



2010 ADL CROSS COUNTRY!!

Home of The Runnin Dogs!



Who let the dogs out?!



WELCOME TO CROSS COUNTRY!

2010 Athlete/Parent Information Packet

September 1st, 2010

Dear Athlete and Parent/Guardian:

Hello! My name is Heather Giese. I am the new head ADL cross country coach. In 2008 I graduated from the University of New Hampshire with a degree in Exercise Physiology. Most recently, I have graduated from the TAP program, seeking my teaching license in both PE and Health education. I am extremely excited to be working with your athletes and yourselves; it is going to be a wonderful season! I am an organized, structured, enthusiastic coach, who believes in working hard, challenging your self and your body, but also having fun and making new friends as well! Kevin Martel, last years coach, allowed me to utilize aspects of his information packet from the previous season, so if your athlete was a team member last year, a lot of this may look very familiar. Attached you will find a packet of information that will help guide both athletes and parents through the season, please take a moment to look it over.

As an avid 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. 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 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.

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. And don't worry, I promise that we will have a lot of fun! I value enjoyment and team camaraderie as much as I do hard work and improvement. I look

forward to getting to know both parents and athletes this season and am excited to work with you both. Please know that I may be the head coach of this program but I am not the only line of communication open to you. Please feel free to contact any of the following individuals, myself included, with any questions or concerns, at any time.

Heather Giese
hmgiese@gmail.com
802-318-6962

My assistant coach is Kelly Wilson. Kelly is an active athlete, experienced coach/runner, as well as a personal trainer. Her contact information is as follows:

Kelly Wilson
kellypersonaltrainer@yahoo.com
802-238-1436

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.

Here's to a great season!
Thank you all for your support and participation!

Sincerely,
Coach Heather Giese

Please note the following are required for student athlete participation, and should be turned into coaches ASAP:

- 1) **Interscholastic Sports Health Questionnaire**
- 2) **Well Exam (every two years)**

Student athletes should receive these forms in a packet on the first day of school – they are also available online @
<http://www.ccsuvt.org/adl/athletics/>

- 3) Approximately \$10 for the purchase of cross country uniform t-shirt – our uniforms will consist of **these shirts and black running shorts**

(Please note, funding is available to help cover the cost of the shirt if needed, please do not hesitate to let me know. Long sleeve shirts are also available for purchase) I will send an order form home with student athletes/parents within the next few days!

ADL 2010 Tentative Race Schedule

September 10th - Tentative EMS Relays/Scrimmage @ EMS

September 18th - Burlington HS/MS Invitational @ BHS

September 22nd - Williston Invitational @ Williston

September 29th - ADL Invitational @ Maple Street Park in Essex Junction (parent volunteers will be needed to help run this race!)

October 6th - Brown's River Race @ BRMS

October 12th - EMS Race @ EMS

October 19th - Chittenden County Championship @ Shelburne

Please note that the race schedule is still coming together and that this is a preliminary/tentative schedule – an updated version will be handed out at the parent meeting to parents and athletes and will be posted online as well.

All ADL Cross Country Information can be accessed online following this link:

<http://www.ccsuvt.org/adl/athletics/cross-country/> - I will try to have it up to date as soon as possible!

ADL 2010 Practice Schedule

The following is an overview/outline of what both parents and athletes can expect at daily practices –

Important Dates:

Tuesday September 7th - 1st Practice

Wednesday September 15th - Mandatory Athlete/Parent Information Meeting – Will be held in the ADL cafeteria immediately following the conclusion of practice @ 4:30

Practices will run Monday through Friday (with the exception of races), from **3pm- 4:30 pm** – At 4:30pm parents/guardians are expected to pick up their athletes.

Student athletes should report to the front of the building, towards the bicycle racks, at no later than 3pm for attendance.

Weekly practices will follow a schedule similar to the following:

Mondays- Medium run, strength training (upper body – i.e. pushups, core, etc.)

Tuesdays- Light run, striders & dynamics practice

Wednesdays- Usually meet days

Thursdays- Light run, strength training (lower body – i.e. calf raises, wall sits, etc.), hill repeats

Fridays- Longer run, core, “Fantastic Friday” game

All practices will include a warm up, dynamic warm-ups, a main run and specific training, a cool down, core exercises, and stretching. It is my hope to also incorporate team building activities/games into the everyday schedule as well!

ADL Cross Country Team Policies, Rules, & Regulations

Attendance Policy:

* If you are in school you are expected to report to practice. When you miss practice you are required to bring in a parent/guardian note explaining your absence the next day.

* When you miss a practice the day before a race you cannot run in the race 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.

* If you need to miss a practice coaches need to be notified in advance

* 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 Race Policies:

* Practice will begin promptly at 3 pm with a short meeting, attendance, followed by warm-up and our workout for the day. 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, water, 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. Also, athletes who wish to ride home with another a

parent/guardian that is not their own need to have their own parent/guardian contact Kevin Barber prior to the race, so that he is aware of this occurrence. This should also be communicated to the coaches.

* 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.

Race Day Check List

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. It may be partially sunny in the morning but cold and raining by afternoon. Plan for the worst and enjoy the best! :)

Items to Pack:

Running Shoes
Warm up Bottoms
Warm up Top
Rain Jacket
2 Pairs of Sox
Racing Uniform – Top (Team T-shirt)
Racing Uniform – Shorts (Black)
Extra Tee Shirt – (Long Sleeve Preferred)
Filled Water Bottle
Before/After Healthy Race Snack
Small Towel
Hat (Cold Weather Hat if Needed)
Gloves (Weather Dependent)

Other race day concerns:

- 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.
- 3) **Athletes who wish to ride home with another a parent/guardian that is not their own need to have their own parent/guardian contact Kevin Barber prior to the race, so that he is aware of this occurrence. This should also be communicated to the coaches.**