



**2019**

[www.LonghornDistance.com](http://www.LonghornDistance.com)

Head Coach: James Tighe

## Requirements

1. First, you will need a current Physical Form on file with the school. The physical is good for one year. Forms can be downloaded from Lambert's Athletics Page: <http://www.forsyth.k12.ga.us/page/24881>
2. A GOOD pair of RUNNING SHOES! It is imperative that runners train in running shoes and not cross-trainers, soccer shoes, or any other type of athletic shoe. A pair of running shoes usually last 3-4 months or 250-400 miles, whichever comes first. Running shoes should only be used for running and not to wear around as your everyday shoes. We recommend that if you are buying your first pair of running shoes that you visit a running specialty store such as North Georgia Running Co., Totally Running, Big Peach Running Co., Fleet Feet Sports or Phidippides. Links to these running specialty stores can be found on our website.

### **Most running-related injuries are due to inadequate or worn-out running shoes!**

3. A digital watch with a chronograph/lap stopwatch feature. This is ESSENTIAL for your running success. In an individual sport such as this, you simply must have one. Don't feel like you must buy the most expensive model. Your watch should have a 5-lap capability at least. You can get these at Wal-Mart or any similar store for as little as \$25 or \$30.
4. Proper clothing. During the summer months you will need light-weight and light-colored clothing. Shorts and a t-shirt are fine.
5. A reusable water bottle with your name labeled on it. While we encourage our runners to keep themselves hydrated throughout practice, it isn't always practical to have over fifty runners share one or two water fountains.
6. Athletes will be expected to track their mileage. This year athletes will have two ways to log their mileage. First, using the team running log found on our website, [www.LonghornDistance.com](http://www.LonghornDistance.com), or by joining the Longhorn Distance Strava club at [www.strava.com/clubs/LonghornDistance](http://www.strava.com/clubs/LonghornDistance).

## Communication

To stay informed about everything related to Lambert Cross Country, please refer to our website, [www.LonghornDistance.com](http://www.LonghornDistance.com), regularly. In addition, please make sure you are also on the email distribution list because we will also send out important information through email. The sign-up form to be on the distribution list can be found on the website.

All questions, concerns, requests, or notifications should be directed to Coach Tigie at [coachtigie@gmail.com](mailto:coachtigie@gmail.com).

## Expectations

There are no "try-outs" to make our team but the expectation is that **every** runner is fully committed to making our team stronger. Runners make the team stronger by:

- Giving their best effort during each practice and race
- Having a positive attitude
- Encouraging their teammates
- Representing their school in a positive manner
- Volunteering to help instead of being asked to help
- Reporting any injuries to their coach
- Keeping track of their own training by logging mileage
- Understanding that the team is bigger than the individual
- Striving to be better

## Lettering Policy

To receive a Varsity Letter, a runner must do one of the following:

- Run in 4 Varsity Meets.
- Run in the Varsity Region Meet.
- Run in the State Meet.
- Have a Top 25% Average Ranking on the team at the end of the season.
- Run Cross Country for 3 consecutive years and finish each season in good standing.

## Rankings

To help determine varsity placement and lettering, we will publish rankings after each race. If two individuals run the same time in separate races (Varsity and Junior Varsity) the runner in the JV race will receive the better ranking. Any athlete who misses a meet for an unexcused reason will be given the lowest ranking on the team for that week.

## The Sport

Cross Country is "long distance" running where competitors race as a team over a predetermined course. The terrain of that course can vary but they typically include grass, crushed gravel, and/or wooded trails. Most courses also include a few hills.

High school cross country races are approximately 5 kilometers or about 3.1 miles in length but occasionally they can be as short as two miles. Cross country competitions are known as "meets" and they can range from very small dual meets where only two teams compete against one another to huge Invitationals that can feature over 30 teams competing against one another.

Most cross country races are comprised of two divisions--Varsity and Junior Varsity--though some may also have divisions for specific grade-levels. In a varsity cross country race each team is comprised of 7-10 runners while junior varsity competitions usually do not limit the number of competitors from each team.

In cross country races the team with the lowest point total wins. To determine a team winner, the finishing places of the first five runners from each team are added together to get the point total for that team. The 6th and 7th runner of each team serve to displace scorers from other teams. In the event of a tie, the finishing place of the 6th runner is added to determine the winner.

## The Season

The official cross country season begins **July 29<sup>th</sup>** and concludes at the state meet which will be held in Carrollton on **Saturday, November 2<sup>nd</sup>**. However, only seven athletes can represent Lambert at the state meet so the season will conclude for most of our runners on **Saturday, October 19<sup>th</sup>**, after competing in the Area 3 meet.

Though the official season does not start until nearly August, most successful cross country runners train throughout the summer to prepare for the upcoming season!

## Practice Times

**Summer Practice:** Beginning June 4<sup>th</sup>, we will practice just about every Tuesday, Wednesday, and Thursday throughout the summer. The one exception to this is the “GHSA Dead Week” where there will be no practice during the week of July 1<sup>st</sup> – 5<sup>th</sup>. Summer practice will begin at 6:30 am and last until 8:30 am. Summer practice is not mandatory but is highly encouraged. A change for this year is that attendance will not be taken during the summer.

**Season Practice: Beginning Monday, July 29<sup>th</sup>, practice becomes mandatory.** Due to the extreme afternoon temperatures we usually experience in August, we will continue to practice at 6:30 in the morning until the Labor Day weekend. After Labor Day, practices will begin at 3:55 pm and go until 5:30 pm.

## The Meet Schedule

The 2019 meet schedule has not been finalized yet because we are seeking input from our runners to see what meets they would prefer to participate in. Once we get that input and the location and date of the area meet are determined, we will get that schedule out to everyone.

For planning purposes, most meets will occur each Saturday during the season.

## Race Day

We will travel to just about every race by bus – which our Booster Club must pay for. Under NO circumstances is an athlete allowed to drive themselves or another student to a meet. We will meet at the school entrance near the gym for all departures.

It is the responsibility of the athletes to help set up the tent area and to help distribute race numbers before previewing the course or finding the bathrooms.

Athletes do not have to ride the bus back to Lambert but they will only be released to go home with a parent **AFTER** the tent area has been cleaned up and after the awards ceremony. Athletes must check out with either Coach Tigue or Coach Leonard.

## Typical Weekly Practice Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Non Race Week</b>	Long Run	Easy Run	Workout #1	Workout #2	Easy Run	Workout #3	Easy Run
<b>Race Week</b>	Long Run	Easy Run	Workout #1	Workout #2	Easy Run	Easy Run	Race

## Daily Practice Plan

### Morning Practices

Easy and Recovery Days		Workout Days	
6:25	Roll Call in the Gym	6:25	Roll Call in the Gym
6:30	Warm up to track and complete 1 lap	6:30	Warm up to track and complete 3 laps
6:36	Hurdle Drills	6:40	Dynamic Stretch Drills
6:45	6 x 100m strides	6:45	4 x 100m Strides
6:50	Run at EASY pace (check pace sheet)	6:50	Intervals, Repetitions, or Threshold Run
7:25	Group stretch on practice field	7:25	Group stretch at the track
7:35	Dismissal by coach only	7:35	Dismissal by coach only

### Afternoon Practices

Easy and Recovery Days		Workout Days	
3:50	Roll Call at the track	3:50	Roll Call at the track
3:55	2-lap warm up	3:55	10-minute warm up
4:05	Hurdle Drills or Dynamic Stretches	4:05	Dynamic Stretch Drills
4:15	45 -m 60 min run at EASY pace	4:15	6 x 100m Strides
5:00	6 x 100m Strides	4:20	Intervals, Repetitions, or Threshold Run
5:10	Group stretch and core	5:05	Group stretch and core
5:30	Dismissal by coach only	5:30	Dismissal by coach only

## Attendance

You are expected to be at practice every day, except when school is missed due to illness or any other excused absence, such as staying after for academic purposes. If you know you are going to miss practice or a race for some reason, let me know as soon as possible. If practice must be missed for academic reasons, you must have your teacher email one the coaches or provide a signed note prior to practice. Upon completion of the academic work, you will be expected to make up the workout. Try to schedule doctor or dental appointments around practice but if it is impossible to do so, a note signed by a parent will be required. If attendance is taken and we do not know where you are—it will count as an unexcused absence. Missing practice for non-academic clubs or because you have a job does not count as an excused absence. Any runner who has two unexcused absences will be suspended from a race; any runner with three unexcused absences will be dismissed from the team.

## Summer Practices

Beginning June 4<sup>th</sup>, summer practices will be held three times a week (every Tuesday, Wednesday, and Thursday) for just about every week of the summer. The one exception to this will be during the week leading up to July 4<sup>th</sup> which is a “GHSA Dead Week” and teams are not allowed to practice together.

Summer practices will begin at 6:30 am and last until about 8:30 am.

The locations of the summer practices may vary from week to week but most practices will be held either at Lambert's track or at Chattahoochee Pointe Park. The practice locations will be posted on the website at least two weeks in advance.

## Summer Mileage-Time Running

The summer running program will run from May 12<sup>th</sup> through August 3<sup>rd</sup> which gives runners 12 weeks to meet their summer duration goals. The goals are based on the number of years an athlete has run rather than their grade in school.

	Goal	Average minutes per week	Average minutes per day
1 <sup>st</sup> Year Runners	49 Hours	245 (4:05)	35
2 <sup>nd</sup> Year Runners	63 Hours	315 (5:15)	45
3 <sup>rd</sup> Year Runners	77 Hours	385 (6:25)	55
4 <sup>th</sup> Year Runners	91 Hours	455 (7:35)	65

## Summer Running Incentives

Barring any major injuries to Coach Tigie, any runner that logs more mileage or more time running than him, will qualify to participate in an overnight incentive trip. Even if Coach Tigie's body breaks down on him, runners can still earn the incentive by meeting their time running goals (see the above table).

All mileage must be logged into the team running log found at [www.LonghornDistance.com](http://www.LonghornDistance.com). **Mileage must be added weekly or it will not count.**

## Running Logs

Athletes will be required to keep track of their training using either the team running log, which can be accessed when logging in to our website, [www.LonghornDistance.com](http://www.LonghornDistance.com); or by logging it through Strava.

You must be logged in before the link to the running log is visible on our website.

New this year is the ability to log your mileage through Strava by joining the Longhorn Distance Strava club at [www.Strava.com/clubs/LonghornDistance](http://www.Strava.com/clubs/LonghornDistance). Hopefully, this will make it much easier for those of you that have GPS watches to share your mileage with the team.

Runners should update their logs at least two times a week.