

Westlake Girls Cross
Country



2011 Handbook

www.wlake.org/whs/crosscountry

2011 Calendar

• **Important Dates**

- **5/26 – WHS Meeting**
- **6/13 – Begin Summer Running**
- **6/20-7/1– Coach’s Practice @ Huntington Beach (near Honey Hut) & Rec Center (near playground) @ 9:00**
- **7/6 – First Captain’s Practice @ Cahoon Park @ 9:00**
- **8/8 – Mandatory Practice Begins, Running Log Due**
- **8/11 – Alumni Run @ Clague Park @ 5:30**
- **8/19 – Picture Day @ 12:10 @ WHS**
- **8/22 & 23 – Captain’s Practice**
- **8/24 – Schools Starts, First Practice @ WHS**
- **8/27 – First Meet @ LCCC**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

May	15	16	17	18 District Track Meet	19	20 District Track Meet	21
	22	23	24 LBMS Meeting	25 Regional Track Meet	26 WHS Meeting	27 Regional Track Meet	28
June	29	30	31	1	2	3 State Track Meet	4 State Track Meet
	5	6	7	8	9	10	11
	12	13 Begin Summer Training	14	15	16	17	18
July	19	20 Coach’s Practice @ Huntington Beach @ 9am	21 Coach’s Practice @ Rec Center	22 Coach’s Practice @ Huntington Beach	23 Coach’s Practice @ Rec Center	24 Coach’s Practice @ Huntington Beach	25
	26	27 Coach’s Practice @ Huntington Beach	28 Coach’s Practice @ Rec Center	29 Coach’s Practice @ Huntington Beach	30 Coach’s Practice @ Rec Center	1 Coach’s Practice @ Huntington Beach	2
	3	4	5	6 Captain’s Practice @ Cahoon Park	7	8 Captain’s Practice @ Cahoon Park	9
	10	11 Captain’s Practice @ Cahoon Park	12	13 Captain’s Practice @ Cahoon Park	14	15 Captain’s Practice @ Cahoon Park	16
	17	18 Captain’s Practice @ Cahoon Park	19	20 Captain’s Practice @ Cahoon Park	21	22 Captain’s Practice @ Cahoon Park	23
	24	25 Captain’s Practice @ Cahoon Park	26	27 Captain’s Practice @ Cahoon Park	28	29 Captain’s Practice @ Cahoon Park	30

October September August

31	1 Captain's Practice @ Cahoon Park	2	3 Captain's Practice @ Cahoon Park	4	5 Captain's Practice @ Cahoon Park	6
7	8 First Official Day of Practice @ Clague Park	9 Mandatory Practice @ Clague Park	10 Mandatory Practice @ Clague Park	11 Alumni Run @ Clague Park @ 5:30	12 Mandatory Practice Running Log Due	13 Mandatory Practice TBD
14	15 Mandatory Practice @ Cahoon Park	16 Mandatory Practice @ Cahoon Park	17 Mandatory Practice @ Cahoon Park	18 Mandatory Practice @ Cahoon Park	19 Mandatory Practice @ Cahoon Park	20 Mandatory Practice TBD
21	22 Teacher Work Day Captain's Practice	23 Teacher Work Day Captain's Practice	24 Practice @ WHS @ 3:10 Rest of Season	25	26	27 SWC Preview @ LCCC
28	29	30	31	1	2	3 Orange Inv1 @ Orange
4	5 Labor Day No Practice	6	7	8	9	10 Tiffin Carnival @ Tiffin
11	12	13	14	15	16	17
18	19	20	21	22	23 Homecoming	24 Patriot Inv1 @ CCC Homecoming
25	26	27	28	29	30	1 Obenour Inv1 @ Vermilion
2	3	4	5	6	7	8 Wilhelm Inv1 @ LCCC
9	10	11	12	13	14	15 SWC @ LCCC
16	17	18	19	20	21	22 Districts @ Edgewater
23	24	25	26	27	28	29 Regionals @ Tiffin

Westlake Girls Mileage Guidelines

United States Olympic Committee Mileage Recommendations

YEAR	LEVEL	GIRLS
JR. HI.	I	20
FROSH	II	25
SOPH	III	30
JUNIOR	IV	35
SENIOR	V	40

Miles/Week#	1	2	3	4	5	6	7	8	9	10	11	12	Total
15	8	12	10	13	15	17	13	15	17	13	15	17	165
20	10	15	12	17	20	18	22	20	18	22	20	20	214
25	13	18	15	20	25	23	27	25	23	27	25	25	266
30	15	23	20	27	30	27	33	30	27	33	30	30	325
35	18	26	23	31	35	31	39	35	31	37	35	35	378
40	20	30	25	35	40	35	45	40	35	45	40	40	430
45	23	34	29	40	45	40	50	45	40	50	45	45	486
50	25	36	30	40	50	45	55	50	45	55	50	50	531

Mileage Structure:

- * Miles must only be counted over the 12 week period. Run only once a day!
- * The 12 weeks to be counted are the weeks from: 6/19 to 9/4
- * Miles should be accumulated over a 6 to 7 day training week. If you need a day of rest, take it.
- * The majority of your miles should be done with your teammates. It's easier to run with them than by yourself.
- * The training for the June and July will be aerobic conditioning. That means you will have to get your heart rate between 140-160 beats per min. To find your heart rate when you are running, stop and put your first 2 fingers on your carotid artery and count the # of beats for 6 seconds. Example: Count 14 beats and add a zero to the end = 140 beats per minute. A runner's watch is a good to have.
- * Run the number of miles that the guideline gives you for that week. Example: 50 miles - week #1 = 25 miles divided by 7 days = 3.5 miles per day.
- * You will earn 30 points towards your varsity letter based on whether or not you complete the miles at the level you are assigned to.

Returning Seniors:	Recommended Level for Base Training*
Megan Duffy	2*
Stephanie Freeman	3
Returning Juniors:	
Brittany Antognazzi	4
Teresa Blair	3
Christina Bowser	3
Stephanie Buza	4
Jacky Gardner	4
Amber Keller	4
Liz Kobe	1*
Nora Lee	3-4
Bridget Smik	3-4
Returning Sophomores:	
Quinn Galvin	3
Katherine Garruto	3
Sarah Hannibal	3
Grace Jenkins	5
Katherine Johnson	3
Lucia Keller	3
Maggie Kronz	1-2
Hannah McCarthy	3
Eleni Packis	3
Elizabeth Raiff	3
Ingrid Wagner	3
Jasmine Welch	2-3
New Runners:	
Incoming Freshman:	

**It is suggested that these runners cross train possibly ¼ of their recommended miles due to previous injuries*

***Runners who achieve their recommended miles prior to 9/12/11 will receive 30 bonus points towards earning a Varsity letter*

****Incoming freshman should talk to the coach to ensure they are running the proper miles*

2011 Summer Running Schedule

8 Weeks Until Official Practice – June 13-August 8

12 Weeks of Official Practice – August 8-October 29

Summer Running Schedule

- **Five groups of progression**
- **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**
 - **Set themselves up to avoid injuries**
 - **Set themselves up to 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.**

Cross Training

To ensure summer mileage, it is important that athletes run as much as possible. However, cross training can make up for some of the recommended mileage, especially if a runner is worried about injuries or wants to take a short break from running. Try to adhere to the following charts to equate cross training to summer mileage, and make sure you note such cross training efforts in your running log:

Biking

4 to 1 Ratio (so 4 miles of biking equals 1 mile of running)

Swimming

1 to 4 Ratio (so 1 mile of swimming equals 4 miles of running)

Athlete Checklist

The following is a list of things to take care of before the season officially begins on MONDAY, **AUGUST 8th, 2011:**

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.

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 (56 Total)

There are 56 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 (20 Total)

There are ten 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

Team Rules

1. Attendance:

Each athlete is expected to attend all practices beginning August 8th. If a valid reason for missing practice exists during this time (illness, emergency, family vacation), the athlete is expected notify the coach PERSONALLY prior to that practice – do not send messages with teammates.

- Coach's Cell 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:

1. Two excused absences in one week may result in your being ineligible to compete for that week.
2. Extended excused absences (more than 2 consecutive days) may result in your being ineligible to compete until the coach believes you are physically ready to compete safely.
3. One unexcused absence may result in your being ineligible to compete for that week.
4. Three unexcused absences during the season may result in dismissal from the team.
5. Unexcused absences from a meet may result in dismissal from the team.

Excused Absence must be one of the following:

1. A doctor or trainers limitation.
2. An excused absence from school for medical reasons.
3. Absences due to a family obligation or activity (advance notice recommend).
4. An absence due to a conflict of a school related activity with reasonable advance notice. Participation with a club team is NOT excused.
5. Always report planned absences with a brief note.

After August 9th, practice will be held Monday-Friday, from 9:00-11:00 either at Cahoon Park or Clague Park (check the calendar for details). During the school year, practice will be held Monday-Thursday, 3:10-5:00 at WHS. On Friday, team meetings will take place in Room 106 from 2:30-2:55.

Occasionally, mandatory Saturday or voluntary Sunday practices may occur at some points during the season as well.

2. Punctuality:

Each athlete is expected to arrive to practice or competition on time and ready to run at 3:00. Excessive tardiness may result in being withheld from competition or dismissal.

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.

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 and maintaining 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: haselswerdt@wlake.org

Haselswerdt started coaching in 2002 at Lee Burneson Middle School, and has been the head coach of 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, coaching distance, and since 2009 has headed the Westlake Girls Indoor 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 American and Chinese History from the University of Cincinnati and two years later his Education Licensure from Cleveland State University before joining the Westlake City Schools in 2001. He currently teaches American History and Economics at Westlake High School.

Upperclassmen Leaders

Megan Duffy

Liz Kobe

Nora Lee

Website

Parents and athletes are encouraged to visit the team website for 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

Special thanks to Amherst's Terry Kemp and Brecksville's Bob Schank for their aid in putting this booklet together.

Shin Splint Prevention Exercises

(Monday, Wednesday, Saturday)

Practice exercises:

1. Walk on heels (toes straight, out, in)
2. Walk on toes (straight, out, in)
3. Skip on heels (straight, out, in)
4. Skip on toes (straight, out, in)
5. Wall shin raises
 - a. Stand back to wall, heels foot away from wall, lean back
6. Flex ankles – keep heels on ground
 - a. Lower toes – but don't touch ground
 - b. Do 12 slowly, then 12 quickly (pulses)
7. Heel step-downs
 - a. Step forward with 1 foot, when heel contacts ground ball of foot should not descend more than an toward ground
 - b. Return to starting position, do each foot x 15
8. Dorsi-flex bounces (Russians, Ankling)
9. Dorsi-flex when foot is in air, plantar flex before landing

For further detail on these stretches, please visit:

<http://www.pponline.co.uk/encyc/0608b.htm>

Hip Exercises

(Tuesday, Thursday)

Bridging

Hip Extension, Lying

Adductor Squeeze

Hip Abduction, Lying

Hip Abduction, Standing

Straight Leg Raise

Hip Flexion

Body Squat

Lunges

For further detail on these stretches, please visit:

<http://www.physioadvisor.com.au/8118650/hip-strengthening-exercises-hip-rehabilitation-e.htm>

Running Log (Due August 12th)

Athlete's Recommended Summer Miles:

Date	Miles	Parental Signature
6/13 Monday		
6/14 Tuesday		
6/15 Wednesday		
6/16 Thursday		
6/17 Friday		
6/18 Saturday		
6/19 Sunday		
Weekly Total		

Date	Miles	Parental Signature
6/20 Monday		
6/21 Tuesday		
6/22 Wednesday		
6/23 Thursday		
6/24 Friday		
6/25 Saturday		
6/26 Sunday		
Weekly Total		

Date	Miles	Parental Signature
6/27 Monday		
6/28 Tuesday		
6/29 Wednesday		
6/30 Thursday		
7/1 Friday		
7/2 Saturday		
7/3 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/4 Monday		
7/5 Tuesday		
7/6 Wednesday		
7/7 Thursday		
7/8 Friday		
7/9 Saturday		
7/10 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/11 Monday		
7/12 Tuesday		
7/13 Wednesday		
7/14 Thursday		
7/15 Friday		
7/16 Saturday		
7/17 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/18 Monday		
7/19 Tuesday		
7/20 Wednesday		
7/21 Thursday		
7/22 Friday		
7/23 Saturday		
7/24 Sunday		
Weekly Total		

Date	Miles	Parental Signature
7/25 Monday		
7/26 Tuesday		
7/27 Wednesday		
7/28 Thursday		
7/29 Friday		
7/30 Saturday		
7/31 Sunday		
Weekly Total		

Date	Miles	Parental Signature
8/1 Monday		
8/2 Tuesday		
8/3 Wednesday		
8/4 Thursday		
8/5 Friday		
8/6 Saturday		
8/7 Sunday		
Weekly Total		

Summer Total		
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