

BROOKWOOD GIRLS XC TEAM: SUPPLEMENTAL INFORMATION

TEAM HIGHLIGHTS:

- More than 65% of team are Scholar-Athletes (90+ average previous semester)
- Multiple athletes named to All-County, All-Region/All-Area, and All-Metro teams
- XC Team Accomplishments:
 - 19 Gwinnett County Team Championships
 - 24 Region/Area Team Championships
 - 6 State Team Championships
- XC & Track Distance Individual Accomplishments:
 - 40 Individual County Champions
 - 37 Individual Region/Area Champions
 - 27 Individual State Champions
 - 34 athletes competing in college (since 2007)

PARTICIPATION REQUIREMENTS:

- **Complete all appropriate sections of DragonFly health record.**
 - Physicals must be on the Brookwood Physical Form and are valid for 12 months from the date of exam.
 - Athletes must have valid insurance.
 - Forms can be found on our website: www.brookwoodcrosscountry.com
- Have concussion baseline test within past 2 years (school athletic department)
- Meet all state, county, and school eligibility requirements

COMMUNICATION

- Information will be primarily distributed at practice. Coach Carter will also use an e-mail list.
- **All communication shall first be in person between coach & athlete.**
- Additional information & communication resources:
 - Team website - www.brookwoodcrosscountry.com
 - Twitter & Instagram - @broncogirlsxc
 - Remind101 - text "@bwdgirlsxc" to 81010
- Head Coach's e-mail address: Chris.Carter@gcpsk12.org

RUNNING SAFETY

- Girls must run the routes given by coaches at practice.
- Cars ALWAYS have the right-of-way.
- No headphones/earbuds/music at practice.
- Share the sidewalk (be courteous to others).

A GUIDE TO CROSS COUNTRY

What is Cross Country?

- Athletes usually race across open terrain, golf courses, trails, & fields.
- Course difficulty differs for each race. Races are usually 5 kilometers (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.
- Team depth and a "tight pack" of 5 runners is important. 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.
- Races are often divided by age group or divisions:
 - Varsity – the top 7-10 runners on a team
 - Championship JV – the next 7-10 fastest runners on a team
 - Open JV – unlimited (all JV runners on a team)
- 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 picking your "spot." Remember: **Cheering for Brookwood is required!**

BROOKWOOD'S TRAINING PHILOSOPHY

- Train Hard/Train Smart. Give your best at practice every day.
- Recovery is important! Recovery allows for **SUPERCOMPENSATION**.
- Follow the training plan for the best chance of success.
- **The greatest benefits of cross country 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.

IMPORTANCE OF TRAINING DURING THE SUMMER

- LOGGED 200+ MILES IN SUMMER AND FULL-TIME RUNNER: 4 athletes missed meets
- LOGGED LESS THAN 200 MILES IN SUMMER OR PLAYS OTHER SUMMER/FALL SPORTS: 14 athletes missed meets
- Girls who work hard in the summer and who run year-round are **far less likely to experience an injury** that causes them to miss significant training time during XC and are **far more likely to PR**.

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.
- Athletes do not necessarily need specialized (expensive) running shoes.
- Minimalist shoes (ex. – Nike Frees) are not recommended.
- Most athletes need shoes labelled “Neutral”, “Cushioned”, “Performance Stability” or “Lightweight Stability”
- Good shoes can be found at the following websites for a good price
 - www.eastbay.com
 - www.roadrunnersports.com
 - For additional discounts at these sites, see www.couponcabin.com

NUTRITION

- It is EXTREMELY important for runners to take in sufficient **iron (red meats), calcium & vitamin D (dairy products), and Vitamin C (fruits)**.
- **Daily multi-vitamins AND supplemental iron** 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*)
- Female athlete triad - Nutrition (**eating healthy and eating enough**) is critical
- **Hydrate** - Drink fluids **right after you wake up**. 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). **Drinking only water is not sufficient!**
- **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 enhance recovery (*Endurox* or chocolate milk are great).

STAYING HEALTHY

- All runners experience muscle soreness, aches, and pains. Please discuss with the coaching staff.
- **SOFT SURFACES!** Running on soft surfaces greatly reduces injury risk.
- **Practice is not over when you finish your run.** You must stretch after every run & eat within 30 minutes!

DOCTORS & INJURY-PREVENTION SPECIALISTS


- Dr. Josh Glass (chiropractic) - www.georgiasportschiropractic.com
- Dr. Charlie Peebles & Dr. Perry Julien (lower leg specialists, orthotics) - www.atlantafotandankle.com
- Sports Medicine South (orthopaedic/sports injuries) – www.sportsmedsouth.com
- PT Solutions (physical therapy) – www.ptsolutions.com

2020 BROOKWOOD GIRLS CROSS COUNTRY BOOSTER CLUB BUDGET

Coaching Stipends	\$5,550
Athlete Awards (plaques, shirts, ice cream goals)	\$3,000
Team Equipment (spikes, tarps, tents, stopwatches)	\$300
Meet Entry Fees	\$600
Uniform Surplus	\$500
Travel Expenses (hotel rooms, transportation, meals – coaches & bus drivers)	\$500
Team T-Shirts	\$1,500
Administrative Fees (banking & postage, team website & domain, Final Surge, SquareUp)	\$960

TOTAL EXPENSES - \$13,160

INCOME: Booster Club Dues (70 x \$190) = \$ 13,300.00

Brookwood Girls Cross Country Booster Club By-Laws	
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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.

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.

GCPS OVERNIGHT TRAVEL EXPECTATIONS

1. Overnight travel trips are sanctioned events sponsored by Gwinnett County Public Schools. This means that all school policies (Student Conduct Behavior Code, Athletic Code of Conduct, and Faculty Handbook) are to be enforced on said trips, and participants (athletes, coaches & parents) will be held to the rules and regulations outlined in each.
2. Athletes should stay in a team room. Exceptions to this rule may be granted by the Head Coach for the following reasons: (a) an athlete staying with his parents saves the family money because they will also be making the trip & **staying in the team hotel**. (b) The athlete staying with his family will have his own bed for proper rest. (c) Increases the ratio of student to adult supervision by sharing the responsibility with parents.
3. Athletes staying with their parents will abide by all the same rules & regulations set forth by the Head Coach and specific teams (curfew, team meetings, etc.).
4. The coaching staff has the responsibility of room assignments & supervision of all team rooms. Athletes may not switch rooms for any reason without approval from the Head Coach.
5. The Head Coach will communicate a set curfew each night. The coaching staff will enforce this time with hallway & room checks as necessary. Athletes that violate curfew rules may face disciplinary action consistent with their actions.
6. No fraternization between genders will take place inside of a hotel room. Any visiting between genders will take place in the hallway outside of the hotel room in the hotel lobby with adult supervision.
7. No congregation of large groups of players inside a single hotel room unless there is a team meeting held by a member of a coaching staff, or special circumstances approved by the Head Coach.
8. Athletes may not leave the premises of the hotel unless they are accompanied by an adult. If an athlete is going to leave an event, the hotel or any other team activity they must get prior approval from the Head Coach. The coaching staff should know the whereabouts of each athlete at all times.
9. The coaching staff should communicate these travel policies, team rules and review the Athletic Code of Conduct with all student-athletes and parents prior to departure for the trip.
10. Any behavior that takes place on a trip that violates school policy must be communicated to school administration (Athletic Director/Principal) immediately following the events.

Gwinnett County Public Schools 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.

GHS & GCPS HEAT POLICY Activity should be altered and/or eliminated based on the WBGT (wet bulb reading) as follows. WBGT 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