

Westlake Girls Cross
Country



2009 Handbook

'09 Calendar

- **Important Dates**

- **6/4 – WHS Meeting**
- **6/14 – Begin Summer Running**
- **6/29 – First Captain's Practice @ Clague Park @ 9:00**
- **8/10 – Mandatory Practice Begins, Running Log Due**
- **8/19 – Picture Day @ 12:10**
- **8/20 – Alumni Run @ Clague Park @ 5:30**
- **8/26 – Schools Starts, First Practice @ WHS**
- **8/29 – First Meet @ LCCC**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

May	17	18	19	20 District Track Meet	21	22 District Track Meet	23
	24	25	26	27 Regional Track Meet	28	29 Regional Track Meet	30
June	31	1	2	3	4 WHS CC Meeting	5 State Track Meet	6 State Track Meet
	7 Off	8 Off	9 Off	10 Off	11 Off	12 Off	13 Off
	14 Begin Summer Running, Run 5 Times Per Week	15 Begin Summer Running	16 Begin Summer Running	17 Begin Summer Running	18 Begin Summer Running	19 Begin Summer Running	20 Begin Summer Running
	21 Run 5 Times Per Week	22 Continue Summer Running	23 Continue Summer Running	24 Continue Summer Running	25 Continue Summer Running	26 Continue Summer Running	27 Continue Summer Running
	28 Run 5 Times Per Week	29 1 st Captain's Practice @ Clague Park @ 9:00	30 Continue Summer Running	1 Continue Summer Running	2 Continue Summer Running	3 Continue Summer Running	4 Continue Summer Running
	5 Run 5 Times Per Week	6 Captain's Practice @ 9:00	7 Run on Your Own	8 Captain's Practice @ 9:00	9 Run on Your Own	10 Captain's Practice @ 9:00	11 Run on Your Own
	12 Run 5 Times Per Week	13 Captain's Practice @ 9:00	14 Run on Your Own	15 Captain's Practice @ 9:00	16 Run on Your Own	17 Captain's Practice @ 9:00	18 Run on Your Own
	19 Run 5 Times Per Week	20 Captain's Practice @ 9:00	21 Run on Your Own	22 Captain's Practice @ 9:00	23 Run on Your Own	24 Captain's Practice @ 9:00	25 Run on Your Own
	26 Run 5 Times Per Week	27 Captain's Practice @ 9:00	28 Run on Your Own	29 Captain's Practice @ 9:00	30 Run on Your Own	31 Captain's Practice @ 9:00	1 Run on Your Own
	July						

August September October

2 Run 5 Times Per Week	3 Captain's Practice @ 9:00	4 Run on Your Own	5 Captain's Practice @ 9:00	6 Run on Your Own	7 Captain's Practice @ 9:00	8 Run on Your Own
9 Run 5 Times Per Week	10 Official Practice @ Clague Park @ 9:00, Turn in Running Log	11 Practice @ 9:00	12 Practice @ 9:00	13 Practice @ 9:00	14 Practice @ 9:00	15 Run on Your Own
16 Run 5 Times Per Week	17 Practice @ 9:00	18 Practice @ 9:00	19 Practice @ 9:00	20 Alumni Run @ Clague Park @ 5:30	21 Practice @ 9:00	22 Run on Your Own
23 Run 5 Times Per Week	24 Teacher Work Day Captain's Practice	25 Teacher Work Day Captain's Practice	26 Practice @ WHS @ 3:10	27 Practice @ 3:10	28 Meeting @ 2:35	29 SWC Preview @ LCCC
30 Day Off	31 Practice @ 3:10	1 Practice @ 3:10	2 Practice @ 3:10	3 Practice @ 3:10	4 Meeting @ 2:35	5 Early Bird @ LCCC
6 Day Off	7 Labor Day Captain's Practice	8 Practice @ 3:10	9 Practice @ 3:10	10 Practice @ 3:10	11 Meeting @ 2:35	12 Tiffin Carnival @ Tiffin
13 Day Off	14 Practice @ 3:10	15 Practice @ 3:10	16 Practice @ 3:10	17 Practice @ 3:10	18 Meeting @ 2:35	19 Lakota @ Fremont
20 Day Off	21 Practice @ 3:10	22 Practice @ 3:10	23 Practice @ 3:10	24 Practice @ 3:10	25 Meeting @ 2:35	26 Homecoming
27 Day Off	28 Practice @ 3:10	29 Practice @ 3:10	30 Practice @ 3:10	1 Practice @ 3:10	2 Meeting @ 2:35	3 Obenour @ Vermilion
4 Demon Run 5K (Run or Help)	5 Practice @ 3:10	6 Practice @ 3:10	7 Practice @ 3:10	8 Practice @ 3:10	9 Meeting @ 2:35	10 Medina @ Medina
11 Day Off	12 Practice @ 3:10	13 Practice @ 3:10	14 Practice @ 3:10	15 Practice @ 3:10	16 NEOEA DAY Captain's Practice	17 SWC @ LCCC
18 Day Off	19 Practice @ 3:10	20 Practice @ 3:10	21 Practice @ 3:10	22 Practice @ 3:10	23 Meeting @ 2:35	24 Districts @ LCCC
25 Day Off	26 Practice @ 3:10	27 Practice @ 3:10	28 Practice @ 3:10	29 Practice @ 3:10	30 Meeting @ 2:35	31 Regionals @ Tiffin

2009 Summer Running Schedule

8 Weeks Until Official Practice, 10 Weeks Until First Meet

Summer Running Schedule

- **Four Groups of Progression**
 - **New Runners**
 - **Goal: 4 times/week, 100 miles from 6/14-8/15**
 - **See page 5**
 - **Experienced Runners w/ Injuries**
 - **Goal: 4 times/week, 120 miles from 6/14-8/15**
 - **See page 6**
 - **Experienced Runners**
 - **Goal: 5 times/week, 150 miles from 6/14-8/15**
 - **See page 7**
 - **Veteran Runners:**
 - **Goal: 5 times/week, 180 miles from 6/14-8/15**
 - **See page 8**
- **Note: Runners *do not* have to achieve mileage listed above in order to run or make the team, but runners that do so will:**
 - **Set themselves up for a successful season**
 - **Avoid injuries**
 - **Earn 30 bonus points towards lettering**
- **Mapping Runs:**
 - **Map out your runs via the following website:**
 - **www.mapmyrun.com**
 - **Type in your address or the address you are running from; the next screen will show you a map of your address (the “X” is the address you typed in); in the upper right hand corner of your map, click on the arrow/triangle and place it at your starting location; then, click on the small dot next to the arrow/triangle and place that where you want to run by clicking on the map; fix any errors by clicking on “undo” or “clear all.” The lower right hand corner will have the mileage added up for the run you have chosen.**

Summer Running Schedule: New Runners

New runners include those coming up from LBMS, returning from injury, or running for the first time. Your three-week cycle will include 12 days of running per 21 day cycle with a gradual increase in mileage each cycle.

- **Goal: 100 Miles**
 - 100 miles may seem like a lot to start out, but if you begin gradually and slowly, you'll be able to meet your goal by the time mandatory practice begins in August.
 - Try to run four days a week. If you commit to this schedule consistently, then you can increase your mileage gradually and safely and be in good shape and injury free once the season starts.
 - Stay within the plan as best you can. If you feel you're not doing enough, *then add one day a week instead of adding more mileage per day.*

- **Running Schedule Per Week:**

Week	Dates	Days/Week	Running Mileage*	Miles/Cycle
1-3	6/14-7/4	4	2 miles x 4 days = 8 miles/week	24
4-6	7/5-7/25	4	3 miles x 4 days = 12 miles/week	36
7-9	7/26-8/15	4	4 miles x 4 days = 16 miles/week	48
Total	9 Weeks	36	108 miles in 36 (out of 63 possible) days of running	108

- **How should you run these miles?**
 - **Negative Split:**
 - One run per week should be faster at the end than at the beginning
 - Hint: Pick a "there-and-back" route and begin your run slow enough so that the last ½ is faster than first ½.
 - **LSD:**
 - Three runs per week should be a Long Slow Distance run
 - Hint: During this run, you could hold a conversation with someone you are running with. This is a comfortable, easy run that's approximately about 65-70% of your best.

Summer Running Schedule: Experienced Runners w/ Injuries

Experienced runners include those returning from last years' team, returning JV runners, or new runners who have run a large number of miles previously. However, runners in this group have also suffered some injuries or setbacks, so your mileage will be increased a bit more gradually than other returning runners. Your three-week cycle will include 12 days of running per 21 day cycle that will see a gradual build-up in mileage each cycle.

- **Goal: 120 Miles**
 - 120 miles may not seem like a lot, especially if you've run a lot in the past. Plus, your beginning runs may seem to short. However, keep in mind that your coming off of an injury, or that you're injury prone, so the point is to get you in shape safely instead of quickly, hoping that we can avoid the injuries that may have set you back in the past.
 - Try to commit to four days of running per week. If you can do this and do it consistently, you'll avoid major injuries while running enough to get into good shape for the start of the season.
- **Running Schedule Per Week:**

Week	Dates	Days/Week	Running Mileage*	Miles/Cycle
1-3	6/14-7/4	4	2.5 miles x 4 days = 10 miles/week	30
4-6	7/5-7/25	4	3.5 miles x 4 days = 14 miles/week	42
7-9	7/26-8/15	4	4.5 miles x 4 days = 18 miles/week	54
Total	9 Weeks	36	126 miles in 36 (out of 63 possible) days of running	126

- **How should you run these miles? After week 2, run the following:**
 - **Negative Split:**
 - Once per week, run the last half faster than the first half.
 - Hint: Pick a "there-and-back" route and begin your run slow enough so that the last ½ is faster than first ½.
 - **LSD:**
 - Three runs per week should be a long, slow, distance run.
 - **Speed:**
 - None yet.

Summer Running Schedule: Experienced Runners

Experienced runners who have logged miles in the past and are looking to run Varsity this season. Your three-week cycle will include 15 days of running per 21 day cycle that will see a gradual build-up in mileage each cycle.

- **Goal: 150 Miles**
 - 150 miles may seem like a lot, but remember that you're starting at low mileage and then gradually adding as time goes on.
 - The biggest difference for you this season is trying to commit to *five days of running per week*. If you can do this and do it consistently, you'll avoid major injuries while running enough to get into good shape for the start of the season.
 - You'll also do one session of speedwork in the last two cycles just to get your body used to racing conditions.
- **Running Schedule Per Week:**

Week	Dates	Days/Week	Running Mileage*	Miles/Cycle
1-3	6/14-7/4	5	-2.5 miles x 5 days = 12.5 miles/week	37.5
4-6	7/5-7/25	5	-3.5 miles x 5 days = 17.5 miles/week -Speedwork = 1 day of 200s during this cycle, equal to 3.5 miles	52.5
7-9	7/26-8/15	5	-4.5 miles x 5 days = 21.5 miles/week -Speedwork = 1 day of 200s or 400s during this cycle, equal to 4.5 miles	64.5
Total	9 Weeks	36	154.5 miles in 36 (out of 63 possible) days of running	154.5

- **How should you run these miles?**
 - **Negative Split:**
 - Twice per week, run faster during the last half of your run.
 - **LSD:**
 - Two to three runs per week should be long, slow, distance runs.
 - **Speed:**
 - Once every three weeks, run these on the track or on grass; run at our below your goal time for the mile or the 5K; give yourself 2-3 times your goal time in rest in between each one.
 - Once a week when not doing 400s, try and push the pace each mile/minute/etc. for some one of your shorter runs.

Summer Running Schedule: Veteran Runners

Veteran runners include Varsity runners returning from last years' team, returning JV runners who want to run Varsity, or new runners who have run a large number of miles previously. Your three-week cycle will include 15 days of running per 21 day cycle that will see a gradual build-up in mileage each week combined with a regular dose of speed-work.

- **Goal: 180 Miles**
 - Your first three weeks may seem easy, but remember that you're progressing slowly so that you'll be in top shape come September. If you want, you may try to run more efficient miles – shorter, perhaps, but faster – instead of LSD miles. Lastly, you'll incorporate a dose of speed-work during your cycle as well.

- **Running Schedule Per Week:**

Week	Dates	Days/Week	Running Mileage*	Miles/Cycle
1-3	6/14-7/4	5	-3 miles x 5 days = 15 miles/wk -Speedwork = None	45
4-6	7/5-7/25	5	-4 miles x 5 days = 20 miles/wk -Speedwork = 2 days of 200s or 400s during this cycle, equal to 4 miles	60
7-9	7/26-8/15	5	-5 miles x 5 days = 25 miles/wk -Speedwork = 2 days of 400s or 800s during this cycle, equal to 5 miles	75
Total	9 Weeks	36	180 miles in 36 (out of 63 possible) days of running	180

- **How should you run these miles?**
 - **Negative Split:**
 - Twice per week, run faster during the last half of your run.
 - **LSD:**
 - Two to three runs per week should be long, slow, distance runs.
 - **Speed:**
 - Once to twice every three weeks, run these on the track or on grass; run at or below your goal time for the mile or the 5K; give yourself 2-3 times your goal time in rest in between each one.
 - Once a week when not doing 400s, try and push the pace each mile/minute/etc. for some one of your shorter runs.

Summer Miles:

Summer Running Schedule

- **Four Groups of Progression**
 - New Runners
 - Goal: 4 times/week, 100 miles from 6/14-8/15
 - Experienced Runners w/ Injuries
 - Goal: 4 times/week, 120 miles from 6/14-8/15
 - Experienced Runners
 - Goal: 5 times/week, 150 miles from 6/14-8/15
 - Veteran Runners:
 - Goal: 5 times/week, 180 miles from 6/14-8/15

Returning Seniors:	Recommended Miles for Base Training*
Megan Boland	120
Brittany Daniels	120
Megan Davis	180
Natalie Halczuk	180
Dani Harriger	180
Sophia Kopasakis	180
Shelly Koski	120
Liz Leonard	150
Returning Juniors:	
Katherine Beaton	150
Alesha Beverly	180
Lindsay Krejci	120
Returning Sophomores:	
Megan Duffy	120
New Runners/Freshman:	
Incoming Freshman	100

**Runners who achieve their recommended miles prior to the first mandatory practice in August will receive 30 bonus points towards earning a Varsity letter*

Athlete Checklist

The following is a list of things to take care of before the season officially begins on MONDAY, **AUGUST 10th, 2009**:

1. PHYSICAL FORM.

Due the 1st day of practice.

No athlete is allowed to participate on a team until their parents have filled out all information included in this form, and obtained a physicians signature. This form is kept on file by the school. Do not wait to make your appointment.

2. TEAM EMERGENCY MEDICAL FORM.

Due the 1st day of practice.

Completed once a year, it must be signed by both you and your parents to participate. This form stays with your team at practice and at meets.

3. RUNNING LOG.

Due the 1st day of practice.

Filled out and signed by you, this verifies that you completed the recommended number of miles for your level prior to the start of official practice. Runners *do not* have to achieve their recommended mileage in order to run or make the team, but runners that do so will both set themselves up for a successful season as well as earn 30 bonus points towards lettering.

Team Rules

1. Attendance:

Each athlete is expected to attend all practices beginning August 4. If a valid reason for missing practice exists (illness or emergency), the athlete is expected notify the coach or captain(s) PERSONALLY prior to that practice.

- Coach's Home Number: 440-539-2658
- Coach's Room Number: 106
- Coach's Mailbox: Main Office

Missing practice without prior notice may result in the following disciplinary action.

- 1st Miss - Warning
- 2nd Miss - Removal from first meet
- 3rd Miss - Removal from squad

2. Punctuality:

Each athlete is expected to arrive to practice or competition on time and ready to run at 3:10. We will leave without you.

3. Athlete Conduct:

Team members are expected to follow all rules outlined by the OHSAA and included in the Westlake City Schools student-athlete code of conduct. Please be aware of the rules and consequences that are in the athletic code. As a representative of your school, you are to act with maturity and class both in the community and on the course. If you are unable to live up to the standards outlined above you will be dropped from the team.

4. Transportation to and from Competition:

OHSAA, Westlake City Schools, and team policy require that student-athlete transportation be provided by the school system. Under extenuating circumstances, an athlete by law can be allowed to leave with their legal guardian only, and only then with a written release.

Lettering: Earn 150 Points

To earn a Varsity letter, an athlete must accumulate 150 points during the course of the season. These points may be earned in several ways:

1. Completion of Summer Miles: 30 bonus pts

If an athlete completes their recommended number of miles for their level prior to the start of official practice in August, it is worth 30 bonus points.

2. Attendance on time at Practice: 1 pt each (64 Total)

There are 54 total practices and meetings prior to the District meet; each weekday practice and meeting is worth one point, while non-race weekend events (practices, team gatherings, etc.) are worth two points.

3. Attendance at Meets: 2 pts each (18 Total)

There are nine total meets during the season; each attended and completed meet is worth two points. This means staying until the entire team has completed their race.

4. Improvements in Best Time: 10 pts each time

Improvements in best time after the first meet. Each time an athlete improves over their previous best time of the season (after the first meet) it will add 10 points to their total.

5. Defeating SWC Opponents: 1 pt each

Defeating varsity SWC opponents. An athlete will earn one point for each varsity SWC opponent they defeat during the year.

6. All-SWC/District/Regional Team Member: Automatic Varsity Letter

An athlete who finishes All-SWC, All-District, or competes on the Regional or State Team will automatically earn a varsity letter.

7. *An athlete who either quits or is dropped from the team* for disciplinary reasons will forfeit any award they may have earned.

Mandatory Equipment

REQUIRED ITEMS: The following items are required at all practices and competitions. Athletes will not be allowed to run with the team unless they have these three items:

1. Appropriate clothes
(Running shorts, running socks, running shirt)
2. Running Shoes
(Second Sole in Rocky River, 440-895-1311 will give you a 10% discount)
3. Digital Watch that can take split times
(Available at K-mart, Drugmart, or Target for around \$10-20)

RECOMMENDED ITEMS: These items are not required, but are recommended:

1. Racing spikes
2. Water Bottle

Competition Rules

UNIFORMS

Cross Country competitors must wear school issued uniforms. Additional garments (spandex shorts or tights, short or long sleeve tops, athletic bras) must be solid BLACK and worn under the uniform.

ALL Jewelry items, including all finger, ear, nose, or belly rings, necklaces, bobby pins, hair clips, and bracelets, ARE **NOT** ALLOWED IN COMPETITION!!!

Digital watches may be used in competition, but **NOT** regular watches.

DISQUALIFICATION

Athletes may be disqualified for the following infractions:

- Uniform violations (Shorts rolled, shirt untucked, labels showing – i.e., Underarmor, uniforms all not the same, etc.)
- Failure to follow directions of meet personnel.
- Use of profanity.
- Impeding, interfering, or physical contact with a competitor.
- Failure to run the designated course (i.e., cutting)

RACE DISTANCES

The race distance for SWC and OHSAA competition is 3.1 miles or 5K.

RACE SCORING

The sum of the top 5 finishing places for each team represent the team scores. The low score wins. Teams with fewer than 5 runners are incomplete and their finishers are deleted from scoring. In the event of a tie, the 6th finishing place for each team determines the winner. Number 6 and 7 runners do not figure in a teams score, but as “displacers” they move runners from other teams back, increasing the opponents score.

DIVISIONS

Most high school cross country races have 2 divisions: Varsity and Junior Varsity/Open. Divisions are decided by this criterion:

- **Varsity:** The top 7 fastest athletes regardless of grade usually compete in this division. Invitational and post season competition limits team size to 7 runners.
- **Junior Varsity:** Athletes not in the top 7 on the team compete in this division.

PRE-SEASON

- OHSSA rules mandate that fall athletic coaches are given only 8-10 “contact” days prior to the official beginning of the season. Due to these rules, athletes will be expected to run and organize most of the practices held during the pre-season. Upperclassmen athletes that anticipate earning captain status are expected to run and organize these practices.

POST-SEASON COMPETITION

- **Varsity:** Teams automatically qualify for the SWC and NEO District meets. Teams finishing in the top 4 at the District meet advance to the Regional. Individuals not on a qualifying team advance if they are in the top 16 places. Teams finishing in the top 4 at the Regional meet advance to the State. Individuals not on a qualifying team again advance if they are in the top 16 places.
- **Junior Varsity:** Junior Varsity teams automatically qualify for the SWC Meet and may run in the District open meet if they wish.

Coach

Travis Haselswerdt

Contact Info: 440-539-2658; haselswerdt@wlake.org

Haselswerdt started coaching in 2002 at Lee Burneson Middle School, and has been with the Westlake High School Girls Cross Country program since 2003. During the same time, he has also worked as an assistant coach on the WHS Girls Track & Field team.

A California native, Haselswerdt was a member of the 1993-1994 Baldwin-Wallace College Indoor and Outdoor Track & Field team and later graduated in 1997 with a B.A. in History. In 1999 he earned his M.A. in History from the University of Cincinnati and two years later his Licensure from Cleveland State University before joining the Westlake City Schools in 2001. He currently teaches American History and Economics at Westlake High School.

Captains

Megan Davis

Contact Info: H (979-1708); C (440-429-6501); E (ziglazoo230@sbcglobal.net)

A two-time letter winner in cross country, Megan has run Varsity her entire career while earning SWC Honorable Mention status last season. An All-SWC track athlete and Regional Qualifier, Megan will be counted on to lead the team on the course during her senior season.

Shelly Koski

Contact Info: H (899-6056); C (440-773-9357); E (xcountrycrzy8z@aol.com)

A three-time letter winner and a four year member of the cross country team, Shelly's career has been an illustration of toughness as she has always run with heart and determination despite numerous injuries throughout her career. Entering her senior season, her heart and determination will be counted on to lead the team, especially the JV team, during the year.

Website

Team results, meet directions, athlete biographies, team history and records, as well as other information may be found at the following website address:

www.wlake.org/whs/crosscountry

Running Log (Due the first day of official practice, August 10th)

Athlete's Recommended Summer Miles:

Date	Miles	Parental Signature
6/15 Monday		
6/16 Tuesday		
6/17 Wednesday		
6/18 Thursday		
6/19 Friday		
6/20 Saturday		
6/21 Sunday		
Weekly Total		

Date	Miles	Parental Signature
6/22 Monday		
6/23 Tuesday		
6/24 Wednesday		
6/25 Thursday		
6/26 Friday		
6/27 Saturday		
6/28 Sunday		
Weekly Total		

Date	Miles	Parental Signature
6/29 Monday		
6/30 Tuesday		
6/31 Wednesday		
7/1 Thursday		
7/2 Friday		
7/3 Saturday		
7/4 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/5 Monday		
7/6 Tuesday		
7/7 Wednesday		
7/8 Thursday		
7/9 Friday		
7/10 Saturday		
7/11 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/12 Monday		
7/13 Tuesday		
7/14 Wednesday		
7/15 Thursday		
7/16 Friday		
7/17 Saturday		
7/18 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/19 Monday		
7/20 Tuesday		
7/21 Wednesday		
7/22 Thursday		
7/23 Friday		
7/24 Saturday		
7/25 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/26 Monday		
7/27 Tuesday		
7/28 Wednesday		
7/29 Thursday		
7/30 Friday		
8/1 Saturday		
8/2 Sunday		
Weekly Total		

Date	Miles	Parental Signature
8/3 Monday		
8/4 Tuesday		
8/5 Wednesday		
8/6 Thursday		
8/7 Friday		
8/8 Saturday		
8/9 Sunday		
Weekly Total		

Summer Total	
--------------	--