



Cross Country

Handbook 2018

Thank you for your participation on the New Hanover High School Cross Country team this season. Over the past decade our program has transformed from one of the smallest 4A programs in the area to a large, competitive team on the local, regional and state level. We have been and are blessed with dedicated athletes and an increasingly spirited running culture. It is an honor to lead this team and to continue to grow a tradition of excellence within our program.

As your coaches our goal is to make you the best possible runner, and more importantly person, that you can be. We look forward to the opportunities ahead, the milestones we will set, and the goals we will accomplish. Remember to embrace the process of our sport and prioritize your training but also remember that balance in your life is vitally important. Running is an incredible sport, outlet, and stress reliever, and when done correctly should bring increased happiness to your daily life.

The main goal as an individual on this team is to be the best “you” that you can be on a daily basis. On runs, in workouts and in races we will strive to do the best we can given those daily conditions. Positive results in this sport take a consistent, disciplined effort, but the growth you make will be one of the most rewarding experiences that you will have in your high school experience. You will always remember your time with this team, the successes, and the road traveled together. With hard work, a vision for greatness and mental toughness there is nothing that we cannot accomplish as a team. We are looking forward to another memorable season!

Sincerely,

Your Coaches

A. Our Team, Our Vision

Making the Team

Cross Country is unique in that there is no bench, everyone participates and competes at the same distance on the same course, for that given day. We encourage as many athletes as will dedicate themselves to our mission to join the team, however the following are the requirements to make the team:

1. Complete the 3K Time Trial running the entire distance.
2. Give your best effort every day, and support others in doing the same. You must show and have the desire to improve in your performances regardless of position on the team.
3. Maintain satisfactory attendance for practice and meets.

Summer Schedule (June and July)

***Week 1** (June 11-15th)- 6:30-7:45 pm- Mon/Tues @ Forest Hills Elementary, Wed/Thur/Fri @ UNCW Track

***All Other Weeks** (June 18th-July 31st)

Mondays 7:45-9:15am @ Fleet Feet Sports

Tuesdays 7:45-9:15 am @ Forest Hills Elementary

Wednesdays 7:45-9:15am @ Omega Sports

Thursdays 7:45-9:15 am @ UNCW Track

Fridays 7:45-9:15am @ Riverlights Community (Meet at Magnolia Café)

Dead Periods

Public School coaches in all sports are not allowed to host practices during these weeks per NCHSAA rules. Captain led practices, or run on your own (July 2nd-8th, July 16th-July 22nd).

Remind 101

Please sign up for our team text messages. This is our #1 means of daily communication.

To sign up enter the number **81010** into the phone number line, and type **@newhanxc18** in the text line.

In Season Practice Schedule

Practice will take place Monday-Saturday starting July 30th. See separate practice calendar for specific locations and times each day. The general practice schedule will, most weeks, look like the following example:

Monday- 3:50-5:30PM (Long Run)

Tuesday- 3:50-5:30 (Interval Workout)

Wednesday- 3:50-5:30 PM (Recovery Run)

Thursday- MEET or 3:50-5:30 PM (Tempo Workout)

Friday- 3:50-5:30 PM (Recovery Run/ Fun Run)

Saturday- MEET or 7:30-9:00 AM (Interval/Tempo Workout)

All athletes are expected to attend practice each day. When athletes cannot attend they must be excused through a parent email to coachjoshadams@gmail.com More information on excused absences is below. On days we have out of town meets on Saturdays, practices will be hosted by an assistant coach or non-traveling seniors, or athletes will be asked to run on their own

Excused Absences

Athletes may have to miss practice for a number of reasons during the school year. If you have to miss practice you must have a parent make contact with the coach to excuse you. This can be in person, or by email at coachjoshadams@gmail.com. Please monitor your excused absences during the competitive season and ask out of practice for reasons of true need. As your coaches we will respect your health, family, and school related needs but also wish to keep the integrity of our practices strong. Thank you for your understanding on this matter.

Unexcused Absences

For unexcused absences we will operate on a three strike policy. Unexcused absences will include leaving practice early without permission, skipping out on a run during practice without permission etc. The strike policy will operate as listed below:

Strike 1- Athletes are given warning, will have meeting with coach

Strike 2- Second warning, no travel to the next meet, parent meeting will be requested

Strike 3- Dismissal from team

-Coaches discretion will be used within this policy, and extenuating circumstances will be considered

***Our team will abide by all school and county rules at practice and at meets. We expected all of our athletes to represent New Hanover High School in a positive manner. Violations of school rules could additionally result in loss of privilege or dismissal from the team.**

Tardies

Practice times are setup with a purpose and all of this time is needed to accomplish our daily goals. Please make sure to be on time! Tardies will result in work related tasks for the team at practices and meets.

Motivational Incentives

Mileage Incentive Gifts

-As you log mileage through the summer/fall you will qualify for the following levels of incentive gifts:

1. White Level- Mile 100 Drawstring Bag & Magnet
2. Orange Level- Mile 250 "Wildcat Swag" Selection & Sticker
3. Black Level- Mile 500 XC T-Shirt
4. Diamond Level- Mile 750 Hanover XC Sweatshirt
5. Silver Level- Mile 1000 Performance Shirt
6. Gold Level- Mile 2000 Duffle Bag

Runners of the Week

-Each week we will name a runner of the week who will receive a team shirt.

Log Your Runs on the Strava App

Track your runs on your phone using GPS, or manual entry, on this app. Track your friends, join the New Hanover page, join challenges and share activities. This is the simplest form of mileage tracking out there.

***Only Certified mileage will be counted toward incentive opportunities/gifts.** Be honest in your comments about your runs. It will help you notice your strengths, growth across the season, as well as areas to improve.

Travel/ Weekend Meets

All athletes will not be able to travel to every meet. We will work very hard to get as many athletes to local meets as possible. For Invitational/ Weekend meets we will be able to take 10 athletes per gender some weeks and 20-21 athletes per gender other weeks. For those races we will determine who travels according to race performances in the preceding weeks.

*The Varsity Team is considered the Top 7 athletes on the team depending on the race (sometimes ten are allowed). Seeding and race distinction in meets will be determined by previous race results. Coach's discretion will be used when selecting athletes for meets and/or race distinctions.

B. Maximize Your Potential

The Runner's Edge

In our sport, running more and in a correct way is the best way to improve our times. Cross Training activities such as biking and swimming also provide significant gains in our sport. Outside of running this is a top 10 list of "Things You Can Do When Not Running" to become a faster runner.

Top 10 "Things You Can Do When Not Running" to become a faster runner

-From Mark VanAlstyne- UNC Cross Country Coach

10. Periodic Testing- Health & Fitness Analysis
9. Logging- Monitor your training and development
8. Strength Training- High rep, low impact strength development
7. Mobility Work- Drills, drills, and more drills!
6. Biomechanical Analysis- When able, have your body evaluated to find areas to develop
5. Flexibility Work- Stretch, stretch, and repeat!
4. Active Recovery/Cross Training- Bike, Swim, Aqua Jog etc.
3. Nutrition- Eat to recover, include a balanced diet
2. Balance- Make time for yourself, family, friends and other hobbies
1. Sleep- Rest for physical and mental health- 7 hours a night minimum- 8-9 hours ideally

Mental Toughness

Finding your mental edge is just as important as your physical ability. Here are ways to improve your mental focus and alertness during workouts and races:

- | **Set Goals**- Set place and time goals throughout the season
- | **Preparation**- Know your splits needed to hit a time, map out your race prior to the start
- | **Imagery**- Spend time imagining what your race will look like and seeing your race plan through. Find confidence and realization in this mental planning.
- | **WANT IT**- Visualize success and go after it!

Equipment

1. Training Shoes

Shoes play a very large role in preventing overuse injuries associated with running. Appropriate training shoes can be found at Fleet Feet Sports, Omega Sports, and other running specific websites. We recommend having two pairs to rotate given the hot summer conditions. Shoes will need to be replaced around 350-500 miles.

2. Running Watch (GPS recommended)

You should have a running watch that you wear daily. A GPS watch can be used to gather information about your pacing, mileage, heart rate etc.

3. Wicking Apparel (especially socks)

Invest in running clothes that help keep you cool on hot runs. Avoid 100% cotton material. This is especially important for your socks to avoid blisters

4. Racing Spikes

Racing spikes are lighter and provide better grip on different types of cross country surfaces. Each step you take in a lighter racing shoe adds up to precious seconds in a race.

C. Letter Requirements

Criteria to letter for NHHS Cross Country



- 1. Top 7 fastest times (men/women) are VARSITY and compete at Conference, Regional, and States**
- 2. Anyone who runs faster than the automatic letter standard– Males 18:00, Females 21:00**
- 3. Freshman/First year automatic standard– Males 20:00, Females 23:00**
- 4. Any returning athlete who cuts 1:00 off their previous season best time**
- 5. Any first-year athlete who cuts over 4:00 off their 5k time during the season (on comparable courses)**

D. The Record Book

NHHS XC GIRLS

Top 25 All Time Cross Country

1. Shelby Howell 18:13 (2011 Jungle Run, Hope Mills)
2. Shelia Brim 18:51 (1994 –Conference Championships, UNCW)
3. Kristen Evans 19:30 (1986 -McAlpine Park, Charlotte)
4. Sarah Miller 19:42 (2012 State Championships, Kernersville)
5. Jessica Adams 19:44 (2010 Regional, Wendell Park)
6. Isabella Idol 19:52 (2015 Regional, Boyd Lee Park)
7. Rachel Walter 19:55 (2013 Regional, South View)
8. Jane Moody 20:09 (2014 Smithville Park, South Brunswick)
9. Regan Daughtry 20:09 (2011 Regional, South View)
- 10. Madison Rice 20:12 (2017 Foot Locker South Regional, McAlpine)**
11. Holly Ferguson 20:20 (2010 Boyd Lee Park, Greenville)
12. Katherine Flynn 20:21 (2015 Hugh MacRae Park, Wilm)
13. Charlotte Jones 20:22 (2013 Regional, South View)
14. Phoebe Davidson 20:30 (2016 Regional, South View)
15. Paige Pottle 20:39 (2012 Hugh MacRae Park, Wilm)
16. Ginny Padgett 20:40 (1993 McAlpine Park, Charlotte)
17. Sabina Fischer 20:41 (2009 White Oak, Jacksonville)
18. Margaret Raney 20:42 (2010 Jungle Run, Hope Mills)
19. Jessica Munoz 20:43 (2011 Regional, South View)
20. Natalie Foley 20:44 (2013 Regional, South View)
21. Taylor Woodward 20:45 (2016 Regional, South View)
- 22. Pietra Trecco 20:49 (2017 Regional, Rocky Mount)**
23. Julia Ubertini 20:49 (2016 Jungle Run, Hope Mills)
24. Whitley Raney 20:49 (2006, Hugh McRae Park, Wilm)
- 25. Natalie Atento 20:50 (2017 State Championships, Kernersville)**

NHHS XC BOYS

Top 25 All Time Cross Country

1. James Bache 15:45 (1992 Hugh MacRae Park)
2. Barton Strawn 16:06 (2005 Seahawk Invite, UNCW)
3. Cole Vaughn 16:13.53 (2010 Regional, Wendell Park)
4. George Webb 16:13.96 (2012 State Championships, Kernersville)
5. Chris Brittingham 16:18 (2010 Regional, Wendell Park)
6. **Aidan Flynn 16:31 (2017 Regional, Rocky Mount)**
7. Steven Miller 16:32 (2006 Jungle Run, Hope Mills)
8. Henry Kunz 16:33 (2015- Regional, Boyd Lee Park)
9. Xavier McKinley 16:37 (2015 Hugh MacRae Park)
10. Tristan Geever 16:46 (2014, Regional, Raeford)
11. Jackson Denton 16:50 (2014 Wake Med, Raleigh)
12. Gunar Swartzlander 16:51 (2013 Regional, South View)
13. Malcom Hughes 16:54 (2012 State Championships, Kernersville)
14. Robert Parker 16:55 (2009 White Oak, Jacksonville)
15. Will Cooper 16:58 (2006 Jungle Run, Hope Mills)
16. Jonathan Bentley 17:02 (2000 Onslow Pines, Jacksonville)
17. Sean Mulherin 17:08 (2013 Regional, South View)
18. Axel Roldan 17:08 (2009 Jungle Run, Hope Mills)
19. Jeb Vaughn 17:10 (2005 Jungle Run, Hope Mills)
20. Joshua Robinson 17:12 (2010 Regional, Wendell Park)
21. **Tommy Fernandez 17:15 (2017 Conference, Olsen Park)**
22. Will Parker 17:18 (2015 Hugh MacRae Park)
23. Grayson Weatherford 17:18 (2011 4Runners Invite, Kernersville)
24. Jason Smith 17:19 (2012 State Championships, Kernersville)
25. Harper Williams 17:22 (2017- Regional, Rocky Mount)

Top 25 Freshman Cross Country:

Girls:

1. Shelby Howell 19:44 – Hugh MacRae Park (08)
2. Charlotte Jones 20:22 – South View (13)
3. Bella Idol 20:24 – South View(13)
4. Paige Pottle 20:39 – Hugh MacRae Park (12)
5. **Madison Rice- 21:07- Beeson Pack (17)**
6. Tatum Jacaruso, 21:09- Hugh MacRae Park (09)
7. **Anna Grace Padula 21:20- South View (17)**
8. Waverly Leonard 21:34 – Hugh MacRae Park (12)
9. Ashley Woodward 21:46 – Kernersville (12)
10. **Natalie Atento 21:57- Jungle Run (17)**
11. Lilly Kays 21:57- Beeson Park (13)
12. Abby Webb 22:05 – Hugh MacRae Park (12)
13. **Lucy Gittings- 22:22- Wallace Park (15)**
14. **Jata Campbell 22:23- Hugh MacRae Park (15)**
15. Taylor Woodward 22:24 – Carolina Horse Park (14)
16. Phoebe Davidson 22:26 – Wake Med Park (14)
17. Jessica Munoz 22:26 –Hugh MacRae Park (08)
18. **Brynn Jewell 22:36- Hugh MacRae Park (15)**
19. Sophie Kunz 22:39 – Wake Med Park (14)
20. Liz Hutchins 22:40 – South View (05)
21. Bailey Watson 22:41 – Boyd Lee Park (12)
22. Rachel Walter 22:42 –Boyd Lee Park (10)
23. Katie Toth 22:42 –South View (05)
24. Tatum Beck 22:46- Hugh Macrae Park (15)
25. Natalie Foley 22:46 – Hugh MacRae Park (12)

Boys:

- 1. Aidan Flynn 17:48- Hugh MacRae Park (15)**
2. Jackson Denton 17:53 – South View (11)
3. Malcom Hughes 17:59 – South View (11)
4. Tyree Clifton 18:14, -Hugh MacRae Park (09)
5. Garren Bostic 18:23 – Beeson Park(13)
6. Henry Kunz 18:31 –Hugh MacRae Park (12)
7. Jack Cooper 18:35 –Hugh MacRae Park(12)
- 8. Mitch Bostic 18:39- Hugh MacRae Park (15)**
- 9. Tommy Fernandez 18:52- Hugh MacRae Park (15)**
10. Koby Hatcher 18:59 – Smithville Park (14)
11. Jere Freeman 19:00 –Boyd Lee Park (10)
12. Andrew Sawyer 19:03 –Hugh MacRae Park (12)
13. Zach Gray 19:06- Boyd Lee Park(10)
14. Peter Miller 19:08, -Hugh MacRae Park (09)
15. Will Browne 19:12 -NE Creek Park(09)
16. Grayson Weatherford 19:16, -Jungle Run (09)
- 17. Ren Millis- 19:23- Hugh MacRae Park(15)**
18. Micheal Safrit 19:29- Hugh MacRae Park(11)
- 19. Tag Spencer 19:30- Hugh MacRae Park(15)**
20. Connor Cazeault 19:30 – Smithville Park (14)
21. Ethan Pierson 19:31 – Smithville Park (14)
22. Noah Kohl 19:32 - Hugh MacRae Park(12)
23. Walker Bankson 19:43 – Castle Hayne Park (13)
24. Nolan Jewell 19:49 - Hugh MacRae Park (11)
25. Evan Blackwell 19:52 -4 Runners Invite (11)