

# **2017 Cross Country Information**

**Mountain Brook Jr. High**

**7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> Grade**

Practice will begin on the first day of school- August 15<sup>th</sup>.

# 2017 Cross Country Handbook

## ➤ Who are the coaches?

Randy Stephens  
John Phillips  
Trish Carey  
Jane Mosakowski  
Reed Ellis

Emily Eustace  
Adam Wilson  
Marie Wilson  
Amelia Breeze

## ➤ What is the philosophy of Cross Country?

- Our expectations 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 to the auditorium dressed and ready to run.
- Some days we run distance and some days we run a workout. Workouts for the day depend on the group your child is in during that part of the season.
- Practices are usually over between 4:45 and 5:00pm.

## ➤ Where should the athletes put their cross country/track bags during school or during practice?

- 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 or Coach Mosakowski 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. DO NOT SHOW UP LATE.
- Make up practice will be on the Homewood Trail. We will meet at MBJH
- 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 except for 7<sup>th</sup> graders meeting with a rabbi in order to train for bar mitzvah.

Practice will begin on the first day of school- August 15<sup>th</sup>.

- 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 Cross Country/Track Team. No refund of paid fees or monies will be available upon breach of team rules.

### ➤ Do we need a GPS Watch?

- We are **NOT** requiring a watch for Cross Country. However, we do see tremendous benefits from using a watch.
- We offer a watch under the optional items on your spirit pack form. If you choose to use a watch, we can get a good deal on this particular watch at the Trak Shak in Homewood.
- Once you have paid your fees for Cross Country, and if you want to use a GPS watch to monitor your progress, you can pick up your watch at the Homewood Track Shak.

### ➤ What equipment does my athlete need?

- Shoes are the most important item.
- 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.
- 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- Toughen up
- 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 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**

Practice will begin on the first day of school- August 15<sup>th</sup>.

- **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 track practice and possibly track meets 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.
  - We will practice during the week of exams from 12:30-1:30 at the Jr. High.
  
- **What is the best ways to communicate with the staff if I have a question?**
  - EMAIL: [jhtrack@mtnbrook.k12.al.us](mailto:jhtrack@mtnbrook.k12.al.us)
  - Coach Breeze checks that hourly and will get back to you as quickly as possible.
  - Coaches will 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 at 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.
  
- **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
  - black socks and black undergarments- boys: compression shorts if desired/ girls: black sports bras
  - Spartan Cross Country/Track or Spartan warm-up shorts/shirts (no Duke shorts and Alabama T-shirt)
  
- **PRACTICE WILL START ON August 15<sup>th</sup>.** Yes that is the first day of school.

Practice will begin on the first day of school- August 15<sup>th</sup>.

➤ **When and where are the meets?**

**7<sup>th</sup> and 8<sup>th</sup> Grade Meets**

Sept 9	Chickasaw Trails	Oakville AL
Sept 19	Hewitt Trussville	Trussville AL
Sept 26	Spain Park	Spain Park
Sept 30	Kuduz Hills Invite	Breman AL
Oct 14	Dew it on the Trails	Decatur AL
Oct 21	Metro Championship	Hewitt Trussville

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**Freshman/ JV Schedule**

Sept 1	Montevallo Twilight	Montevallo AL
Sept 9	Chickasaw Trails	Oakville AL
Sept 16	Scottsboro Invite	Scottsboro AL
Sept 23	TCBY Invite	Tuscaloosa AL
Oct 14	Dew it on the Trails	Decatur AL
Oct 19	Husky Challenge	Hewitt Trussville
Oct 30	JV Championship	Alabaster AL

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➤ **What if I miss a meet?**

- Everyone is allowed to miss one meet with no questions asked.
- 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.)

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## ➤ **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.**

### 1. **ONLINE REGISTRATION:** (Online Registration will begin August 3<sup>rd</sup>.)

- 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:** (Spirit Pack information will be available August 3<sup>rd</sup>)

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 calculate your payment and print your completed form. Send your payment and form 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-** even if you have already filled out a concussion form this year please complete another one.

- Make sure the parent AND athlete sign and date this form
- <http://www.mtnbrook.k12.al.us/Page/6561>

### 5. **Participation Waiver-** even if you have already filled this out earlier this year please complete another one.

- DO NOT PUT anything in the long blank in the middle of the page- This is for sports your child is not allowed to play.
- Make sure the parent AND athlete sign and date this form.
- <http://www.mtnbrook.k12.al.us/Page/6561>

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6. **NFHS Sportsmanship (STAR)** - This is a required sportsmanship program. 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.

▪ <http://www.mtnbrook.k12.al.us/Page/6561>

## **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 and Spirit Pack Purchases must be completed by August 15<sup>th</sup>.**

Physicals, concussion form, AHSAA participation waiver and STAR must be signed and turned in prior to the first day of practice on August 15th.

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

- Email [jhtrack@mtnbrook.k12.al.us](mailto:jhtrack@mtnbrook.k12.al.us) or
- Call Coach Stephens 205-908-6061
- Call Coach Breeze 205-410-8034

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