

2009 ADL Cross Country



The Runnin Dawgs



September 2, 2009

Dear Athlete and Parent/Guardian:

As an athlete I am thrilled you have decided to join the ADL Cross Country team, you won't regret your decision. As parents your son and/or daughter will have the opportunity to enjoy the camaraderie and incredible health benefits of a wonderful sport. Cross Country is one of the most unique team sports a person can choose to compete in. I say this largely due to the 37 years of participating as either a coach or an athlete. The sport of running is a healthy choice that will present suitable challenges in both training and during races for all athletes. Running is a life long activity that can be done alone and almost anywhere.

However, cross country extends beyond running alone. It is a dynamic team sport that brings individual runners together by force of the tough challenge required involved in the act of racing. Cross Country racing is, simply stated, a tough sport. Any athlete who challenges the courses of the Vermont countryside earns the respect of both fellow racers and all of the spectators present.

Cross Country produces winners. Soccer, basketball, football are all examples of fun sports, but they produce a winning team and a losing team. Cross Country affords the participant many more chances to win than simply the team score. First of all, most meets involve a multitude of teams, providing the chance to beat one team or another even if your team is not in first at the end of the day. Secondly, individual runners have the opportunity to race others and to chart their own progress over time against those opponents. Lastly, an athlete can set goals to accomplish that can ultimately define their very own victory. These goals are often shared with teammates who are empathetic and supportive as they help each other reach towards their objective.

I have assembled a pamphlet to guide you through the season. Clear and timely communication is the key towards a successful season for athletes, parents, and coaches. I encourage you to examine the information carefully and contact me with any concerns or helpful ideas sooner rather than later. My goal is for each athlete to have a positive experience that will be both enjoyable and long lasting. This sport does ask you to be disciplined and to work hard, but that is what makes it so incredibly rewarding. You will take away from this sport, or from any of your life's endeavors, what you place into it. I look forward to getting to know both parents and athletes better and am excited to work with you both. Please know that I may be the coach of this program but I am not the only line of communication open to you. My supervisor is assistant principal Mr. Kevin Barber. He is always available to respond to your concerns. Likewise Laurie Singer, ADL's principal, is another great resource should you need anything. Email is this best and most efficient line of communication for me. My email address is kmartell@ccsuvt.org. Feel free to contact me.

Good luck to all athletes this season.
Sincerely,

Coach Kevin Martell

Albert D. Lawton Cross Country 2009 Schedule

September 2nd – 4th: Cross Country Sign up

Monday, September 7th: First Practice

Friday, September 11th: @ EMS vs. EMS (tentative)

Friday, September 18th: Williston Invitational

Wednesday, September 23rd: @ Maple St vs. BRMS, EMS, HUNT,
Charlotte

Saturday, October 3rd: @ Hardack Rec Fields – BFA Invitational
(tentative)

Wednesday, October 7th: @ BRMS Invitational

Friday, October 9th: @ EMS Invitational

Monday, October 12th: @ Westford Glen Run

Wednesday, October 14th: @Maple St vs. Williston

Saturday, October 17th: @Colchester Invitational

Tuesday, October 20th: @ Shelburne vs. Chittenden County
Championships

ADL Cross Country 2009 September Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	8 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	9 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	10 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	11 Scrimage Meet @ EMS – 4pm
14 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	15 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	16 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm <i>Mandatory Parent Info Meeting – 4:30 pm – ADL Cafe</i>	17 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	18 Williston Invite – 4pm
21 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	22 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	23 ADL Invitational – Maple St. Park – 4pm	24 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	25 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm <u>Saturday: Oct 20th</u> Burlington Invite – Girls 9:45 Boys 10:15
28 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	29 Practice 3:00 to 4:30 pm	30 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm		

ADL Cross Country 2009 October Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	2 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm <u>Saturday Oct 3rd:</u> <i>St. Albans Inv.</i> <i>(Time TBA)</i>
5 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	6 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	7 Meet @ Brown's River – 4pm	8 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	9 EMS Invite – 4pm
12 Westford Invite – Westford Elementary – 4pm	13 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	14 ADL vs Williston and EMS - Maple St. Park – 4pm	15 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	16 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm <u>Saturday Oct 17:</u> Colchester Invite <i>(Time TBA)</i>
19 Practice 3:00 to 4:30 pm Parent/guardian pick up 4:30 pm	20 <i>Chittenden County Championships – 4pm LaPlatte Nature Reserve - Shelburne</i>	21	22	23

ADL Cross Country

ADL Cross Country Team Policies

Attendance:

- I expect you at practice if you are in school. When you miss practice you are required to bring in a parent/guardian note explaining your absence.
- When you miss a practice the day before a meet you cannot run in the meet the next day.
- Safe racing requires practice. Athletes who miss 1 or more practices in a week might not race that week. The coaches will make the decisions.
- If you are not racing you will not travel to the meet on the team bus. Only racers and two managers will travel to races on the bus.
- Unexcused/Unverified absences are not allowed. I am responsible for each athlete on the roster and as such will need to know where athletes are.
- Practices that will be missed on a regular basis due to appointments (for example, Jazz Band) are required to be placed on the attendance list in advance so we know where you will be.

Daily Practice and Meets:

- ❖ Practice will begin at 3 pm with a short meeting, attendance, followed by warm-up and stretching. The workout will end with a short meeting, attendance, and stretching for all athletes. Practice will be over by 4:30 pm at the latest. Please pick up athletes at that time.
- ❖ **School rules apply at both practices and at meets during the entire season.**
- ❖ Each athlete must commit to working hard and follow the requests of the coaches during the entire season in order to maintain a position on the team.
- ❖ Athletes must come prepared for practice everyday. This means you must have proper clothing, running shoes, and an attitude willingly to go to work.
- ❖ At meets all athletes must stay in contact with the team/coaches. Wandering off away from designated areas is not allowed.
- ❖ No IPODS or other listening devices during practice time.

Team Dismal:

- Should an athlete not be able to follow the school rules and/or team policies will have their parents notified on the first occasion and a note will be sent to Mr. Barber. This may or may not result in a team disqualification depending on the severity of the infraction.

Cross Country and Golf both have something in common the lowest score always wins. A Cross Country team can have an unlimited number of racers on its team and all of them can launch from the start line at the same time, however only 7 of those racers will count in the final team score. If 5 teams compete the maximum number athletes affecting the final score are 35. The top 7 runners on a team will impact the final score. Any runner following the top seven will show up on the results page but will not impact the score. To reach a final team score add the top 5 runners on a team and the lowest score wins. For example:

In a dual meet ADL races 30 athletes while EMS races 25 athletes. The results look as follows:

- 1 ADL
- 2 EMS
- 3 EMS
- 4 ADL
- 5 EMS
- 6 ADL
- 7 ADL
- 8 ADL
- 9 ADL
- 10 EMS
- 11 ADL
- 12 ADL
- 13 ADL
- 14 EMS
- 15 EMS
- 16 EMS
- and son on...

The **final score** (in bold) of this meet will be

<u>ADL</u>	<u>EMS</u>
1	2
4	3
6	5
7	10
<u>8</u>	<u>12</u>
26	32

Note that the first 7 ADL runners count in pushing back EMS's top five runners but ADL's 8th runner and beyond did not figure in the final tally. If it is a tie score after five runners are totaled then the sixth runner's place will break the tie.

Race Day Checklist

The question of what to pack into a race day bag always comes up at the start of a season. Considering how quickly Vermont weather can change in the fall it is an important point to address. Below is a list of contents to place into a race bag. This recommendation comes from 22 years of coaching cross country and covers a number of possible events. It may be partially sunny in the morning but cold and raining by afternoon. Plan for the worst and enjoy the best.

Item to Pack	✓
Running Shoes	
Warm up Bottoms	
Warm up Top	
Rain Jacket	
2 Pair of Sox	
Racing Uniform – Top	
Racing Uniform – Shorts	
Extra Tee Shirt – (Long Sleeve Preferred)	
Filled Water Bottle	
Healthy After Race Snack	
Small Towel	
Hat (Cold Weather Hat if Needed)	
Gloves (Weather Dependent)	

Other race day concerns are:

1. Make sure you make plans to safely store your school bags and other valuables. The bus is not always your best option, as it occasionally does not remain at the race site.
2. If you are going home with your parent/guardian after the race you will need a note explaining this fact and needs to be signed by your parent. I will need to see/talk with your parent/guardian before you leave.

Parent Volunteer Listing

Plenty of Jobs To Do

We need and fully appreciate your help! Please lend a hand to make this season a success for your son or daughter by signing up for one or more of these areas of need.

Race Management Volunteers:

Each race needs a team of parents/guardians to help the coaching staff manage the team. This involves collecting warm ups/clothing that is shed at the start line and delivering the pile to the athletes at the finish, and providing the coaching staff with other sets of eyes on race day. Please let the coaches know on a meet-to-meet basis if you are available to assist.

Paparazzi Team:

Here is your chance to follow the team around at meets and record their friendships, successes, and motivational moments. If you have a digital camera (still or DVD recorder) and would like to join a team to capture the exploits of these amazing youngsters then this is the opportunity for you. I would like to assemble photos, etc. on CDs for each athlete at the end of the year. I would also like to periodically post their photos on ADL's web site.

Meet Workers:

This year ADL will be hosting two meets. One is the ADL Invitational on Wednesday, September 23 @ Maple Street Park across from ADL. The race starts at 4 pm, but I will need to assemble workers by 3:30 pm. The other is a two team meet (dual meet) on October 14 vs Williston Central @ Maple Street Park across from ADL. The race starts at 4 pm, but I will need to assemble workers by 3:30 pm.

Sept 24th: ADL Invitational @ Maple Street Park – Arrive by 3:30 pm

Position	Position Description	Parent/Guardian Team
Chute	Move athletes through the chute – often helping them walk	Total Needed: 5 Parents -
Place Cards	Handing each athlete a place card	Total Needed: 2 Parents -
Bib Recorders	Record racers numbers as they proceed through the chute	Total Needed: 2 Parents -
Number Tab Ripper	Rip the tab at the bottom of the numbers as athletes move through the chute	Total Needed: 2 Parents -
Timer	Time athletes as they cross the finish line	Total Needed: 2 Parents -
Wednesday Sept 23 Organize post race snacks for the 4 teams attending race 3:30pm	Maple Street Park across from ADL Desserts, snacks, juice, water	Total Needed: 2 Parents -
Wednesday, Oct 14 Organize post race snacks for 2 teams attending	Maple Street Park across from ADL Desserts, snacks, juice, water	Total Needed: 2 Parents -