

**Northwood High School**

**2023**

**Cross Country Summer**

**Manual**



## Welcome

Welcome to the Northwood High School Cross Country program and congratulations on your decision to join the 2023 team. The entire coaching staff looks forward to working with you and helping you to develop your skills and abilities in this fantastic sport.

Cross Country is an individual-based team sport that provides unique opportunities for athletes to develop at a pace appropriate to that individual's physical abilities, emotional maturity, and level of social development. Within our team, we have room and the coaching expertise to accommodate not only those athletes that want to become the elite performers in league, CIF, and State competitions; but also those that wish to experience high school sports, become physically fit, and learn the skills to become future elite Cross Country performers.

The athletes on our past squads have valued the fun, excitement, and lessons learned during their time in Cross Country and field. They have used the discipline and self-confidence gained in this sport to succeed in the other aspects of their lives.

For more information please visit the Northwood Cross Country web page at:

[www.nhscrosscountry.org](http://www.nhscrosscountry.org)

### NORTHWOOD ATHLETICS CLEARANCE INSTRUCTIONS

Step-by-Step Instructions:

1. Open your web browser and type/click on <http://athleticclearance.com>

Watch the tutorial video which can help you along the way.

2. Next, create an account. Click on the “register” link to start an account and provide a valid email address and password. It’s important that you include a valid email address because you will have to verify your email address before you can begin any clearance.

3. Once you create an account you will verify your account by checking your email and clicking on the link (provided in your email). If the email doesn’t show up in your inbox, check your junk or spam folders.

4. After you click on the link (contained in your email), you will be able to start the clearance process by logging in.

5. Log in with your User Name and Password.

a) Click on the “New Clearance” or “Start Clearance Here”.

b) From there, enter in information for your student. Under “education history”, if you choose “other”, then you might need to fill out additional paperwork if your student has transferred from another school.

c) Please fill out the attached form and bring it to our athletics office.

d) At the bottom of the form, you will download your physical form.

e) The physical form is to be filled out by the physician who is conducting the physical. Physical forms are valid for 1 full year from the date of the exam. (Example: doctors’ physical exam performed on May 22, 2019, expires on May 22, 2020.)

f) Once completed, scan the physical form and upload it to your clearance account

- g) You must also upload a copy of your proof of medical insurance card
- h) If you do not have a scanner, you may simply take a picture of the form with your phone
- i) Email or save it to your computer and upload that way.
- ☐ The next step is filling out the medical history section by answering “yes” or “no” to the conditions that apply. If “yes”, you may be prompted to provide additional explanations.
- ☐ Step 3 is filling out the parent or guardian information. List any additional emergency contact information.
- ☐ Step 4 is the Signature Form(s) where you, as the parent/guardian, will need to read the form(s) (located on the right side of the screen) and type in your name on the line requesting an online signature indicating that you have read, understood, and will adhere to the corresponding text. You may also download a copy of the forms via the link below the text. There will be a section for the parent/guardian to fill out and also a section for the student.  
Make sure that you go over them with your student present and have him/her sign their section as well.
- ☐ You are not CLEARED to participate until all of the above steps are completed and verified by the school and you receive an email indicating the student athlete is cleared.

#### **Registration and Paperwork Check List Cont.**

In order to be allowed to train or compete the student-athlete must complete all of the following requirements.

##### ☐ Enrollment

Each student-athlete must be enrolled in the class. If his/her name is not on the official school roster then her/she must speak with his/her coach to make sure they are enrolled in the class

##### ☐ 2023 Cross Country Manual

Read and understand the 2023 Cross Country Manual (the “Manual”). By the Students participation in Cross Country the student and the parent agree to abide by the Manual.

##### ☐ Online Registration (one steps) Step one:

Online registration is required for each student-athlete. They may register by going online to <http://nhscrosscountry.org> and click onto “Online Registration” on the left side of the home page.

## **Northwood Cross Country Objectives**

The immediate and long-range objectives of the Northwood Cross Country program are:

1. To provide an enjoyable and fun experience for the student-athletes participating in the sport, while physically strengthening their bodies.
2. To provide the type of training that will enable each student-athlete to realize his/her maximum potential.
3. To provide the type of training and motivation that would produce league team championships, as well as individual league, CIF and State Champions.

As a member of the team the student-athlete should set their personal goals high and shoot for the top. They should depend on their achievements to pull the team through. They should expect to work hard if they want to perform well and do their best. Remember, there is no easy way. Their goals are the motivating forces that push them to their personal records and championship performances. If they are going to reach the championship level they will have to set both their goals and elevate their efforts to the championship level.

Our ultimate goal is to develop mature young adults while developing winners in the sport of Cross Country.

## **Summer XC Cost**

XC Athletic summer camp: \$285.00

## **Coaching Staff and Contacts**

The Northwood Cross Country coaching staff for 2023

Coach	Position	Email
Louis Muniz	Head Coach	LouisMuniz@iusd.org
Chloe Muller	Head Coach	LouisMuniz@iusd.org
Dorian Johnson	Head Coach	LouisMuniz@iusd.org
Megan Stuart	Head Coach	MeganStuart@iusd.org

## **Practice and Attendance**

Team practices are a very important part of our program. We do not give the athlete the option of coming to practice only when it is convenient or staying only as long as they wish. One of the lessons of life is that sacrifices must be made for the things that we make commitments to. Therefore, full participation in all practice is suggested. Practices will begin at 7AM each day and will finish between 9AM to 10AM. ALL STUDENT-ATHLETES ARE REQUIRED TO BE AT ALL PRACTICES AT ALL TIMES. Just as a student must attend the entirety of every class, so the athlete must attend the entirety of every practice.

For dental, medical, or other appointments, keep the above times in mind and do not schedule appointments during practice times.

If a truly rare emergency arises that will cause the athlete to miss practice then the athlete needs to communicate with the coach as soon as possible.

## **Transportation**

Student-athletes and their parents shall be responsible for transportation to and from all summer practices. Please set up carpools

## **Attire**

1. The athlete should wear cool comfortable athletic clothing
2. The athlete should wear shoes specially for long distance running
3. The athlete should wear a watch or garmin (GPS device)
4. The athlete should bring his/her own hydration bottle with water

## **Shoes**

The student-athlete must supply his/her own training and competition shoes. Running shoes are offered at local general sporting goods stores. However, Cross Country shoes tend to be a very specialized shoe, not sold in great supply or variety by these stores. Three specialty running shoe stores that typically stock a wide variety of both training shoes and Cross Country shoes in a wide price range are:

RoadRunner Sports Roadrunnersports.com  
13276 Jamboree  
Irvine, CA 92602  
(949) 418-1426

Additionally, shoes can be purchased on-line directly for various manufactures and suppliers.

The proper practice shoes can help prevent injury and can help a runner's performance. However don't go overboard, just because an athlete buys an expensive, elite shoe the shoe alone will not make them an elite runner.

### **Injuries**

When a student-athlete sustains an injury of any degree, they are to report it to Coach Muniz immediately. Based on training and experience, the student-athlete will be advised as to the action to be taken with the injury. If the injury needs to involve a professional, the coach will recommend that the team trainer examine the athlete. In the cases of minor injury where the student-athlete cannot complete the scheduled team workout the coach may assign an alternative workout tailored as to not stress the minor injury but still continuing the basic training goals.

### **Injuries (cont.)**

Common injuries and illnesses that could be prevented with the following precautions include:

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|----------------|---|
| Shin splints:  | Toe-towel exercises twice each night for 3-4 weeks, backwards running (4 x 50 meters daily), heel and Achilles stretches daily, calf raises daily, do as much of the running on soft surfaces or grass areas, good shoes.   |
| Knee soreness: | Change shoes every 300 miles or when worn down, run with proper form, do a lot of hamstring and quad curls in the weight room, do a lot of stretching, avoid running down hills very fast.  |
| Common colds:  | Bring sweats to practice (even on warm days) so that after workouts the hot body is protected from the cool breeze that always comes in the afternoon. Don't share water bottles with others, take lots of vitamin C, and eat balanced meals that include all of the basic food groups. |

## **Discipline**

As a student and as an athlete, individuals are expected to act responsibly in the classroom as well as on the practice field. The student-athlete represent not only themselves but they also represent their team, school, and community; so they should always act with respect, pride, and sportsmanship. If everyone acts responsibly and works hard, there will be no need for discipline. However, if someone acts irresponsibly, disciplinary action will be taken. Disciplinary actions may include but not be limited to:

1. Verbal warning,
2. Reduction of grade received for the class,
3. Suspension from one or more meets,
4. Suspension from one or more practices and meets,
5. Denial of letter award or certificate of participation,
6. Loss of awards voted or earned during or after the season, and
7. Remove from the team.

All Cross Country team members are expected to meet the following criteria or face disciplinary action:

1. Attend all practices that are scheduled for the team. Dental and other type of appointments can be made for after practice because practice will end between 9am and 10am.
2. Behave responsibly while attending practices.
3. Be a positive influence through the student-athlete's attitude, effort, and enthusiasm at practices. If the student-athlete cannot say positive things, do not say anything. Don't try to bring people down to a lower level but rather encourage them.
4. Use proper language (the same the student-athlete would use around the student-athlete's parents) at all times. The student-athlete needs to be a disciplined person in all facets of the student-athlete's life: school, athletic, and personal. Be strong all of the time. The student-athlete is a WINNER.
5. Take care and be responsible for the team equipment. We have the best equipment around and we need to keep it from being damaged and ruined. It is everybody's responsibility to care for the equipment of the entire Cross Country program.
6. No use of alcohol, drugs, or tobacco products will be tolerated. Anyone, regardless of age, found (by teachers, coaches, other students) to be using alcohol, drugs, or

tobacco products will be immediately suspended and a hearing will be held with the athlete, coach, athletic director and parents to determine whether that athlete will be allowed to continue with the team.

7. Hazing of students, fighting, and sexual harassments will not be tolerated. Any violation will result in the immediate removal of the athlete from participation in all athletic practices and contests during time of suspension. In addition, further consequences may be considered.

Most cross country team members are good, talented, and dedicated student-athletes trying to improve themselves in their running and help make the team successful. However, there might be a few "athletes" who demand attention and require stern disciplinary action. To emphasize: "No one above the team." The same action will be taken for any of the violators of any of the school or team rules. The student-athlete can help influence would-be violators to act responsibly or encourage them not to come out for the Northwood Cross Country Program.

## ***IMPORTANT SUMMER XC DATES***

***July 5th-July 29th*** *Five day a week Training*

***July 29th*** *Last Day of Summer Camp*

***July 31st*** *First Day of Fall XC*

***August 4th*** *3 Mile Time Trial*

***August 5th-12th*** *VARSITY MAMMOTH CAMP*

***August 21st*** *Afternoon Practice begins 3pm-530pm*

***August 24th*** *First Day of School*

***August 26th*** *First Race*