

LAKOTA JUNIOR CROSS COUNTRY

2021 FALL

MEET THE TEAM NIGHT

Coaching Qualifications



- In order to be board approved, coaches have to complete the following steps:
 - Apply and pay for an Ohio Pupil Activity Permit (3-5 years)
 - Fundamentals of Coaching Class
 - First Aid, Health, and Safety for Coaches Class
 - Concussions in Sports Class
 - CPR certification
 - Cardiac Arrest-
 - FBI/BCI Background Check and Fingerprinting

Paperwork

- **All Paperwork on Final forms must be completed before a student will be permitted to participate**
- **Final Forms**
- **You have to sign off on 10-15 forms... then it will send an email to Student to sign off on as well!!**
- **Physical- Only Paper copy turned in... must have one on file!**

Communication



- Please follow the chain
 1. Player to coach
 2. Player & Parent to coach
 3. AD
- Ways to know about changes due to weather or other last minute things:
 - Announcements at school
 - Email from Coaches
 - Twitter
 - Cross Country Web page

Social Media

Use Caution!!

Remember- what you post can always be retrieved.

Athletes have been suspended and dismissed from teams for what has been posted.

Eligibility

- Students are expected to maintain good grades.
- Eligibility will be run and checked by Assistant Principal and/or Athletic Director.
- According to the OHSAA, any student that is not **passing FIVE classes** will be ineligible for any and all games the entire week.
- End of 9 weeks- not passing 5 classes- **YOU ARE INELIGIBLE TO PLAY SPORTS FOLLOWING 9 WEEKS!!**
- No Club Teams during the season (same sport)

Participation Fees



- Participation fees for the 2021/22 school year are \$150.
- Family Cap- varies w/ number of students
- You may pay on EZPay with a credit card or pay with cash, check, or money order to the front office.
- Checks- Make payable to your school athletics:
Ridge Athletics, Plains Athletics, Hopewell Athletics, Liberty Athletics
- Invoices will not be issued for payment until rosters are finalized

Daily Attendance

- An athlete must attend school **at least one half** of the regular school day to be **eligible to practice or compete** interscholastically.
 - This would mean you need to be at school by 10:50 AM to go to practice or a game.
- If you are too ill to come to school, you are too ill to participate in athletics that day.
- THIS DOES NOT INCLUDE DOCTER VISITS, ORTHO APTS, ETC...must have a note.

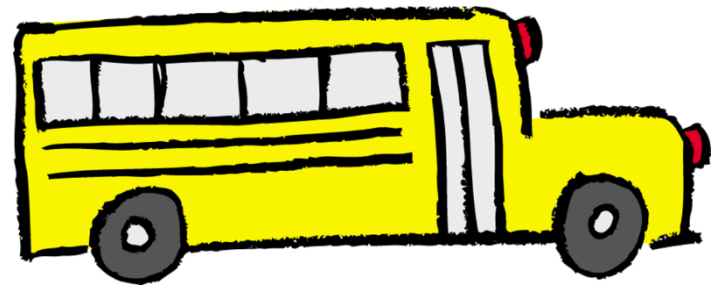


Priorities for Lakota Junior CC

1. Family / religion
2. School/academics
3. Running/Cross Country

Practice Transportation

- The bus will be parked outside at 2:00 PM and will transport Athletes to practice.
- Parents will need to pick them up from those practice locations.



Practice

- Practices will be at Butler County Metro parks. You can download the Cross Country Schedule for the upcoming Season off our web page. Lakota transportation will be taking the athletes to practice after school. Athletes will stop at their lockers and meet at the designated bus location. Practices should be able to start at 2:30 pm and end at 4:00 pm.

Note: RUNNING IS NOT NORMAL!

We want our athletes to embrace that they are not normal, it will take 3 weeks to acclimate their bodies to running.

- Ways to help get through the acclimation process:
- Make sure that you stay hydrated (bring water bottles)
- Get a good pair of running shoes (Queen City Running on Cincinnati Dayton Road is extremely helpful and will give you a discount if you mention you run for us.)
- Know the difference between **hurting** and an **injury**; our trainers are outstanding.

Trainers

- C.J. Hubbard
- Lakota West High School



- Alex Mueller
- Lakota East High School



- Beacon Orthopedics and Sports Medicine
- **Lakota** encourages you to see our trainers before going to your pediatrician. If there is not an emergency or serious immediate injury
- Contact information can be acquired from Coaches!



Meets



- Our goal is to have everyone race each week. *We provide line-ups at least a day before the event. This tells what time and race the athlete will be running.*
- **Athletes need to be able to run 2 continuous miles in practice before they can participate in a meet.**

Meet Variations

- 1) Boys / Girls
- 2) 7th Boys / 7th Girls / 8th Boys / 8th Girls
- 3) Top 7 boys / Top 7 Girls / 8-14 Boys / 8-14 Girls / Open Boys / Open Girls
- 4) Top 10 Boys / Top 10 Girls / Open Boys / Open Girls



How a CC meet is scored

Cross-country running is normally scored on a team basis. Points are awarded to individual runners equal to the position in which they cross the finish line. Only the first five on each team are counted towards that team's score. The sixth and seventh runners on each team are called "pushers," because while they do not earn points for their team, they push up the point score of each opponent after them. No runners after the first seven per team count in the scoring (in most cases.) Teams are awarded ranks based on the number of points their top five runners have, with lowest being the best. The rules in the event of a tie vary depending on the competition. Often, the team with the lower sixth place runner is the winner.

- The lowest possible score is 15 ($1+2+3+4+5$), achieved by a team's runners finishing in each of the top five positions.



What to expect on a meet day-

- Upon arrival we find a common area for team camp and pass out race bibs (only athletes are allowed near this camp)
- if enough time, we will warm-up over the course and stretch along the way
- Coaches will get the athletes to the start area at least 10 minutes prior to race time.
- RACE 2.0 mile race
- After race cool-down (coaches will direct) and stretch
- check-out / depart
- Non-racing athletes are not allowed to run next to athletes in races, you could get them disqualified.



What to pack for a meet

We suggest having the athletes pack the night before. This starts the day off well for both the athlete and the parents.

- pack rain gear, a garbage bag works well to put all the gear in.
- Water bottles
- uniform
- a couple of pairs of dry socks (one to warm-up with, one to race in, and one to cool-down in. If using spikes, bring them; if not older shoes to warm-up with, and dry shoes to race in
- extra sweats, they can always take them off

Meet Transportation



- Transportation to weekday away meets will be provided by the district.
- In most cases, athletes will stay after school and report to the cafeteria. Athletes may bring a snack and wait for their transportation to arrive.
- Transportation is **DROP ONLY**. Transportation will **NOT** be provided back from the away contests.
 - Please utilize carpools if you cannot make the meet. Inform the coach if your athlete will not be going home with parent/guardian.

Practice and Game Transportation

- Parents are expected to pick up their child no later than 10 minutes after the conclusion of practice or games
- Coaches are not available, nor paid to supervise after these times
- Students- must be in assigned area after school- NO EXCEPTIONS!
- Roaming the halls will NOT be permitted!

Athletic Pictures

- Will be after school
- Friday, August 27th at Plains Junior.
- We will try to practice before pictures
- Bring uniforms and practice clothes
- Picture Forms will go out prior to the date



Spirit wear

Thank you to Coach McManus and Betsy Horter who organized a spirit shop. Orders were due Monday and we should be able to get them in around the first meet. Our focus this season is giving Maximum Effort. We have athletes that have realized what hard work can accomplish and others can choose to follow their example.

Spikes

Spikes are not required, but they make races nicer.

We only allow the athletes to race in these, not warm-up or cool-down. So the amount of time they wear them is only the 2 mile race. My advice is to race a couple of times without and if you runners get serious then make the investment.



Help with the Cross Country meets that we host.

- Vic Roberts Invite - Monday September 20th
- Hopewell Invite – Monday September 27th
- GMC Championship – Monday, October 11th

Questions?