtnbrook.k12.al.us/Page/6561>
6. **STAR**- If you have not completed the STAR sportsmanship program you must do that in order to be eligible. You only have to do this once. Please follow the directions on the webpage. Please print your certificate and turn it in when you register.
 - <http://www.mtnbrook.k12.al.us/Page/6561>

Updated: 8/9/2016

HOW TO TURN IN YOUR FORMS:

***Please place all completed forms (I do not need a copy of the online registration form) in a sealed envelope and place them in box in the front office or you can mail them to:

ATTENTION: Amelia Breeze
205 Overbrook Road
Mountain Brook, AL 35213

[Online Registration, Spirit Pack Purchases Form, physicals, concussion forms, AHSAA participation and STAR must be completed by August 15th.](#)

What to do if you still have questions about Cross Country?

- Email jhtrack@mtnbrook.k12.al.us or
- Call Coach Stephens 205-908-6061
- Call Coach Breeze 205-410-8034

Updated: 8/9/2016