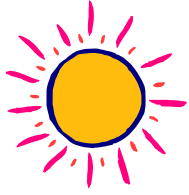


CROSS COUNTRY INFORMATIONAL PACKET 2009

Cross Camp Dates: August 9th – 14th

Howell Melon Run will be our team time trial on August 14th

Starting August 17th, practice will be from 3:00pm to 5:30pm. We will meet at the track/circle drive area at HHS.



HOWELL SUMMER RUNNING



"Champions are made in the off-season."

What is it?

- It is a group of athletes who want to stay in shape, have fun and meet other runners!

- Keep in mind as this is an informal gathering, we do not have updated emergency medical forms with us at all times. We do not have emergency numbers nor do we have physicals on all athletes. The Websters will be there on some dates, but there will not be adult supervision at all times. This is a student-lead running club, not an official sport practice.

When do you meet?

- Every day at 8am at the circle drive of the high school. Groups are already meeting, so come join them!

How far does the group run?

- We will develop groups for all ability levels. Runs will range between 20 minutes for the beginners up to 12 miles for the experienced distance athletes.

Do I have to be on Cross Country to attend?

- No! This is open to ANY high school athlete interested in off-season conditioning.

Questions?

- Contact Dawn Webster at websta_d@comcast.net.

☺ HOPE TO SEE YOU THERE! ☺



**TRACK & FIELD
AND
CROSS COUNTRY
TEAM HANDBOOK**



HHS Cross Country/Track & Field Mission Statement



We are committed to prepare student-athletes to become disciplined, respectful, honest and committed to the community in which they live by cultivating a strong work ethic, encouraging a healthy lifestyle and teaching them the value of teamwork.



HHS Cross Country/Track & Field “Pillars of Success”



1. Respect (yourself & others)
2. Work Ethic (at practice, at school, at work)
3. Commitment (to the program, to the team, to yourself, to your family)

Howell Cross Country/Track & Field Team Rules & Policies

Practice Time/Bus Times

1. Practice starts promptly at 2:45 pm. All athletes are expected to be at the designated area before 2:45 pm. (2:46 pm is considered late to practice.) This is Howell High School time.
2. If an athlete is late, s/he is expected to have a note from the trainer or a teacher excusing his/her tardiness.
3. Excessively showing up to practice late is not acceptable. Athletes should make every effort to discuss possible tardies or absences with the head coach prior to missing practice.
4. Bus times will be announced at practice. Busses will leave promptly at the time indicated. A bus will not be held for a member who is late to arrive. Athletes who miss the bus will not be eligible to compete in the meet.
5. Athletes must ride the bus unless pre-approved by the head coach and the athletic director.
6. Athletes are expected to stay for the duration of the meet and are expected to ride the bus home. Exceptions can only be made if pre-approved through the head coach and the athletic director/building administrator. Athletes who wish to ride home with a parent must stay for the entire meet (including the post-meet team meeting) and have a note signed by his/her parent and an administrator. These notes are given to the coach on the bus on the way to the competition.

Being Prepared for Practice/Competition/Attendance

7. Athletes are expected to come to practice prepared. Being prepared means the athlete is wearing running shoes and athletic pants—long. Athletes may choose to wear shorts underneath their pants so that on days that the weather is over 60 degrees, they can just wear shorts after the team warm-up. *Coaches reserve the right to allow athletes to wear shorts for warm up if the weather permits.*
8. Every athlete must come to practice prepared to practice. For safety reasons, athletes will not be permitted to practice if not properly prepared. Failure to be prepared will also impact his/her ability to participate in the next day of competition.
9. Athletes are expected to attend all practices and meets they are entered to compete. School-related absences should be reported to the head coach in advance. If sick or at a doctor, the athlete needs to bring a note on the day s/he returns to practice.
10. Warm-ups and uniforms will be worn to all meets and are the sole responsibility of the athlete. Warm-ups and uniforms must be returned to the head coaches at the end of the season. Failure to return warm-ups and uniforms and/or damage to warm-ups and uniforms will result in a charge to the athlete. All fees must be paid in full prior to the athlete receiving any certificates and/or awards.

Authorized Area

11. Athletes are expected to be at the designated areas for practice. (ie. the weight room when lifting, pre-determined running routes etc. . .) It is expected that athletes will ask permission of a coach before leaving the said location.
12. Athletes are not to enter the locker rooms of the opposite sex, nor are they to encourage, allow or be in the locker room if there is a member of the opposite sex present.
13. When distance runners or middle distance runners are out running in the Howell community it is expected that they will obey traffic rules/signals and respect the public/personal property in the community. Furthermore, it is expected that they will respect the public in general.
14. Distance runners are not allowed at any time to run along or cross M-59. The only exception to this rule is if accompanied by a coach. (In such a case, the coach will get prior approval from the athletic director.)
15. Distance runners will only run the route as approved by the coaching staff. If sent out to run a certain loop, it is expected that the athlete will follow the given loop and not go to another area.

Sportsmanship

16. Athletes are expected to follow directions as given by the coaching staff and meet officials. It is expected that athletes will follow directions the first time they are given.
17. Athletes are expected to conduct themselves in a manner that represents Howell High School positively. Foul language, hateful language and disrespectful behavior will not be tolerated at practice or at competitions.
18. Appropriate behavior at meets includes being supportive of teammates and cheering for others when not preparing to compete or actually competing in an event.
19. Throwing batons, poles and other implements in anger is not allowed in practice or at meets. Athletes are expected to respect all equipment.

Safety Rules

20. An athlete may be removed from practice or competition if an athlete is conducting himself/herself in a manner the coach deems unsafe to the athlete or to others.

Code of Conduct

21. The guidelines set forth in the HHS Code of Conduct and the HHS Athletic Code of Conduct are also in affect while at meets and at practice.

Dismissal from Practice/Removal from Competition/Dismissal from the Team

- The rules and policies set forth by the Howell Track & Field program are designed to offer the student-athletes the opportunity to participate in an extra-curricular activity in a safe and

respectful environment. These rules are designed to keep all athletes safe in a sport where there are a variety of activities occurring in a relatively small area.

- If an athlete misses a meet and the absence is not excused by the coach in advance, the athlete will be held out of the next competition. Exceptions to this include illness and family emergencies such as death in the family, etc. . .) As a general rule, athletes who have conflicts with the meet schedule need to address these issues prior to the start of the season when possible.
- Any athlete who chooses not to follow the rules can be asked to leave practice by the coaching staff. In such a case, the athlete's absence is considered "unexcused" and if this occurs leading up to a competition, the coaching staff reserves the right to hold the athlete out of that competition.
- In cases of severe violations to the team rules, the coaching staff will make disciplinary recommendations to the athletic director who will make the final call.

Equipment/Team Apparel

- Athletes are expected to inspect all equipment on the date it is received to ensure it is in "good" condition. Any issues (broken zippers/tears/stains) need to be brought to the attention of the coaching staff to avoid being charged for repair fees at the end of the season.
- Athletes are expected to return all issued equipment on the designated date. All returned equipment and team apparel is to be washed and in good condition.
- If equipment is in need of repair, it is expected that the athlete will bring this to the attention of the coaching staff and if it is determined that it is beyond normal wear and tear, a repair fee might be assessed.
- If a student fails to return equipment or team apparel on the designated date, s/he will be charged for the replacement cost of each item.
- Items returned late (any time after the designated date) will be assessed a \$5.00 processing fee.

Letter Requirements: Cross Country

- Athletes will earn a varsity letter if the following requirements are met:
 - Athlete runs varsity in at least ½ of the scheduled varsity events and/or participate in the state finals.
 - Athletes attend practice regularly, missing no more than three practices with excused absences.
 - Athletes must complete the season in good standing.
 - Athletes who have participated in Cross Country for four seasons, will earn his/her varsity letter at the completion of the fourth season.
 - All letter awards are at the final discretion of the coaching staff and can be awarded as the coaches see fit.

Letter Requirements: Track & Field

- Athletes will earn a varsity letter if the following requirements are met:
 - Athlete earns 10 varsity points in competition.
 - 5 of the points needed for a varsity letter can be earned through attendance. (3 points for less than 3 excused absences during the season with no missed competitions and up to 2 points can be earned by attending spring break practices.)
 - Athletes attend practice regularly, missing no more than three practices with excused absences.
 - Athletes must complete the season in good standing.
 - Athletes who have participated in Track & Field for four seasons, will earn his/her varsity letter at the completion of the fourth season.
 - All letter awards are at the final discretion of the coaching staff and can be awarded as the coaches see fit.

1/2009

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Cross Country Summer Training Program Phase I until July 11th

Phase 1: (easy base running, drills, striders, stretching)

This phase is designed to build a base or the foundation of your training from now until the State Finals in early November. It is a very important phase that requires attention all summer. A solid foundation will allow you to train harder later on. It will also help prevent injury. You should have one run that is your “long run” (6-10 miles) and you should take one day off a week. If you would like to do some cross training, you could bike, swim, or roller blade for the same time it would have taken you to run that day.

Easy Base Running

If you are a brand new runner, this phase is where you will spend your time working up to 30 minutes of running a day. If you have to run for 5 minutes and then walk for a minute and repeat that process for the 30 minutes, do so until you can run the full 30.

If you are a returning runner, this is easy base running for at least the first 3 weeks. Work up to 30-35 miles a week during the 5 weeks of phase 1.

Drills

During this phase, you should get in sprint warm up (or a modified version of this so you are doing the drills) EVERYDAY. Drills, when done correctly, teach your muscles how to function efficiently which in turn, makes you a stronger runner. If you are new to the program and you do not know the drills, feel free to contact D-Web (websta_d@comcast.net).

Striders

3-4 times a week run 4-8 x 100 meter striders where you begin slow, build up to about 75%-80% and then slow down again. These are VERY helpful. These will not only help you spend more time working on quality form, they are also a mini speed workout of sorts in disguise. Do these after your base runs.

Stretching

Spend at least 20 minutes stretching after EVERY run. Flexibility is important and will not only allow you to run more efficiently, it will also help decrease the chances of injury.

If you would like a more specific plan, I would be more than happy to design it for you! Contact me: websta_d@comcast.net

Cross Country Summer Training Program Phase II

Phase II: (early quality, drills, striders, stretching) July 12th-until camp!

This is the early quality phase of training that will help your body get ready for the final two phases which are the most intense. This is where you will do some faster running and some hill work. DRILLS EVERY DAY, STRIDERS at least 3 times a week and STRETCHING EVERYDAY! ☺

Returning runners: work your mileage up so that you are running 40-50 miles by the end of this phase. Newer runners: work your mileage up so that you are running 30-40 miles by the end of this phase.

Sample Phase II Training

| | |
|-----------|--|
| Monday | 1-2 mile warm up 6 x 1 minute up a hill with 3 minute jog recovery 1-2 mile cool down (total should be between 4-7 miles) |
| Tuesday | Easy pace for 3-6 miles 6- 10 x 100 meter striders |
| Wednesday | 1-2 mile warm up 3-6 x (3 minutes hard; 2 minutes easy) 1-2 mile cool down |
| Thursday | Easy pace for 3-6 miles 6- 10 x 100 meter striders |
| Friday | Easy pace for 3-6 miles 6- 10 x 100 meter striders |
| Saturday | Long Run (6-12 miles) |
| Sunday | Off or Cross Train |

Howell High School Cross Country Camp Registration Packet 2009

We are very excited for our 6th annual Howell Cross Country Camp. In order to keep all of you informed as to the details of the camp, we have put together an information packet. If you would like any additional information, please contact Dawn or Paul Webster at the phone number or email address below. In order to provide a safe and enjoyable trip, we are asking that all of you review the following and discuss them with your child prior to our trip.

- Participants will respect the property of others and the property where we stay.
- Participants will recognize that other campers/neighbors will be in the general facility and will therefore conduct themselves in a manner that reflects maturity and respect.
- Participants are expected to follow the instruction of the chaperone(s) in charge.
- Participants understand that Dawn and Paul Webster reserve the right to terminate a participant's right to participate due to gross misconduct. In such a case, a parent may be contacted to pick up their child.

We appreciate your cooperation in this matter and although we do not expect any issues to arise, it is always best to discuss all possibilities!

Thank you for taking the time to read through this information and discuss it with your child.

Sincerely,

Dawn Webster
Paul Webster
(810)599-2485 (Dawn's cell—voice mail option & text messaging)
websta_d@comcast.net (home email address)

Mailing Address:
1420 Berwyck Drive
Milford, MI 48381

If you have a tent that can be used up at camp, please contact us! We'd like to have several tents for the girls and several for the boys so they all have plenty of room.

Fee

\$30.00 5 nights lodging

\$10.00 camp shirt

\$90.00 all food/drink/snacks/camp activities

\$130.00 total—no spending money needed

Please make checks payable to **Paul Webster**.

Registration Packets are due on or before July 20th

Late Registration—received after July 20th -\$150.00

(We need to get the shirts and activities ordered in early July)

Campground Information

Address/Phone Number

Stony Haven Campground (Private Christian Campground—No alcohol is allowed in the park at all.)

8079 West Stony Lake Road

New Era, MI. 49446

(800)962-111

Directions:

From US 31

New Era Exit

4.5 miles West on Stony Lake Road (M-20)

Transportation to Camp

Transportation to and from camp is the sole responsibility of the campers. Dawn & Paul Webster will meet athletes at the campground. **Athletes are expected to check-in between 3-5 pm on Sunday, August 9th.**

Sleeping Arrangements

Athletes will be assigned tents. There will be separate tents for boys and girls. ABSOLUTELY NO GIRLS ALLOWED IN THE TENTS DESIGNATED FOR BOYS AND NO BOYS ALLOWED IN THE TENTS DESIGNATED FOR GIRLS AT ANY TIME. This is grounds for immediate removal from camp regardless of time of day.

Emergency Contact Information

Dawn Webster & Paul Webster cell numbers 810-599-2485

810-599-2492

What to bring: Please limit 1 bag or suitcase per athlete—tent space is limited.

Pillow

Sleeping bag

Flashlight

Toiletry items

Running shoes (two pairs if possible)

Running clothes for 6 days (shorts, pants, t-shirts, long sleeves, rain gear—be ready for ALL KINDS OF WEATHER—THIS IS MICHIGAN!)

Bathing suit

Towel

Sunscreen/bug spray!!!

Regular clothes/shoes for 5 days—shorts, pants, long/short sleeves

Please encourage athletes to **refrain from bringing food**. WE WILL HAVE PLENTY OF FOOD FOR EVERYONE. We don't want to attract critters!

2009 HOWELL CROSS COUNTRY CAMP

PERSONAL RELEASE OF LIABILITY & ADDITIONAL MEDICAL INFORMATION

Every participant (including parents and non-performers) must complete the following information. Please print clearly in blue or black ink.

| | | | |
|-----------|------------|-------------|-----|
| Last Name | First Name | Middle Name | Age |
|-----------|------------|-------------|-----|

Is the participant currently taking any medications either prescription or over-the-counter on a regular basis or will the participant be bringing any medications with him/her on the trip? YES NO
If YES, please explain:

Does the participant have any food allergies? YES NO
If YES, please list:

Please rate the participant's swimming skills:

1 2 3 4 5
non-swimmer strong swimmer

Please indicate shirt size (adult sizes): Circle one

SMALL MEDIUM LARGE X-LARGE

Do you have a tent we can use at camp for the athletes? YES NO (circle one)

If YES, please indicate how many it sleeps: _____.

In the event of an emergency, please list person(s) who should be notified:

Emergency Contact #1

Name phone #1 phone #1 relationship

Emergency Contact #2

Name phone #1 phone #1 relationship

Please Read Carefully and Sign Below

- I/we the undersigned, and/or parent(s) or guardian(s) of the aforementioned participant, understand that all participants are expected to conduct themselves in a mature manner regardless of age and the right is reserved to terminate participation in the event of gross misconduct.
- I/we understand that during this event an assigned chaperone may not be directly at the participant's side at all times.
- I/we hereby grant permission, and hold harmless, Dawn and Paul Webster, and/or other adult chaperones, and/or Howell Public Schools, and/or medical personnel, and/or medical institution(s), to seek and/or provide any medical treatment(s) deemed necessary for prudent medical care. I/we authorize any attending physician to medically treat the aforementioned participant as deemed appropriate.
- I/we understand that Dawn and Paul Webster, and/or other adult chaperones, will make every reasonable effort to provide a safe trip. I/we recognize that dangers exist in such trips and release Dawn and Paul Webster, and/or other adult chaperones from any and all liability.
- I/we have read all of the information sent and understand and agree to all of the conditions provided.
- I/we hereby grant permission to Dawn and Paul Webster to release any/all emergency medical information/forms to chaperone(s) in charge of the aforementioned participant.
- **I/we understand that during this camp experience the athletes will likely go to the beach and swim in the lakes, possibly go tubing and canoeing. It is the responsibility of each athlete to let us know if s/he is a weak or a non-swimmer and to participate at the beach or other water activities as appropriate to his/her swimming abilities.**

Signature of Participant

Date

Name of Participant (please print)

Signature of Parent/Guardian (if participant is under 21 years of age)

Date

Name of Parent/Guardian (please print)

Athletes must have all paperwork in PRIOR to camp in order to participate. This includes the paperwork required by the school. Visit www.howellschools.com to download the forms required by the school (physical and parent release form).