



Chapel Hill High School

Cross- Country 2018



Parent/Athlete Information



Directions to Various Locations:

Sweetwater Park

Chapel Hill rd. north to Anneawakee rd.
Right turn onto Anneawakee rd., continue until rd. deadends into Fairburn rd.
Left turn onto Fairburn rd. for approx. 2 miles
Right turn onto Mt. Vernon rd., continue for approx. 4-5 miles
Right turn into 1st entrance into Sweetwater Park (go through ticket booth)
Continue until deadend.

Boundary Waters

Chapel Hill rd. south to hwy 166
Left turn on hwy 166, continue on 166 for approx. 2 miles
Left turn onto hwy 92, continue for approx. 1 mile
Right turn into entrance of Boundary Waters (Aquatic center is in front of Boundary Waters area)

Cochran Mill:

Chapel Hill rd. south to hwy 166
Left on hwy 166 (approx. 4 mile) to hwy 92
Bear right onto 92-go approx 1 mile on 92
Right turn at 4 way stop onto Cascade/Palmetto hwy ("Charlie's convenience store" is on the corner of this intersection!)
continue on Cascade/Palmetto hwy for approx. 4 miles
Right turn onto South Fulton Pkwy for 200 meters
Right turn onto Rivertown rd., continue for approx. 2 miles
Left turn onto Cochran Mill rd. @ intersection, continue on Cochran Mill rd. for approx. 1 mile
Right turn into Cochran Mill Park entrance

Clinton Farms

Chapel Hill rd. north to Dorsett Shoals rd.
Left turn onto Dorsett Shoals rd.
Left turn onto Hwy 5, continue for approximately 100 meters
Sharp right turn onto Pool rd.
Continue on Pool rd. and cross Post rd.
Right turn onto Ephesus Church rd.
Left turn onto Clinton rd. at park entrance

****Alternate route:**

I-20 west to Post rd.
Left turn onto Post rd. continue for approx. 2 miles
Right turn onto Ephesus Church rd. for approx. 2 miles
Right turn onto Clinton rd into park entrance.

Carrollton High School

Chapel Hill rd. South to HWY 166
Right onto HWY 166 to HWY 166/61
Left onto 166/61
Left at HWY 166 Bypass (onto bypass)
Right onto Stadium Dr.



Dear Parents,

The Chapel Hill Coaching Staff would like to welcome all of you to our family. The coach has been hard at work all summer preparing for the upcoming season. I am very excited about our team this year and hope that all of the hours spent this summer working out, running, and attending camps will bring new and exciting victories and times to our runners. A large portion of our team worked out together several times a week.

You may ask why all of this hard work during a time when most kids and teachers are relaxing?

It is the belief of our coaching staff, and many of our runners, that success in life (or on the course) comes to those who have practiced, prepared, and are determined. It is that philosophy that has led us to great success over the years, and hopefully in the years to come.

Cross-Country, as many of you know, is a grueling sport. There are no time outs, huddles, or water breaks. A runner must run 3.1 miles (5K) as fast as he/she can for a personal record or a team placement. It is an event that tests the runner, both physically and mentally. It is as one writer wrote... "A race of peaks and valleys that will test one's will, heart, and determination much like life itself. It is that difficult, that simple."

In order to be a good runner, one must be willing to endure a little bit of pain and become a disciplined person. The coach will be with you 10% of the time. It is the 90% you must train on your own that will determine your destiny. One can train as little or as hard as she/he chooses.

So each year we gather our runners together and encourage them to set goals, train hard, and have fun. We hope that during our months together our runners are not only learning about this great sport, but also about reaching to do their very best and believe in themselves. We are teaching them about some of life's greatest lessons while coaching. We hope that each of you will find this sport a great experience and adventure. We encourage each and every one of you to join us at practice and races. Who knows, maybe the running bug will bite you too...

Happy Trails

Cross Country Information

Chapel Hill High School
chapelhillxc@gmail.com

Head Coach Kelly Williams (Cell: 770-597-9778)

Eligibility:

A physical must be turned in BEFORE your 1st day of practice. You may not participate unless this is done. Forms are available in the main office. You must be academically eligible (as indicated in the student handbook).

Attendance:

During the season, a WRITTEN parent excuse or physician's excuse (injury, illness, or Family emergency) must accompany any absence, tardy, or early dismissal. Otherwise such incidents may be considered an unexcused absence. As indicated in the discipline policy, accumulated unexcused absences or tardies can result in a suspension. If you know that you will be missing a practice or competition, personally notify a coach as soon as possible. Runners are expected to report to meets at least 1 hour prior to the start. If you are late, we will select a teammate to compete in your place.

Conduct:

Cross country runners are known for their good sportsmanship and character. Do not do anything that might dishonor your team or school. Dishonorable behaviors include: obscene language or gestures, tardiness, skipping, deceit, cheating, insubordination, failure to help with work, failure to support teammate, and failure to fulfill responsibilities. Punishments may include clean up detail, suspension, and/or expulsion from the team. Athletes that serve ISS days as school punishment may not attend practices or meets on those ISS days and they may not participate in the subsequent scheduled meet. See discipline policy sheet for more information.

Grades:

Cross country runners are mentally tough in athletic / academic competition and have a reputation for excellent time management and classroom achievement. Your grades will be monitored carefully. You will be suspended from competition if your grade slips below a 70% average in any class.

Lettering:

The following times must be matched or bettered during the season competition:

	Men	Ladies
Fresh/Soph	19:00	22:45
Junior	18:30	21:30
Senior	18:15	20:20

Varsity Status:

Varsity runners are selected on a meet-by-meet basis. Factors that are considered included; the number of varsity slots available at a given meet, time rankings and the judgment of the coach. Occasionally, an athlete may be selected over another because of injuries, practice attendance, projected performance, grades, or behavior issues.

Mileage:

Varsity boys are expected to run a minimum of 50 miles per week. Girls are expected to run 40 miles per week. The team workouts will be structured to account for 30 – 40 miles per week. You are expected to run additional miles on your own. Elite college runners typically run more than 60 miles per week.

Things to bring to meets & Practices:

You MUST bring a sports watch & drink bottle (with your name on it) to every practice and meet. A high protein/high carbohydrate snack, towel, cell phone, and a little “emergency” money are also recommended.

Injury Prevention:

The best way to prevent injury is to increase the intensity and mileage of your training gradually. Ideally, you should build up to 40 miles per week during the summer. This base will prepare your body for our season training program. A well balanced diet, proper hydration, plenty of sleep, wise use of rest days for healing / recovery, good training shoes (with heel lifts/arch supports/orthotics if necessary), proper stretching, and a light weight lifting program are other ways to reduce injury risks. These strategies will be covered throughout the season, but you may contact a coach if you need more details.

*** You are not expected to train while injured. Consult your coaches, parents, and / or medical provider to decide how to modify your training ASAP. The same goes for other medical conditions or special medicine requirements.*

Race Day Rituals:

1. Drink well in advance of the race. (You lose water while you sleep!)
2. Eat a carb rich snack 2-4 hours prior to the race. (Nothing that upsets your stomach!)
3. A sports drink 30 – 60 minutes prior to the race may help but don't go to the starting line with "slosh belly".
4. Arrive at least 1 hour prior to the start of the race. See Coach Williams or other coaches about issues that affect the race.
5. Warm up: 10 minute jog, dynamic stretching, team huddle and strides.
6. Race!
7. Cool down with 15-20 minute jog, cheer on teammates.
8. Deep stretching. Each stretch held for minimum of 10 seconds.
9. Drink sports drink & eat a high protein snack within 30 minutes of finish.
10. During afternoon and evening: eat, hydrate, sleep well. Stretch before going to bed.

Transportation:

Many practices are held at off campus venues. It is each parent's responsibility to make transportation arrangements for their son/daughter. The coaches cannot be involved in these arrangements.

Anticipated Individual Expenses:

Athletic Activity Fee - \$175 due by September 1

Includes sweats and team shirt

Replacement Uniform - \$45 (if uniform is lost)

Other information/announcements can be found at www.chxcpanthers.com

Each Sunday evening an email with workouts and team information will be sent, please be sure you are checking your emails.

Chapel Hill Cross Country Discipline Policy

Behavior infractions will be dealt with at two levels; as minor offenses or major offenses. Note that these team policies are separate from school policies.

Minor Offenses – Examples include:

- Cheating during training (deviating from the training program without permission)
- Progress report grades below a B
- Minor offenses included in the CHHS student handbook
- Misbehaviors reported by faculty, staff or parents
- Unsafe behavior (non-life threatening)
- Disrespect toward coach, teammate, official, etc...
- Poor sportsmanship at meets (ex: offensive remarks to competitors, gloating, not shaking hands when offered, etc...)
- Failure to clean up / pick up after yourself
- Failure to support teammates (ex: laying under tent during races, not helping load/ unload equipment)
- Unexcused absence
- 2 unexcused tardies or early departure from practice (2 tardies = 1 absence)
- Failure to bring running kit, watch, labeled bottle to practice and meets
- Failure to turn in log, grade report, fund raising money, etc... by set deadlines

Consequences for minor offenses, typical sequence:

1st offense – extra duty and verbal reprimand

2nd offense – separate workout & extra duty & parent contact

3rd offense – suspension from meet & probation letter to parents and administration

4th offense – expulsion from team

Major offenses – Examples include:

- Major offenses as dictated by CHHS student handbook
- Assignment to ISS or OSS
- Dangerous behavior (life threatening) ex: driving in a dangerous or unsafe manor, driving passengers without parental/coach consent
- Offenses that violate GHSA rules ex: cursing, wearing jewelry, cheating at meets, performance enhancing drugs
- Offenses that violate civil law
- Misbehaviors that coaches judge to be *severely* damaging to team honor and/or performance
- Tardy, absent, or unprepared for meet
- A grade report with any grade below 70%

Consequences for major offenses, typical sequence:

1st offense – suspension from meet & probation letter to parents and administration

2nd offense – expulsion from team



CHAPEL HILL HIGH SCHOOL

CROSS COUNTRY RECORDS

TOP CROSS COUNTRY PERFORMANCES

Class Records	<u>Boys</u>	<u>Girls</u>
Senior	Taylor Lord - 14:43 (2008 @ Douglas County Championships)	Ashley Stovall - 18:38 (2008 @ Douglas County Championships)
Junior	Taylor Lord - 15:07 (2007 @ Region 5AAAA Meet)	Abbie Robinson - 18:40 (2006 @ Region 5AAAA Meet)
Sophomore	Taylor Lord - 15:41 (2006 @ Jesse Owens Classic)	Abbie Robinson - 18:59 (2005 @ Douglas County Meet)
Freshman	Taylor Lord - 15:57 (2005 @ Region 5AAAA Meet)	Gina Mellili - 19:00 (2008 @ Douglas County Championships)
Eighth Grade	Anthony Arredondo – 17:20@ 4AAAA Region Championships	Isabelle Perry – 23:00@ 4AAAA Region Championships

Top 40 Cross Country Runners

<u>Boys</u>		<u>Girls</u>	
1. Taylor Lord 14:43	21. Ryan Hudson 17:08	1. Ashley Stovall 18:38	21. Bethany Wright 20:37
2. Adonis Gaines 15:47	22. Ayin Ward 17:08	2. Abbie Robinson 18:40	22. Ashley Schwarz 20:42
3. Chase Eldredge 15:48	23. Justin Arnold 17:11	3. Gina Melilli 19:00	23. Allison Derringer 21:04
4. Chance Eldredge 15:48	24. Matt Disharoon 17:12	4. Ashton Lord 19:13	24. Danielle Hurley 21:15
5. Wade Voyles 15:48	25. Tyler Ellison 17:14	5. Nicole Melilli 19:17	25. Hannah Drosky 21:21
6. Wilson Moore 15:53	26. Kevin Adkins 17:17	6. Devin Waldron 19:25	26. Danielle Waxler 21:41
7. Jake Fulton 15:56	27. Tony Mann 17:17	7. Leah Derringer 19:29	27. Whitney Rowell 21:58
8. Travis Voyles 16:03	28. Chris Gilbert 17:20	8. Tara Fouts 19:45	28. Caroline Petty 22:03
9. Matt Townsend 16:07	29. Ronnie Paillant 17:24	9. Gabby Fulton 19:48	29. Virginia Poole 22:16
10. Alex Kerry 16:08	30. Mark Jenson 17:29	10. Hayley Drosky 19:56	30. Laura Kiernan 22:27
11 James Lee 16:20	31. Tyler Camp 17:38	11. Hope Kimberly 19:56	31. Haley Beaver 22:31
13. Zaven O'Bryant 16:25	32. Dequante Pearson 17:41	12. Kasey Eldredge 19:57	32. Katie Magrane 22:34
14. Eric Wright 16:32	33. Paul Lueck 17:41	13. Kayln Wolfe 20:01	33. Taylor Poltzer 22:39

16. David Lueck 16:39	34. Michael Jenson 17:45	14. Jessica Yawn 20:04	34. Rachael Sword 22:38
17. Blair O'Bryant 16:49	35. Jordan Herbert 17:45	15. Carlie Grubbs 20:07	35. Kristen Hood 22:53
18. Nick Wansley 16:53	36. Weldon Rohling 17:50	16. Brianne Lapierre 20:12	36. Ericka Long 22:54
19. Jason Baker 16:56	37. Tyler Gunnin 17:51	17. Kellie Wesson 20:14	37. Ellen Petty 22:59
20. Daniel Paillant 16:58	38. Paul Maloney 18:04	18. Jordan Raley 20:28	38. Isabelle Perry 23:00
21. Waylon Rohling 16:59	39. Donte' Foushee 18:04	19. Shannon Stevens 20:32	39. Avery Rains 23:10
20. Zack Wansley 17:03	40. Jeff Squires 18:05	20. Emily Burroughs 20:33	40. Lyndsey Nichols 23:10