

# BROOKWOOD GIRLS XC TEAM INFORMATION

## CORE VALUES

1. **Commitment to TEAM above all else.** Make decisions that give the Brookwood Cross Country Team the best chance of success.
  - *“If you play your heart out for what the jersey says on the front, everyone will remember what the jersey says on the back.”*
2. **Recognize our role in Brookwood Cross Country tradition.** The Brookwood Cross Country tradition of excellence is unparalleled. We have a responsibility to continue that tradition and will act accordingly.
  - *“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”* - Aristotle
3. **Practice self-discipline and determination.** We will complete every workout, as prescribed, from beginning to end. We will have a plan to continually improve and will follow that plan without fail.
  - *“Today I will do what others won’t, so tomorrow I can do what others can’t.”* - Jerry Rice
4. **Have a positive outlook.** A positive outlook is a choice. We love being part of a team and striving for common goals. There is no better feeling than working hard to accomplish a goal.
  - *“You must truly enjoy what you are doing. This is a cornerstone of success.”* - John Wooden
5. **Recognize that hard work beats talent.** We will not always have the most talented team. But, we will always have the hardest working team. We recognize that talent without hard work is useless.
  - *“There may be people that have more talent than you. But, there’s no excuse for anyone to work harder than you do.”* - Derek Jeter
6. **Commit to training in the “off” seasons.** Cross country success is determined in the summer. Summer training is critical to fall cross country success.
  - *“Fall holds no secrets as to how summer was spent.”*
7. **Be fearless and not afraid of failure.** We will race smart and daring. We will have a competitive fire and will back down from no one. Pain tolerance is a learned skill. We will obtain that skill through practice. We will show up to meets with the utmost inner confidence because we have done our “homework” at practice.
  - *“Fortes fortuna juvat”* (Fortune favors the brave)
8. **Act respectfully.** We will never, under any circumstances, act in a way that makes anyone feel inferior.
  - *“I speak to every man the same way, whether he is the garbage man or the president.”* - Albert Einstein
9. **Win with humility.** A humble athlete wins like she is used to it. We will be thankful for all that we have been blessed with. Losing is taken with grace and equal humility. The lessons we learn from both victory and defeat will be applied in our next race.
  - *“Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.”* - John Wooden
10. **Take care of the little things.** Little things add up to make big differences. Little things like nutritious foods, going to bed at the same time every night, staying hydrated, packing our running clothes & shoes the night before, logging every run, stretching after every run, and taking in post-run food and drinks are critical to our success.
  - *“It’s the little details that are vital. Little things make big things happen”* - John Wooden
11. **Set measurable and challenging goals.** We will set goals that challenge our limits. We will have a measurable plan to achieve those goals. We will follow the plan to accomplish those goals.
  - *“Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. Impossible is nothing.”* - Muhammad Ali

## **TEAM HIGHLIGHTS:**

- 60% plus of team gets scholar athlete award (90+ average during previous semester)
- Multiple athletes named to All-County, All-Region/All-Area, and All-Metro teams each year
- Top level athletes who are also school leaders, good students
- Travel to Regionally & Nationally competitive meets
- Overnight trips & Team summer trip (Gatlinburg, Disney, Mobile)
- XC Team Accomplishments:
  - 19 Gwinnett County Team Championships
  - 24 Region/Area Team Championships
  - 6 State Team Championships
- XC & Track Distance group Individual Accomplishments
  - 39 Individual County Championships
  - 33 Individual Region/Area Championships
  - 27 Individual State Championships
  - 31 athletes competing in college (since 2007)
- Varsity:
  - 2016 State AAAAAAA Runner-up
  - 2016 Area Champions (10th consecutive Region/Area Championship)
  - 2016 Gwinnett County Champions (finished in top-2 eight consecutive years)
  - Finished top-6 in State Championship 10 of last 11 years
- JV:
  - 2016 Gwinnett County Champions

## **COMMUNICATION**

- Information will be primarily distributed during announcements at the beginning of practice. Coach Carter will also use an e-mail list to distribute supplementary information.
- All communication shall first be between coach & athlete. In all situations, coach and athlete will do their best to find a satisfactory resolution. Parents will be contacted when appropriate and necessary.
- Additional sources for information:
  - Team website - [www.brookwoodcrosscountry.com](http://www.brookwoodcrosscountry.com)
  - Twitter - @broncogirlsxc
  - Remind101 - text "@bwdgirlsxc" to 81010 (use first name & last name when signing up)
  - Instagram (pictures) - @broncogirlsxc
- Coaches' e-mail addresses:
  - Coach Carter (Head Coach) E-mail: [Chris\\_Carter@gwinnett.k12.ga.us](mailto:Chris_Carter@gwinnett.k12.ga.us)
  - Coach Harrison (Asst. Coach) E-mail: [Lauren\\_Harrison@gwinnett.k12.ga.us](mailto:Lauren_Harrison@gwinnett.k12.ga.us)
  - Coach Rovie (Asst. Coach) E-mail: [Eric\\_Rovie@gwinnett.k12.ga.us](mailto:Eric_Rovie@gwinnett.k12.ga.us)
  - Coach Joe Carter (Asst. Coach): [joedebcarter@bellsouth.net](mailto:joedebcarter@bellsouth.net)

## **PARTICIPATION REQUIREMENTS:**

- **Athletes must turn in physicals & concussion form before they start practice.**
  - forms can be printed out from our website: [wwwbrookwoodcrosscountry.com](http://wwwbrookwoodcrosscountry.com)
- Have concussion baseline test within past 2 years (school athletic department)
- Meet all state, county, and school eligibility requirements

## **TEAM POLICIES & VALUES**

- Situations may arise that require altering team policies or that are not covered by team policies. In order to provide the most beneficial experience possible to each individual athlete, coaches have the authority & discretion to alter team policies when appropriate. Occasions where alterations are made will be extremely few and only when necessary. Alterations to team policies, when made, may apply to an individual athlete or the entire team at the discretion of the coaching staff.

## A GUIDE TO CROSS COUNTRY

### **What is Cross Country?**

- Athletes usually race across open terrain, golf courses, trails, most often through a combination of woods & fields. There is always a hill or two, or three, or four.
- Course difficulty differs for each race.
- The NFHS has set a minimum distance of 2.5K and a maximum of 5K for cross country races, not to be confused with training distances that will be greater. Most of Brookwood's races will be 5K, or 3.1 miles.

### **Scoring**

- The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the team with a higher-finishing 6th place runner is the winner.
- It is important for the team to run as close together as possible. For example, a finish of 1, 3, 4, 6 and 83 (a score of 97) will lose to a team finishing 16, 17, 19, 21, 23 (a score of 96).

### **Cross Country Meets**

- Meets may last a few hours or all day, depending on the organization and number of entries. Please check our website & info sheets for specific meet locations and times. Meet schedule & info is available on our website - [www.brookwoodcrosscountry.com](http://www.brookwoodcrosscountry.com)
- Races are often divided by age group or divisions:
  - V – Varsity Girls – Top 7-10
  - JV – Junior Varsity Girls – Unlimited (occasionally limited to 10 runners)
- Cross Country is not the typical spectator sport, because you cannot see the entire race from one location. Spend a few minutes prior to the start of the race to pick your “spot,” and remember: cheering for Brookwood is required!

## CROSS COUNTRY: A TEAM SPORT

- “You are not bigger than the team!” See Core Value #1!
- “There are always 6 other girls on the course with me. My teammates. I had to run for them because, maybe I won't be a state champ, but I have to run for them, not myself.” (Jackie Drouin)
- “In a race, you can't make your teammates better. The time to carry your teammates is in PRACTICE. When they complain about push-ups, don't want to run a cool down, don't want to do long runs - You can teach and influence your teammates.” (Jackie Drouin)
- Call each other for runs. Team bonding is essential. Runs are more easily assured when you know you're meeting someone.
- We have LOADS of data proving that workouts & runs done with teammates are run faster, at the appropriate pace & distance, and are easier to finish when running with teammates as opposed to when they are run alone, outside of practice. Better workouts = Faster runners. In other words, running with your teammates at practice benefits the individual athlete AND the team!

## BROOKWOOD'S TRAINING PHILOSOPHY

- Train Hard/Train Smart. Give your best at practice every day. There will be some days where you will need to run easy. These days are just as critical to becoming a successful XC runner as workouts/hard days. Recovery is important! Recovery allows for **SUPERCOMPENSATION**.
- Mileage - do not jump your weekly mileage up too fast; do not try to “make up” for lost mileage - this leads to injuries
- Follow the training plan – A training schedule for the entire season will be given. Follow that plan to give yourself the best chance of success.
- Training & Racing Plans - We consult multiple knowledgeable sources: Multiple Olympic trials qualifiers from 800 to marathon; USATF team doctor and physical therapist (Beijing & London); Nike World Track & Field Coach of the Year; Olympians; Multiple Collegiate coaches; Multiple scientific studies/research literature

**REWARDS** (*apparel & plaques available to booster club members only; unexcused meet absences or missing multiple meets may make an athlete ineligible for awards at the discretion of the coaching staff*)

- **Community Service Award:** Participate in 3 community service activities during the season and receive an award. See Coach Carter for info on how to record & verify service hours. Suggested community service organizations:
  - Amanda Riley Foundation
  - Brookwood cluster elementary & middle school running clubs
  - Other organizations (See Coach Carter)
- **Perfect Attendance:** At the banquet, an award will be given to any student-athlete who attends and fully participates in all required practices and meets for which she is eligible. To qualify, student-athletes must have no absences, excused or unexcused, from practices or meets.
- **Participation Certificate:** In order to be awarded a participation certificate at the end of the season, an athlete must compete in all but 2 of the meets in which she is eligible and end the season in good standing.
- **Scholar-Athlete/Academic Award:** Student-athletes who earn a 90 or higher average during the previous semester (Spring of previous year) will receive a scholar-athlete award.
- **Lettering Standards:**
  - Run the following race times (3.1 miles/5K):
    - Freshmen- 26:00; Sophomores- 25:00; Juniors- 24:15; Seniors- 23:45
    - Lettering bonus: If a runner attends 20 summer practices AND logs 200 miles over the summer, she can add thirty seconds to the above lettering standards and still be awarded a letter
  - Meet one of the following criteria:
    - Race in the Varsity County or Area meets
    - Place in the top 30 at the JV County or JV Area meets (Championship JV Race – or run an equivalent time in another JV County or JV Area race)
    - Finish the season ranked in the top 7 in your grade in the final rankings
    - Have run XC at Brookwood for 3 years, finishing each season in the final team rankings (coaches' discretion regarding previous years unfinished due to injury, illness, etc.)
- **Lettering with Recognition Standards: (*get a letter & a plaque*)**
  - Run the following race times (3.1 miles/5K):
    - Freshmen- 23:30; Sophomores- 22:45; Juniors- 22:15; Seniors- 22:00
  - Meet one of the following criteria:
    - Finish in the top 25 in the Varsity County meet
    - Finish in the top 25 in the Varsity Area meet
    - Finish in the top 15 in JV County meet (Championship race or equivalent)
    - Finish in the top 15 in the JV Area meet (Championship race or equivalent)
  - To letter with recognition and get a BIG plaque: Meet criteria for lettering with recognition & be 3 or 4-year letterman.
- **Reward T-Shirts**
  - **Freshman Elite/Sophomore Select:** The top 7 freshman & sophomores in the rankings
  - **“Elite” group:** Break 23:30 at any in-season meet (5k)
  - **Summer shirts:** Log at least 200 miles & attend at least 20 summer practices during the summer and earn a t-shirt
- **Disney Trip (10/6-10/8)**
  - Qualify for the Disney XC Classic by:
    - being in the Top 20 in the team rankings after the Wingfoot Classic
    - earning a summer t-shirt (200 miles & 20 practices over the summer)
    - having 3 or fewer absences during the season
      - this includes absences for any reason (excused or unexcused)

## PRACTICE

- *“It is on the days that other teams are inside, not running, that we gain the valuable seconds that we need to defeat them and become champions. In order to do that, we must be out running when others are out running. More importantly, we must be out running when others are not.”*

- **The greatest benefits of cross country participation are gained at practice.** It is at daily practice where relationships are formed and strengthened; where the lessons that benefit the girls the most as athletes and, more importantly, as young adults are learned.
  - We will practice every day from 2:30-4:30, regardless of the weather. We will meet at the track. In the event of unsafe weather conditions, we will practice indoors.
  - Practice runs are comprised of conditioning drills and runs of different distances through neighborhoods. Practice is always supervised by the Cross Country Coaching Staff.
  - **Practice Attendance Policy**
    - Each athlete must notify Coach Carter PRIOR to missing practice if she will be absent. This is a safety & accountability issue. Athlete must notify the coaching staff in person if she is going to miss practice. If athlete is not at school, she may e-mail Coach Carter prior to 2:10.
    - **Academic Conflicts** – Every attempt must be made to make up school work/schedule study sessions & club meetings during guided study, extended lunch, or before school. If there is an unavoidable after academic conflict, come to practice immediately following after-school work – check in with your coach with a note from your teacher before practice concludes to be counted present. Showing up to practice late may mean that the athlete is unable to find a coach or may be running without her teammates, as coaches will be monitoring the rest of the team. If that is the case, the athlete can not be counted as present at practice. This is a safety issue. It is the athlete’s responsibility to get any missed information, handouts, and to turn in any paperwork to coaches.
    - **Excused practice absences** (student-athlete has dental/doctor appointment, school make-up work, etc. and produces a note explaining the absence.): 1st, 2nd, & 3rd absence: No penalties. 4th and subsequent absences: Time will be added to athlete’s ranking in 30 second increments (30 seconds for 4th absence, 60 additional seconds for 5th, 90 additional seconds for 6th absence, etc.). Excused absences count as “absences” and will carry the above time penalties, as appropriate.
    - **Unexcused practice absences** (Student was at school and coach received no communication prior to practice as to where student-athlete was): 1st offense: 2 min. time penalty and athlete will be held out of next meet; 2nd offense: held out of next meet and ranked last; 3rd offense: dismissal from team. Parents will be contacted after 2nd unexcused absence.
    - **Morning practice** –Morning practice is intended only for academic, doctor/dentist/etc. appointments, and/or Brookwood conflicts. Girls should make every effort to schedule appointments at times other than 2:30-4:30. Morning practices will be held on Tuesdays & Thursdays. Athletes must let Coach Carter know on at least the day prior that they will be attending morning practice. Morning practice begins at 5:45 a.m. in the front lobby of the school, just inside the main entrance.
    - **Trail days** - Athletes who can run farther distances (as determined by coaching staff - usually 7+ miles) may be allowed to go to trails on days designated in advance by the coaching staff. These groups will be small and will be required to run together. However, coaches may not always be able to go to trails with this group. If you would prefer your daughter not go to trails without a member of the coaching staff on these days, please contact Coach Carter.
- \*Once an athlete has missed 5 practices (for any reason), she must attend practice each of the 5 consecutive days leading up to each subsequent meet for which she is eligible.
- \*Failure to complete practice (unable to complete run, walking, etc.) indicates injury or illness. In those cases, the runner may be ineligible for the next meet. This is at the sole discretion of the coaching staff.

## RUNNING SAFETY

- Girls must run the routes given by coaches at practice. Turning around early or running a different route is a serious safety issue.
- For safety, cars ALWAYS have the right-of-way. Cars are big. You are small.
- No headphones at practice. This is a safety issue.
- Stay hydrated. Drink water or sports drink when you wake up. Some fluid loss occurs while sleeping through the moisture in your breath when you exhale. Stay hydrated at practice & throughout the day.
- Share the sidewalk (be courteous to others)

## MEETS

- **In order to run in a meet, a student-athlete must meet the following criteria:**
  - Be able to safely run **3 consecutive miles without walking**
  - **Not have an injury** that would put the runner at risk
  - Meet all applicable **team & practice attendance policies.**
- **Excused meet absences** - Runners may miss 1 meet with prior permission from Coach Carter. See “Rankings” section to determine how rankings will be affected. Awards eligibility may be affected with multiple missed meets.
- **Unexcused meet absences** - Athletes who miss a meet without notifying Coach Carter prior to that meet will be given an unexcused meet absence. A 2<sup>nd</sup> unexcused absence will result in dismissal from the team. Parents will be contacted after the 1<sup>st</sup> unexcused meet absence. Awards eligibility may be affected. See “Rankings” section to determine how rankings will be affected.

## RANKINGS

- Rankings reward consistent performances and hard work over the summer, the cornerstones of a successful program
- We will use a ranking system of cumulative times to determine who runs in certain meets. If we are taking 20 athletes to a meet, we will take the top 20 from the rankings. The rankings will begin with a time trial at Alexander Park. The first rankings will be published after the first official meet.
- Missed Meets
  - Excused meet absences - For the 1<sup>st</sup> excused meet absence, athletes will be given a time corresponding to their ranking (25<sup>th</sup> ranked runner will receive 25<sup>th</sup> fastest Brookwood athlete’s time from the meet). 2<sup>nd</sup> excused meet absence: athlete will be given the last place time. 3<sup>rd</sup> excused miss: dismissal from team. Athletes with excused misses can receive no higher than the 10<sup>th</sup> fastest Brookwood time from that meet, regardless of previous rank
  - Unexcused meet absences - 1<sup>st</sup>: athlete will be ranked last for that meet; 2<sup>nd</sup>: dismissal from team
- Injuries
  - If an athlete misses two or more meets due to injury, that athlete will be pulled out of the official rankings. The coaches will then consult with the injured athlete, any affected athletes, the athletes’ parents, and teammates in order to determine in which meets (varsity, JV, out of town, etc.) that athlete will compete.

| Rank | Name         | Grd | Time Trial 8/9 | Stage Races 8/23 | Cov. Brdg. 9/6 | County 9/20 | Coach Wood 10/18 | Area 11/1 | State 11/8 | TOTAL   |
|------|--------------|-----|----------------|------------------|----------------|-------------|------------------|-----------|------------|---------|
| 9    | Wonder Woman | 11  | 21:57          | 13:29            | 24:58          | 22:31       |                  |           |            | 1:22:55 |
| 10   | Super Girl   | 11  | 21:29          | 13:39            | 24:58          | 22:55       |                  |           |            | 1:23:01 |
| 11   | Cat Woman    | 11  | 21:50          | 13:29            | 24:58          | 23:04       |                  |           |            | 1:23:19 |

## IMPORTANCE OF TRAINING DURING THE SUMMER

- "It is on the days that other teams are inside, not running, that we gain the valuable seconds that we need to defeat them and become champions. In order to do that, we must be out running when others are out running. More importantly, we must be out running when others are not."

- ATHLETES WHO LOGGED 200+ MILES IN SUMMER AND FULL-TIME RUNNER
  - 2 Injuries
- LOGGED LESS THAN 200 MILES IN SUMMER OR PLAYS OTHER SPORTS
  - 33 Injuries
- CONCLUSION: Girls who put in at least 200 miles and who run year-round are **far less likely to experience an injury** that causes them to miss significant training time during XC, are **far more likely to PR**, and **improved, on average, over 90 seconds more** than their counterparts.

## RUNNING SHOES (Great injury prevention!)

- Wear proper running shoes. Old shoes or non-running shoes lead directly to injury.
- Shoes should be replaced after ~350 miles or 6 months, whichever comes first. Old running shoes can still be used to wear around, just not for running if you want to prevent injury.
- Athletes do NOT need specialized (expensive) running shoes. MINIMALISTS SHOES ARE NOT RECOMMENDED (ex. - Nike Frees).
- Most athletes will do fine in shoes labelled as "Neutral", "Cushioned", "Performance Stability" or "Lightweight Stability"
- Good shoes can be found at the following websites for a good price
  - [www.eastbay.com](http://www.eastbay.com)
  - [www.roadrunnersports.com](http://www.roadrunnersports.com)
  - For additional discounts at these sites, see [www.couponcabin.com](http://www.couponcabin.com)

## NUTRITION

- It is EXTREMELY important for **runners to take in sufficient iron (red meats), calcium (dairy products), Vitamin D, and Vitamin C (fruits)**.
- Daily multi-vitamins are recommended. Doctors are the best source for information. However, here are some recommendations: iron (take with orange juice! - recommended ferrous bisglycinate chelate *Ferrochel* or liquid iron *Floradix*); calcium; Vitamin D; Vitamin C
- Female athlete triad - Nutrition (eating healthy and **eating enough**) is critical to avoid this
- **Hydrate** - Drink fluids after you wake up before coming to practice (fluid loss occurs through moisture in your breath when you exhale). Stay hydrated during the day. **A good rule of thumb is to take in ~100 fluid ounces each day** (equivalent to 3 full Nalgene-type/size water bottles). Athletes should take in both water & electrolyte sports drinks (Gatorade G2 or NUUN) during the day.
- **30-minute rule** – Within 30 minutes of completing a hard workout, your body is especially efficient at taking in and using food, strengthening your muscles. Bring bars/fruit to practice with you. Food and sports drinks containing **carbohydrates AND protein** will speed up recovery. (*Endurox* or chocolate milk are great)

## STAYING HEALTHY

- All runners, at some point, experience muscle soreness and various aches and pains. Please discuss these cases with the coaching staff.
- **SOFT SURFACES!** Running on soft surfaces greatly reduces injury risk.
- Train Hard/Train Smart
- Give your best at practice every day. There will be some days where you will need to run easy. These days are just as critical to becoming a successful XC runner as workouts/hard days. Recovery is key.
- Mileage - do not jump your weekly mileage up too fast; do not try to "make up" for lost mileage - this leads to injuries

## DOCTORS & INJURY-PREVENTION SPECIALISTS

- Dr. Josh Glass (chiropractic) - [www.georgiasportschiropractic.com](http://www.georgiasportschiropractic.com)
- Dr. Charlie Peebles & Dr. Perry Julien (lower leg specialists, orthotics) - [www.atlantafootandankle.com](http://www.atlantafootandankle.com)
- Harris Patel (physical therapy) - [www.sportsmedsouth.com](http://www.sportsmedsouth.com)
- Kyle O'Day (running form analysis & correction) - [www.continuumsports.com](http://www.continuumsports.com)
- Lori Wert (sports massage) - (740)600-4096 (located on North Road)
- Robin Rogers (sports massage) - [www.georgiasportsmassage.com](http://www.georgiasportsmassage.com)

## PIGEON FORGE TEAM TRIP (July 10th through July 14th)

Athletes who meet the “Automatic” standards below automatically qualify for the Gatlinburg trip. Athletes who meet the “Provisional” standards will be invited based on the criteria outlined in the “Provisional” section below. The Gatlinburg Time Trial will be a 3200 meter (~2 miles) time trial held at the Brookwood track on **June 26th (Monday)**. A make-up time trial will be held on June 19th or 23rd.

- **Automatic standards:**
  - Run 13:30 or faster
  - Be one of the top 4 freshmen finishers (non-freshman newcomers will also be considered)
- **Provisional standards:**
  - Athletes who run 15:30 or faster will be invited based on a combination of the following:
    - finish/place at the Gatlinburg Time Trial
    - summer mileage
    - attendance at summer practices
    - ability to handle training volume & workouts (as determined by coaching staff)
    - adherence to team’s Core Values (including prior seasons at discretion of coaching staff)

## BROOKWOOD GIRLS XC/DISTANCE MILEAGE LOG - [www.Running2win.com](http://www.Running2win.com)

\*For the App, see the Apple App Store (Android App not yet available)

- **Old Runners:** (if you’ve forgotten your username, see Coach Carter)
  1. Go to [www.running2win.com](http://www.running2win.com) and click on the “LOG IN” button at the top of the page.
  2. If you do not remember your log in info, click on “Forgot password?”. Enter your e-mail address or username and your password will be sent to the e-mail address you used to create your account.
  3. After logging in, see the “How to Log a Run” & “Mileage on your Shoes” directions below.
- **New Runners:**
  1. Go to [www.running2win.com](http://www.running2win.com) and click the “LOG IN” button. Click on “Sign Up”
  2. Create your user name and password and fill in the rest of the personal information for your account and register. ***Please ensure you use your first & last name on your account.***
  3. Click the “Menu” button located at the top of the page. Then click on “Find/Join a Team”.
  4. In the search window that pops up, type in “Brookwood Girls Distance”.
  5. Request to join the team. The request will be sent to us and we will add you to the team. This allows us to see your Running2win training log, so we can record your weekly mileage.
- **How to Log a Run:**
  1. Next to today’s date select: “Log today’s run”
  2. Enter as much information as possible about your run (especially shoe info!).
  3. Save your run. Only click the “Save” button once!
  4. After you save your run, verify that your run was saved accurately.
- **Mileage on your Shoes:**
  1. Once you’ve logged in, click on the “Menu” button at the top of the page. Then click on “Shoes”
  2. Click on the “Add new shoe” button and enter your shoe info.
  3. Set your shoe’s expiration mileage at “300”.
  4. Click on the “Save shoe” button.
  5. Now you can track your shoe’s mileage and prevent injuries!



## **Gwinnett County Public Schools - CHECK WITH NEW CODE OF CONDUCT**

### **Athletic and Extracurricular Participation**

#### **Code of Conduct – (Team Code of Conduct may be more strict than County Code of Conduct)**

Participation in interscholastic competitions and any other extracurricular program is a privilege extended to the students by the Board of Education. Students participating in extracurricular activities act as representatives of Gwinnett County Public Schools (GCPS). All students are expected to conduct themselves in such a manner as to meet the highest standards of GCPS at all times. The Code of Conduct is designed to establish high expectations and standards for all participating students. All students, parents, coaches, and sponsors understand that the top priority is academic achievement. The Code of Conduct establishes high expectations regarding behavior and consistent consequences when violations occur. The Code of Conduct goes into effect on the first day a student joins a GCPS high school athletic team, any other competitive group or extracurricular program. The Code remains in effect for the entire school year.

The offenses and consequences listed below are in addition to (not in lieu of) any school or criminal consequences associated with the student misconduct. All consequences listed in this Code of Conduct are minimum standards. The coach/sponsor has the discretion to set consequences over and above the minimum standards.

#### **Code of Conduct Violations & Consequences**

**Violation A:** Students given Long-Term (exceeding ten days) Suspension (With or without GIVE option)

**Consequence:** Ineligible to attend or participate in any athletic or extracurricular activity during time of suspension

**Violation B:** Arrest for, or charged with the commission of any act that is a felony or would constitute a felony if committed by an adult (regardless of location or time of the alleged act; in or out of school).

**Consequence:**

1. Immediate suspension from all participation until such time as:
  - a. School officials determine that the student did not commit the act(s) or other felony conduct; or
  - b. Local prosecutors dismiss or drop all pending charges and petitions; or
  - c. The student pleads guilty to a misdemeanor charge, in which case refer to Violation D listed in this Code; or
  - d. The student is convicted and sentenced to a felony or is adjudicated delinquent in the Juvenile Court of conduct which if committed by an adult could be charged as a felony and serves any and all portions of the sentence, including all periods of probation.

For the following violations (C, D and E), the school administration must have valid evidence and/or verification of the violation as defined in the following:

1. Self-admitted involvement by the student
2. Witnessed student involvement by the sponsor, coach, or any staff member
3. Parent admission of their student's involvement in tobacco, alcohol or other drugs
4. Verified by official police report given to the school
5. Evidence of violations through investigation by school officials

If the offense occurs at school or on school property (at any time), off school grounds, at a school-sponsored activity, function, or event enroute to and from school, the student will be subject to the actions described in the Student Conduct Behavior Code (Policy JCD) and the following consequences for extracurricular activities.

**Violation C:** Tobacco (any type)

**Consequences:**

1st Offense - Consequence determined by approved local school athletic/ extracurricular policy

2nd Offense - Suspension from athletic/extracurricular competition for a minimum of 10% of the remainder of the season

3rd Offense - Dismissed from team/activity but allowed to try out for subsequent athletic/extracurricular activities after that sport/activity has completed its season

**Violation D:** Alcohol/Other Drugs (Possession and/or Use)/Misdemeanor Criminal Law Violations

**Consequences:** Coach/Sponsor and Administrator will meet with the student and parent(s) or guardian.

1st Offense – Consequence determined by approved local school athletic/extracurricular policy

2nd Offense – Suspension from athletic/extracurricular competition for a minimum of 20% of the remainder of the season

3rd Offense – Suspension from all athletic/extracurricular activities for the remainder of the school year

**Violation E:** Violations of school rules that result in ISS or OSS

**Consequences:** In-School Suspension - Participation may resume when student is released from ISS. Student cannot participate on the day s/he is released from ISS.

Out-of-School Suspension (Short Term – not exceeding 10 days) – Participation may resume after suspension is served – Policy JDD

**Violation F:** Hazing

**Consequences:** All instances of hazing will be immediately referred to administration.

## **BROOKWOOD GIRLS XC TEAM CODE OF CONDUCT & CHARACTER**

- Athletes are expected to act in accordance with our Core Values at all times
- Smoking and alcohol - 1st offense = suspension (1 week practice & 1 meet); 2nd offense = dismissal from team; Drug abuse - One year suspension
- School rules apply to all cross country practices and meets.
- Student-athletes who, at any time, act in a way that reflects poorly on Brookwood High School, the cross country team, or any representative of Brookwood or the cross country team will incur disciplinary action as determined by coaching staff. This includes activity on social media.
- Student-athletes who, at any time, act in a way that compromises their safety or the safety of others will incur disciplinary action as determined by coaching staff

**GHSA & GCPS HEAT POLICY** Activity should be altered and / or eliminated based on the WBGT as follows. WBGT (wet bulb reading) will be measured & given by athletic department trainers.

### **Under 82.0 WBGT**

#### **“Green Flag”**

- Normal Activities
- At least three (3) separate rest breaks per hour
- Minimum duration of rest breaks will be three (3) minutes

### **82.0 – 86.9 WBGT**

#### **“Yellow Flag”**

- Use discretion for intense or prolonged exercise
- Watch at-risk players carefully
- At least three (3) separate rest breaks per hour
- Minimum duration of rest breaks will be four (4) minutes

### **87.0-89.9 WBGT**

#### **“Orange Flag”**

- Maximum practice time is two (2) hours
- Football: Helmets, shoulder pads and shorts only during practice
- All equipment removed for conditioning
- Watch / monitor athletes carefully for necessary action
- All sports: At least four (4) separate rest breaks per hour
- Minimum duration of rest breaks will be four (4) minutes

### **90.0 – 92.0 WBGT**

#### **“Red Flag”**

- Maximum length of practice is one (1) hour
- No equipment may be worn
- No conditioning activities can take place
- Twenty (20) minutes of rest breaks during the hour of practice
- Watch/monitor athletes carefully for necessary action

### **Over 92.1 WBGT**

#### **“Black Flag”**

- No outdoor workouts
- Cancel exercise
- Delay practices until an acceptable WBGT reading occurs

# Brookwood Girls Cross Country Booster Club By-Laws



**ARTICLE 1. NAME AND PURPOSE OF THE ORGANIZATION:** The name of the Organization shall be the Brookwood High School Girls Cross Country Booster Club with the purpose of promoting and supporting the Brookwood High School Girls Cross Country program.

## **ARTICLE 2. MEMBERSHIP, BY-LAWS, & TEAM RULES**

**Section 1.** Requirements: Membership of the Booster Club shall consist of people who pay the yearly dues set at the beginning of each year. Dues shall be determined and published prior to each season.

**Section 2.** Athletes who join the cross country team but who elect not to join the booster club are still bound to abide by all booster club by-laws and team rules & regulations. Cross country is an extra-curricular activity. As such, participation is not compulsory. All athletes and parents, by participating, agree to abide by all rules and regulations spelled out in these rules and those implied or expected by coaches.

## **ARTICLE 3. DUES**

**Section 1.** Annual dues for each season, or any part of the season, shall be determined by the head coach at the beginning of each season. Dues and the budget for the current season shall be published and available to all parents & athletes. Booster club dues are non-refundable.

**Section 2.** Members who fail to pay their dues within fifteen days from the time they come due, shall be notified by a booster club officer. If dues remain unpaid, that athlete will cease to be a booster club member (and will not receive the benefits available to booster club members) until dues are paid, or until alternate arrangements are made.

**Section 3.** Athletes & parents who elect not to join the booster club will not receive the benefits available to booster club members unless alternate arrangements are made. Athletes & parents who elect not to join the booster club are still bound to abide by all booster club by-laws and team rules & regulations.

## **ARTICLE 4. OFFICERS**

**Section 1.** The officers of this Booster Club shall be President/Treasurer, Secretary, & Volunteer Coordinator. There may be multiple Volunteer Coordinators at the discretion of the head coach.

**Section 2.** Officers will be designated by the head coach. The head coach retains the authority to remove officers for any reason, should the need arise.

**Section 3.** Term of officers: The term of office shall be one year, beginning in July. At the completion of each officer's term, the head coach will contact the next season's officers. Officers may serve more than one term at the discretion of the head coach.

## **ARTICLE 5. DUTIES OF OFFICERS**

**President/Treasurer:** It shall be the duty of the President/Treasurer to be responsible for the accounting (entry fees, paying spirit wear invoices, etc.) of the Booster Club Account. The President/Treasurer will make a written report to the Head Coach at the completion of each season or when requested by the head coach or Athletic Director.

**Secretary:** It shall be the duty of the Secretary to assist the President/Treasurer in the responsibility for the accounting (entry fees, paying spirit wear invoices, etc.) of the Booster Club Account.

**Volunteer Coordinator(s):** The Volunteer Coordinator(s) shall be responsible for communication and organization of parents to meet the needs of the cross country team, organizing the Booster Club's standing committees and any other special committees he/she/they deems necessary to carry out the Booster Club's purpose.

**ARTICLE 6. COMMITTEES:** Committees will be established as necessary by the officers or head coach to handle the functions of the Booster Club.

## 2017 BROOKWOOD GIRLS CROSS COUNTRY BOOSTER CLUB BUDGET



|  |                    |
|--|--------------------|
| 1. <b>Athlete Budget</b> (awards, plaques, banquet, ice cream goals, reward shirts, etc.)        | <b>\$ 5500.00</b>  |
| 2. <b>Meet/Practice Budget</b> (tents, entry fees, tarps, replacement spikes, stopwatches, etc.) | <b>\$ 2500.00</b>  |
| 3. <b>Assistant Coaches' Stipends</b>  | <b>\$ 2500.00</b>  |
| 4. <b>Rooms for Coaches &amp; Bus Drivers</b> (overnight trips)                                  | <b>\$ 540.00</b>   |
| 5. <b>Scholar-Athlete Frames</b>   | <b>\$ 150.00</b>   |
| 6. <b>Website, Booster Club administrative costs</b>   | <b>\$ 210.00</b>   |
| <b>TOTAL</b>   | <b>\$11,400.00</b> |

**INCOME:** Booster Club Dues (80 x \$140) = \$ 11,200.00

**SIGNATURES PAGE**

**GWINNETT COUNTY PUBLIC SCHOOLS ATHLETIC & EXTRACURRICULAR PARTICIPATION  
CODE OF CONDUCT, GCPS HEAT POLICY & CONCUSSION AWARENESS:  
ACKNOWLEDGEMENT**

\_\_\_\_\_ desires to be a participant in the athletic/extracurricular programs representing Gwinnett County Public Schools. My signature acknowledges that I have read and understand the Athletic and Extracurricular Participation Code of Conduct and agree to comply with it. My signature also acknowledges that I have been given a copy of the GCPS Heat Policy and Concussion Awareness Form and understand the information presented on both.

**ALTERNATIVE TRANSPORTATION LIABILITY RELEASE**

GCPS/Brookwood High School is not always able to provide transportation for students to off campus extracurricular school activities. In cases when transportation is not provided by GCPS/Brookwood High School, as in the use of a school bus or charter bus, it is the responsibility of the student's parents/guardian to secure their student's attendance at such activities. GCPS, its local schools, officers, employees or agents shall not be responsible for any injury or loss arising out of a student's transportation to or from the off campus activity when such transportation is provided by parents, students, staff or any other party.

**BROOKWOOD GIRLS XC BOOSTER CLUB ACKNOWLEDGEMENT & CONSENT**

Cross Country is a voluntary, extra-curricular activity. By participating in cross country, the parents, guardians, & athletes agree to all applicable team & school rules, policies, & procedures.. I give my consent to all pictures, videos, and audio recordings of me and/or the above student athlete made by the coaching staff, parents, or any designees to be used on the booster club website and all media formats/outlets operated by the booster club.

I understand & agree to abide by all above applicable rules & policies, including but not limited to: GCPS Code of Conduct, Heat Policy, Concussion Awareness, Alternative Transportation Liability Release, Girls XC Team & Booster Club Policies

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Date**

## Brookwood Girls Cross Country Order Form

**Athlete Name** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Athlete e-mail** \_\_\_\_\_

**Parent/Guardian e-mail(s)** \_\_\_\_\_ **Phone** \_\_\_\_\_

|  | Qty | Size(s)  | \$ |
|--|-----|--|----|
| <b>Booster Club Dues with gear and uniform (singlet &amp; shorts) - \$260</b><br>- Women's Nike Uniform singlet (maroon w/white "BHS") (XS-XL)<br>- Women's Nike Uniform shorts (maroon ~3" inseam) (XS-XL)<br>- Cotton Short-Sleeve Team T-shirt (men's cut: S-XL)<br>- Cotton Long-Sleeve Team T-shirt (men's cut: S-XL)<br>- Nike Hyperwarm 1/2 Zip Running Shirt (long-sleeve) (women's cut: S-XXL)<br>- Nike Fleece Crewneck Sweatshirt (men's cut: S-XXL)<br>- Team Car Magnet |     | <b>Uniform Singlet - _____</b><br><b>Uniform Shorts - _____</b><br><b>Short sleeve - _____</b><br><b>Long sleeve - _____</b><br><b>Nike Running shirt - _____</b><br><b>Sweatshirt - _____</b> |    |
| <b>Booster Club Dues with uniform singlet &amp; shorts (no gear) - \$165</b><br>- Women's Nike Uniform singlet (maroon w/white "BHS")(XS-XL)<br>- Women's Nike Uniform shorts (maroon ~3" inseam) (XS-XL)<br>- Team Car Magnet   |     | <b>Uniform Singlet - _____</b><br><b>Uniform Shorts - _____</b>  |    |
| <b>Nike Hyperwarm 1/2 Zip Running shirt (booster members only) - \$50</b><br>(women's cut: XS-XXL)   |     | <b>Nike Running shirt - _____</b>  |    |
| <b>Nike Crewneck Sweatshirt (booster members only) - \$30</b><br>(men's cut: S-XXL)  |     | <b>Sweatshirt - _____</b>  |    |
| <b>Team Long-Sleeve Shirt (booster members only) - \$22</b><br>(men's cut: S-XL)   |     | <b>Long sleeve - _____</b>   |    |
| <b>Team Short-Sleeve Shirt (booster members only) - \$18</b><br>(men's cut: S-XL)  |     | <b>Short sleeve - _____</b>  |    |
| <b>Nike Team Swoosh Backpack (booster members only) - \$45</b><br>- <i>This is the same backpack as last year.</i><br>Athlete first initial & last name embroidered on backpack  |     | <b>Name on backpack - _____</b>  |    |
| <b>Nike Uniform Singlet (Maroon w/white "BHS") (XS-XL) - \$26</b>  |     | <b>Uniform Singlet - _____</b>   |    |
| <b>Nike Uniform Shorts (Maroon ~3" inseam) (XS-XL) - \$22</b>  |     | <b>Uniform Shorts - _____</b>  |    |
| <b>Donation to Amanda Riley Foundation (\$5-\$20 recommended)</b>  |     |  |    |
| <b>Yard Sign (w/ athlete's first name) - \$20</b>  |     | <b>Name on yard sign - _____</b>   |    |
| <b><u>TOTAL:</u></b>   |     |  |    |

Cash \_\_\_\_\_ Check \_\_\_\_\_ (check # \_\_\_\_\_) Credit Card \_\_\_\_\_ (+2.75% added to TOTAL)