

NHS Raiders Cross Country Information - 2016

Coach Contact Information:

Girls Team: Mimi Surratt
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Boys Team: David Cowart
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Facebook Page: <https://www.facebook.com/NHSRaiderXC/>

Remind101: To join, text the code @nhsxc111 to 81010 (it's free), OR you visit the link www.remind.com/join/nhsxc111,

In order to participate on the XC team, we ask for a \$50.00 donation. Each meet we attend costs the team money, so this will cover entry fees. If there is an issue with finances, please discuss it with a coach, and we will work with you.

T-shirts, shorts, hoodies, and sweat pants with the Navarre XC logo will be sold separately (not mandatory).

For all meets, we will provide runners with a jersey and shorts. If the athlete chooses, he/she can purchase his/her own SOLID, BLACK shorts. They must be solid! No logos, emblems, stripes, etc. (we can be disqualified if there is anything on the shorts).

Practice:

Cowart (Boys): Monday, Tuesday, Thursday, Friday – 3:30 – 4:45 @ the track

Surratt (Girls): Monday, Tuesday, Thursday – 6:15 – 7:30 @ the track

Wednesday – 6:00 m- 7:15 @ Navarre Beach

Everyone goes to Wednesday morning practice at the beach with Surratt.

Everyone goes to Friday afternoon practice with Cowart.

Expectations:

All absences must be noted in advance and must be excused. Runners may not miss practice/make up a practice for reasons such as having a head ache, over sleeping, being too tired, etc. If the absence is excused, he/she may make up ONE workout a week with the other coach (so if you miss a morning, you make it up in the afternoon. If you miss an afternoon, you make it up in the morning) If you miss two practices in one week, you will attend make up practices, but you will not participate in the next meet.

*Parents may contact the coaches for excusal by phone, e-mail, Facebook message, by leaving a message for the coach at the school or in the form of a written note. Coach Surratt is in room 368; students can stop by.

- Practice attire: runners will practice in clothing that is Navarre related. We're a team at practice, so we should look like a team. You can wear anything maroon, gray, black, or white; or anything with "Navarre" on it (this can include any club or sport t-shirts/shorts as well). I understand that it can be very hot outside, but girls must wear shirts for the duration of practice.
- Grades will be checked frequently. All athletes must maintain a 2.0 average for the semester in order to be eligible to run.
- Respect each other and coaches (no swearing, down talking, etc. will be tolerated)
- Saturdays/Sundays – the team is "off" except for meets. However, you should do something on your own or with a teammate (Run, Bike: ½ time, Swim, etc.) at least one of the two days.

Meets

- Bus leaves PROMPTLY at designated time and runners will receive an itinerary before each meet.
- ONLY PARENTS can sign child out and bring them home from away meets. Please let one of the coaches know ASAP if you need to make arrangements.

Students that attend a meet should bring:

- Approximately \$5-\$10 for a meal or may pack a meal; this will be for meets where we are required to travel and will be gone for an extended time.
- Sweats (as weather changes)/change of clothes for before/after. Wear Navarre High School colors as we wish to represent ourselves with PRIDE!
- Uniform shirt and black shorts
- Running Shoes
- Socks (2-3 pairs in case it is wet)
- Sunscreen (waterproof)
- WATER (preferred over sports drinks)
- Snacks (granola bars, crackers, sandwich)

Practice will start on Monday, August 8th. The students should be dressed in appropriate workout attire and will meet the coaches at the stadium, unless you are given other directions in advance. ***In order to participate on the first day, students must have a waiver, proof of insurance, and updated physical on file with the Athletic Department.*** If your child does not have these, please let a coach know immediately so that we can make sure that everything is completed before practice begins.

CC Lettering Policy

In order for an athlete to letter in the sport of cross country, they must:

1. Be in good standing and complete the entire season as a member of the team
2. Accrue 22 points during the season or be a scoring member of the district team.

a. Point System

Navarre #1= 6 points

Navarre #2 & 3= 5 points

Navarre #4 & 5= 4 points

Navarre #6 & 7= 3 points

Navarre #8-10= 2 points

All runners =1 point

- b. Any runner that finishes in the top 10 for Navarre in 50% of our scheduled meets will receive a 2 point bonus.

*Runners must be able to run a 5K in under 35:00 minutes before they will be allowed to compete in any meets. The top 7-10 athletes will be on the "Varsity Competition Team" and anyone else that is qualified to run after those top 10 will be a member of the JV team. Most meets have a separate JV meet which allows us to run more athletes, but some meets will be strictly varsity. Your athlete will be informed of which meets he/she will be running prior to the actual meet.

Scoring for meets:

Top 7 for each school place, add together 7 places, lowest score wins.

Example:

Gulf Breeze: 1, 3, 6, 15, 22, 78, 120 245 pts. (2nd)

Escambia: 2, 4, 5, 57, 60, 71, 72 271 pts. (3rd)

Navarre: 7, 8, 9, 10, 55, 62, 81 232 pts. (1st)