

## *A Guide to Cross Country at Lakeside*

*Updated January 2010*

### **Introduction**

What is Cross Country? First and foremost, cross-country is a team sport. Races involve teams of usually seven runners competing on a long distance course. In cross-country the low score wins. Team scores are determined by adding up the placements of a team's first 5 runners. In the event of a tie the placement of the 6<sup>th</sup> and if necessary the 7<sup>th</sup> runners are used. The 6<sup>th</sup> and 7<sup>th</sup> runners are also important because they can serve as displacers, pushing back the other teams' scoring runners. Every runner is important. Some races are won by teams running close together. 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 courses vary, but in many cases dirt, gravel, grass, hills, turns and trees combine to form an easy to follow route for the runners to compete. Course distances are generally 5K (3.1 miles).

Because the courses and conditions are so variable, there are no national, world, or Olympic records for this sport.

### **History of Lakeside Cross Country**

Lakeside has a long tradition of excellence in the sport of cross-country.

#### **Boys**

Since 1968, there have been 4 team state championships and 4 individual state champions. There have been 26 Varsity county team championships—including the last 15 years in a row, and 10 Varsity individual county champions. There have been 7 JV county team championships with several individual county JV champions.

#### **Girls**

Since 1975, even though they haven't won a state championship, the girls have had several high finishes. From 2000-2005 the girls finished 2<sup>nd</sup> in State, in 2005 they finished 4<sup>th</sup> and in 2009 they had a third place finish. There have been 2 individual state champions. There have been 14 Varsity county team championships and 9 Varsity individual county champions. There have been 5 JV county team championships with several individual champions.

Since 1968, the LHSCC Boys have placed in the Top 10 in 28 State championships and the Girls have placed in the Top 10 in 19 State championships.

## **General Information**

### ***Coaches contact information***

Head Coach Rick Barbe

[richard\\_e\\_barbe@fc.dekalb.k12.ga.us](mailto:richard_e_barbe@fc.dekalb.k12.ga.us)

404 – 321 - 3068

Asst Coach Abdi Wasame Isak

### ***2010 LHSCC Captains***

#### **Boys**

##### Sr. Captains:

John Ewing

Charlie Clark

##### Jr. Captains:

TBA

#### **Girls**

##### Sr. Captains:

Andrea Thomas

Meg Macuiba

##### Jr. Captains:

TBA

**We have a team website:** [www.lakesidexc.org](http://www.lakesidexc.org). This is a place where you can get up-to-the-minute information about the team, check out the latest pictures from meets, find the season schedule, directions to all meets and practice sites, meet results and times, and find links to other pertinent sites. Check the website frequently for up-to-date cross country information.

## **Participation Requirements**

**It is the runner's responsibility to have a current physical on file.** He/she cannot participate in any organized practices or meets until this requirement is met. Physicals are good for one year from the date the doctor signs the form.

**To compete an athlete must have passed 5 out of 7 high school classes** during the semester prior to the season and be on track to graduate. Academics must remain an athlete's priority.

ALWAYS do your best, for that day. It doesn't matter if it is your best practice/meet ever or your worst practice/meet ever, as long as it is your best for that particular day.

**There are no short cuts** in cross-country as we try to encourage the enjoyment of running for all levels of athletes. However, LHSCC is a competitive sports team, not a jogging club. Team members must be dedicated to constant personal improvement and team participation. LHSCC's long history of stellar tradition and success is a result of dedication and hard work by all runners.

## **Training**

Practice sessions are scheduled by the coaches usually at school after dismissal from classes, from 3:45-5:45. Some practices might be scheduled early in the morning before school. Check the schedule and the web site [www.lakesidexc.org](http://www.lakesidexc.org) for specific details.

Practice runs are comprised of conditioning drills and runs of different distances through school neighborhoods. Occasionally, the athletes will be transported to an off-road course (e.g. Shamrock, Yellow River, Mercer, Emory). **Travel days are most often scheduled for Tuesdays and Thursdays. Volunteer drivers are needed for those days.**

Training sessions always begin with an appropriate warm-up and end with a cool-down focused on stretching and recovery from the workout. Icing is a key to the beginning of recovery. Cool down stretches and icing should be continued at home.

Training is always supervised by the cross-country coaching staff, assisted by upper-classmen and captains.

Coaches will alter training schedules as a result of weather (including temperatures), injuries, school events or at the direction of Lakeside administrators or officials of DeKalb County Schools. Practices are rarely cancelled. In the event of inclement weather, practice may be held inside the building after school.

## **Health**

Cross-country rarely sees any major or long-term injuries. Small nagging injuries can happen from time to time and if left alone can affect training and racing. Most injuries can be healed at home by stretching, massaging, icing and NSAID's such as ibuprofen. **Parents should be involved in any decisions about taking medicine.** The coaches should be kept informed about injuries and their treatment. The following guidelines will keep almost all injuries at bay:

1. **Follow the training program.** Runners who alter or vary the training schedule are putting themselves at risk for injury. The schedule is designed to create a slow and methodical mileage and effort buildup, with the goal of preparing the runner for the races to come.
2. **Wear proper footwear** and keep a running log. Old worn shoes are the easiest way to get an injury. Generally, shoes should last 300 to 500 miles. Some runners will wear them out sooner however so shoe condition should be monitored. A running log (can be as simple as mileage on a calendar) will be invaluable in keeping track of the age of a runner's shoes and of his/her training progress.
3. **Report injuries to the coaches immediately.**
4. **Seek medical help promptly.** If a runner, parent or coach believes the injury is severe enough to see a doctor, do not delay. The quicker a runner can get on a treatment plan the better.
5. Runners should think twice about participating in sports or other activities during the cross-country season that might put them at risk of getting injured. Every runner is important to the team – if you get injured skateboarding and cannot run in the next meet you are also letting your team members down.

6. **Good nutrition is also important** to help avoid injuries. Hydration keeps muscles, ligaments and tendons lubricated and healthy. Balanced meals keep the “engine” running and will help avoid injuries that come from tired falls or trips at the end of hard practices. Runners should rest well prior to race day. Eating properly is important. Light, easy to digest foods are best in small portions. Hydrate often with water. No milk, carbonated or acidic liquids are recommended.

## **Races**

Cross-country meets are normally scheduled after school during the week and on Saturday mornings. Meets may last a few hours or all day, depending on the organization and number of entries. Please **check the schedule for specific meet locations and times**.

Transportation to and from meets will be provided in most instances.

Runners who ride with the team on DeKalb County School busses **MUST** return to Lakeside with the team. Parents will **NOT** be allowed to take individual runners home directly from the meets.

Races are usually divided by divisions:

V Boys - Varsity Boys

V Girls - Varsity Girls

JV Boys - Junior Varsity Boys

JV Girls - Junior Varsity Girls

Some races will have an “Open” race where time is kept but scores (placements) are not. Open races usually do not have limits in the number of competing runners.

It is important (and required by the State) that the Lakeside Cross Country Team be consistent in their uniforms. **Uniforms** are subsidized by the County and the Booster Club. Team t-shirts are provided by the booster club memberships. There are rules about how a uniform is worn during races. No jewelry (except a watch) is allowed, including necklaces, bracelets and earrings.

**Shoes are the most important component of the athlete’s uniform.** Cross-country "spikes" are recommended for races and running shoes for practices. Please consult with a professional salesperson to select footwear for your athlete. A good running store salesperson can analyze your stride and pick the best shoe for you. In addition, some running stores such as **Phidippides and Big Peach** offer high school cross-country runners substantial discounts on footwear and clothing.

All runners should maintain a **“Runners’ Bag”**. This should always include:

Running shoes (and/or racing cleats and extra spikes), 2 pair of socks, running shorts and t-shirt and/or race uniform, a tennis ball, a plastic bag (for ice), and a towel. Additional personal equipment should also be included. Don’t forget to include all medications as appropriate.

**Snacks** at meets are provided by parent volunteers. They consist of: bananas, grapes, sliced oranges, apples, bagels, peanut butter, pretzels, granola bars, and animal crackers.

**Race Day:** Parents, the first time you see your athlete after a race may be frightening. They have rubber legs, some are panting and gasping for air, their faces may be red and their eyes glassy. They may be nauseated and appear as if they may faint. These symptoms usually pass quickly. Trained medical personnel are on site at most meets and are available for assistance. Give the athlete space! They are not ready to talk yet. They have responsibilities to the team and the coaching staff. They must complete their cool down routines. When they are ready to talk, they will come to you.

Cross Country is not a 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 "spots" and remember that cheering for all Lakeside athletes is encouraged. With judicious movement, you can often see your favorite runners many times at different course locations. Cross-country spectating can be as exhausting as racing.

## **Definitions:**

**Invitational:** A cross-country meet where multiple teams from a variety of classifications and regions participate

**The Gun** is how a race begins

**PR:** Personal Record. A record set by each athlete on a timed course. The goal is to continually improve a PR.

**Splits:** The separate time for an interval of a race. For example, there are 2 "mile splits" in a typical XC race

**Chute:** Roped off area at the finish line through which the athletes are directed in order to get their place cards.

**Timing Chips:** electronic timing devices attached to runners' shoes

**Place:** Where the athlete finishes the race relative to all of the other athletes.

**Position:** Where the athlete finishes the race relative to the other athletes on his/her team.

**Quality Days** are training days focused on specific skills, such as speed or hills. These days are typically the toughest training days and are not consecutive. They are usually only two days a week.

**Race pace** is the target pace for runners during a race. This speed is also used to describe different training paces

**Tempo runs** are training segments in which are run at above race pace

**LSD:** (Don't be alarmed!) Long, slow distance, part of the training program.

**Fartlek ("Speed Play"):** a LSD with intermittent bursts of speed for short distances

**LQD:** Long, quality distance (similar to an LSD but at about 70-80% of race pace).

**Speed Days:** training days that focus on the speed elements of training

**Hill Days:** training days that focus on the elements of running hills

**XC:** A cool way to say Cross Country!

## **Team Rules**

1. All runners must adhere to all the rules and regulations set forth and agreed to in the DeKalb County Discipline Brochure as well as any specific cross-country team rules. These rules will apply both at school and away from school.
2. Classroom conduct must always be satisfactory.
3. Acceptable behavior and team participation is required during all LHSCC activities.
4. Athletes are expected to have regular/daily attendance at all team activities unless they are ill.
5. Other extra-curricular activities should not receive a higher priority than team membership. Schedule conflicts should be discussed with coaches prior to missed practices. The order of priorities during the season should be Home, School, Team.
6. Team conduct must always be based on a mutual respect for and from all team members. Disrespect of teachers, staff, coaches, team members or competitors will not be tolerated.
7. Complete all workouts as specified by coaches. Do not cut a workout short or exceed the workout given unless you are extremely hurt or have discussed prior options with the head coach.
8. Athletes are required to ride to and from practice and/or meets by transportation provided. If alternate means are necessary, prior approval from the head coach is required.

LHSCC complies with all directives of DeKalb County Athletics and the DeKalb County School Board.

Athlete behavior resulting in 2 or more violations of the team rules will be required to go before the **Team Leadership Council** which will consist of the Coaches, Captains (and a Booster Club representative if appropriate). Continued team participation by the athlete in violation will be determined by this Leadership Council.

*Lakeside High School runners represent the school, their team, their teammates, coaches and families. Team members are expected to conduct themselves within the high standards of Lakeside High School and its coaches at all times.*

## **Lettering**

Considerations for earning a Varsity Letter include, but are not limited to;

- must compete in at least 2 varsity races or be a senior with at least 2 years on the team
- compliance with all team expectations
- satisfactory progress in school (including discipline)

## **Booster Club**

The Lakeside Cross Country Booster Club supports the efforts of the Cross Country (XC) team by providing financial support and volunteer needs during the Cross Country season. The fee is \$150 for the first runner and \$100 for each additional runner. The money raised goes to the various expenses we have during the year such as: race entry fees, banquet awards and costs, coach recognition, equipment and t-shirts. Membership cannot be made mandatory for team participation but the booster club is dependent on the dues of each participating runner to meet the needs of the program.

## **Parent Volunteers**

One of the keys to a successful season is parents willing to help. Parent involvement is a valuable asset. We encourage everyone to sign up for one or more of the various committees at the first Booster Club meeting or contact any Booster Club officer at any time.

## **Spaghetti Dinners**

Parents and the Booster Club regularly sponsor “spaghetti dinners” for the teams on the Friday before races. These dinners are open to all participating team members are an important part of our fun, success and tradition. The dinners are hosted by parent/family volunteers.

## **The Banquet**

After the season, we will have a banquet to recognize the athletes and the terrific season they had. More details about the banquet will be provided during the season.

## **End of the Season Awards**

The Team votes on the end of the season awards. Team awards include:

**Top Performance** for Boys and Girls for 9<sup>th</sup>/10<sup>th</sup> grade and 11<sup>th</sup>/12<sup>th</sup> grades

**Most Improved Runner** for Boys and Girls for 9<sup>th</sup>/10<sup>th</sup> grades and 11<sup>th</sup>/12<sup>th</sup> grades

**“Giant Strides Award”** for the 1<sup>st</sup> year Boy and Girl runner (non-varsity) who make the biggest improvement in their running times

**Most Valuable Runner Award** for a single Boy and Girl

**Viking Award** for top student-athlete who best exemplifies the tradition of LHSCC

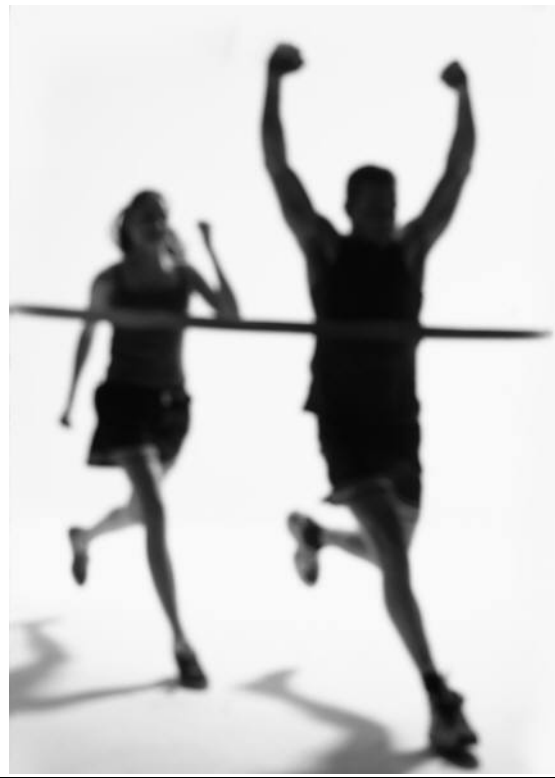
**Coaches’ award** for one boy and girl as determined by the coaches

**A Senior Select Award** is given to one boy and girl as voted on by the graduating seniors

**Senior Plaques** are also awarded to every graduating senior

## What parents should do...

1. Help monitor your child's success in school. This is a school team and participation is predicated on success in the classroom. Please alert Coach Barbe if you believe that your child's academic success is unsatisfactory.
2. Help monitor your child's health. Report any suspected injuries or problems to Coach Barbe.
3. Support your child's nutrition by having "training appropriate" foods available. Those foods would include carbohydrates and proteins as well as "good" fats. Specific runners' foods include bagels, oatmeal, raw fruits and vegetables, low fat meats, sports drinks etc.
4. It is recommended that every runner take a multi-vitamin.
5. Monitor your child's hydration. Runners should be drinking all day, not just before races or after practices.
6. Make sure your child has proper equipment, especially shoes.
7. Help your child make cross-country and training a priority. Try not to schedule after school appointments on "quality" training days.
8. Attend races as often as possible.
9. Join the LHSCC Booster Club and actively support everything they do!!
- 10. Celebrate your child's successes!!!**



## **Directions to meets:**

Clinton Nature Preserve (Early Bird Invitational):

Take I-20 West to Exit 30 (Post Rd.). Go south on Post Rd. Take the first right (Ephesus Church Rd.). Travel approximately 2-3 miles on Ephesus Church Rd. Clinton Nature Preserve will be on the right

Berry College (Clara Bowl Invitational):

Take I-75 N to Rome-Canton Exit 290 (formerly exit 125)

Take left off exit, drive 2.5 mi., then road ends at a light

Turn left, then take an immediate right onto Highway 41 North (to reach Highway 411)

Drive 2.8 mi., then take Highway 411 South exit (on right)

Drive 17.3 mi., then take right at light onto East Rome Bypass, also called Rome Loop 1 (sign reads "to Highway 293" because you will later pass Highway 293)

Drive 8.4 mi., then take right at light onto Martha Berry Highway (U.S. Highway 27 North). (you will see Oak Hill and The Martha Berry Museum at that intersection)

Drive 0.7 mi., then take left into Berry College main entrance

Shamrock Middle School:

From Lakeside parking lot turn right on Briarcliff. Go to Briarlake, turn right. Briarlake dead ends at LaVista, turn right. Go to 1<sup>st</sup> light, turn left onto Frasier Rd. Cross over RR tracks and turn right onto Lawrenceville Hwy. Take a right onto Harcourt Dr. Take a right at the end of Harcourt, the school will be on your left. Park in the parking lot next to the gym. Athletic fields will be behind the school.

Marist High School (Double Dip)

Take I-85 North to I-285 west. Take I-285 west to the Ashford Dunwoody Exit. Turn left on Ashford-Dunwoody Rd. Continue approx 2 miles. Entrance to Marist HS is on the right.

Or

From Lakeside High School, take slight right onto Briarcliff Rd NE and travel 0.7 miles.

Turn left onto Shallowford Rd and go 2.4 miles. Turn left onto Chamblee Tucker Road and go 1.7

miles. Turn left onto Peachtree Industrial Blvd/GA 141 and go 0.4 miles. Turn right onto Johnson Ferry Rd and go 0.9 miles. Take slight right onto Ashford Dunwoody Rd and travel 0.7 miles. Turn left into Marist driveway and park in parking lot on right.

Conyers Horse Park (Aubrae Gunderson Invitational):

Take I-20 East to Exit 82 (GA-138) towards Conyers. Turn left at the end of the ramp (GA-38/Stockbridge Hwy) Travel about 3.7 miles. Turn right onto Centennial Olympic Pkwy, go about 2.2 miles. The course is on your right.

Gainesville College (Coach Wood Invitational):

Take Interstate 85 North to Interstate 985 to Exit 16 (Highway 53/Oakwood), turn left at the bottom of the ramp and get into the far right lane. Turn right into the GC Campus at the third traffic light (Landrum Education Drive).

Carrollton, GA (Last Chance Invitational & State Meet):

From Atlanta, take I-20 west past Six Flags to exit 24, Carrollton/Villa Rica (GA-61/GA-101). Turn left at the end of the exit ramp toward Carrollton. Travel to the Carrollton city limits. Pass Ryan's Steak House on the right, immediately merge to the left lane. Turn left on the GA-166 By-Pass. Go 4 miles; pass under the US-27 Bridge. At the next light, turn right on Ben Scott Blvd. The parking lot is on the right.

## Directions to Practice Sites:

Emory Site (access to Lullwater, Presidential Park trail)

Turn left out of Lakeside High School parking lot onto Briarcliff Rd. Turn left onto Oak Grove Road. Turn right onto LaVista Road. Turn left onto Clairmont Road. Follow Clairmont to Starvine Way (first light past VA Hospital). Turn right onto Starvine Way. Follow Starvine Way. You will pass the parking garage on your left. Drive to "the gate" at Clifton School. Drop off runners at Clifton School. There is no parking or lingering in the Clifton School parking lot! The Clifton School is a preschool and this is the time of day when there is a lot of traffic with parent pick-up. We must respect their property if we want to be able to drop our runners off here.

After dropping runners, you may park in the parking deck which has open parking after 4:00 pm.

Runners will return to the parking deck at the top of the hill after their run to meet the drivers. (Do not drive to the Clifton School for pick-up).

Emory site (Druid Hills High School parking lot)

Turn left out of Lakeside High School parking lot onto Briarcliff Rd. Turn left onto Oak Grove Road.

Turn right onto LaVista Road. Turn left onto Clairmont Road and go 2.2 miles.

Turn right onto N. Decatur Road and go 0.5 miles. Take slight right onto Haygood Drive NE and park in front of Druid Hills School in the parking lot.

Shamrock Middle School:

From Lakeside parking lot turn left onto Briarcliff. Make a left onto Oak Grove Road. Turn left onto Fair Oaks, then take the first right onto Pangborn Circle. Cross LaVista (making the slight turn to the left and then an immediate right) to Pangborn Road. Turn right onto Country Squire Lane and follow that until it dead-ends. Make a left onto Country Squire Drive. At the dead end, you will be at Shamrock Middle School. Take a right onto Delcourt and park next to the fields.

OR

From Lakeside parking lot turn right on Briarcliff. Go to Briarlake, turn right. Briarlake dead ends at Lavista, turn right. Go to 1<sup>st</sup> light, turn left (Frasier Rd.). Cross over RR tracks and turn right onto Lawrenceville Hwy. Take a right onto Harcourt Dr. Take a right at the end of Harcourt, the school will be on your left. Park in the parking lot next to the gym. Athletic fields will be behind the school.

Marist High School (Double Dip)

Take I-85 North to I-285 west. Take I-285 west to the Ashford Dunwoody Exit. Turn left on Ashford-Dunwoody Rd. Continue approx 2 miles. Entrance to Marist HS is on the right.

Or

From Lakeside High School, take slight right onto Briarcliff Rd NE and travel 0.7 miles.

Turn left onto Shallowford Rd and go 2.4 miles. Turn left onto Chamblee Tucker Road and go 1.7 miles. Turn left onto Peachtree Industrial Blvd/GA 141 and go 0.4 miles. Turn right onto Johnson Ferry Rd and go 0.9 miles. Take slight right onto Ashford Dunwoody Rd and travel 0.7 miles. Turn left into Marist driveway and park in parking lot on right.

Mercer University:

From the Lakeside parking lot, turn right onto Briarcliff Road. Take a left onto Briarcliff Way, then left onto Henderson Mill Road. Follow Henderson Mill Road to Mercer Drive and turn left. Turn left onto Flowers Road. Go ½ mile. The Mercer course will be on your right.

### Yellow River

From LHS: Start out going NORTH on BRIARCLIFF RD NE 0.2 miles.

Turn RIGHT onto BRIARLAKE RD NE. 1.1 miles

Turn LEFT onto LAVISTA RD / GA-236. 1.3 miles

Merge onto I-285 S / GA-407 S. 2.0 miles

Merge onto US-78 E via EXIT 39B toward SNELLVILLE / ATHENS. 9.4 miles

Turn RIGHT onto E PARK PLACE BLVD SW. 0.1 miles

E PARK PLACE BLVD SW becomes ROCKBRIDGE RD SW. 1.2 miles

Stay STRAIGHT to go onto ANNISTOWN RD SW. 1.1 miles

Turn RIGHT onto JUHAN RD SW. 0.3 miles

Yellow River Regional Park entrance is on left about 0.6 miles

### Cochran Shoals on the Chattahoochee River

Take I-285 West. Take exit 22: Northside Drive, New Northside Drive, Powers Ferry Road.

Go right on New Northside Drive. Use "through" lane to pick up Interstate North Parkway.

Driveway will be .8 miles on the right after crossing the Chattahoochee.