

2016 SJP2 Cross County Information

Practices

Cross County practice is as follows:

- Monday and Wednesday at SJP2 from 3:30 to 5:30
We will utilize the school's running track to incorporate various drills to build stamina and increase speed.
- Thursday at Terry Hershey Park from 5:30 to 7:30 (see attached map)
The park provides us an opportunity to work on running hills and race tactics.

Meets

Cross County season runs from late August through October. Refer to the attached schedule, TeamSnap and the SJP2 athletic calendar for details.

Equipment

A runner's most important piece of equipment is his/hers running shoes. Brand and style is a personal choice. It is recommended that athletes run in shoes designed for running and not other sport specific shoes (i.e., basketball, soccer, tennis shoes). Cross country specific shoes (spikes) are not necessary. Most local running shoe stores (Luke's Locker) provide shoe fitting services. They can ensure the athlete gets the right shoe and the correct size.

Uniform

The school will provide running shorts and singlets to be worn at all cross country meets. If desired, runners can wear sport compression undergarments (shorts/shirts/bras) underneath their cross country uniforms. Please keep the colors of the undergarments to either white or black. Runners will need to bring their own running apparel to practice. It is highly recommended that athletes wear moisture wicking shirts/shorts to practice. Avoid wearing cotton shirts and shorts to practice. With the summer heat, cotton apparel quickly becomes a sweat sponge. Likewise, sweat soaked cotton apparel can cause chafing and blisters.

Hydration & Nutrition

It is critical that runners maintain proper hydration before, during and after each practice/meet. Proper hydration starts days before the event, not the day of. The athletes will be running in hot and humid conditions which lead to dehydration quickly. Dehydration can cause runners to feel discomfort and slow down performance.

At this age, the best choice for hydration is water. Most sport drinks contain a high level of sugar (56 grams) and are intended for athletes losing copious amounts of sweat over an extended period of hours. Athletes need to bring water to all practices and cross county meets.

Proper nutrition will result in strong performance and increase speed. To get the best in performance, endurance and recovery, the athletes will need to concentrate on not only what to eat but when to eat. What to eat – whole grain breads and pasta, protein (lean chicken or beef), fruits and vegetables. Avoid greasy fried foods before meets. Gastrointestinal issues and running do not provide for a good experience.

Depending on the athlete, a light snack might be necessary before practice. Apples, carrots, yogurt or energy bars are good choices. Avoid sending candy bars, sweets or other empty calories snacks that will only provide a sugar high and performance slump.

Parent Involvement

Your support of this program and the athletes are critical to the success of the team. Cross Country meets offer parents a unique opportunity to be near the action and provide much need positive encouragement to the all runners. During the race, spectators can move from point to point along the course to cheer the runners. Be careful to stay off the

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course and out of the runners' way. Parent volunteers are expected to help transport and set up the team tent and water coolers.

Off campus practice is another area where parent participation is needed. The team practices once a week at Terry Hershey Park. Parents will ensure the athletes' safety by monitoring the course.

Race Day Logistics

All meets run the boy's events separate from the girl's events. In addition, all meets are staged on a rolling schedule. This means that as soon as the first race is completed, the next race starts. It is important that athletes arrive 45 minutes before the scheduled start time. This will ensure that the runners have adequate time to properly warm up and stretch before the meet. In addition, it allows the team an opportunity to scout the course and become familiar with the terrain.

Please make every attempt to stay through the completion of all events. Our runners have responsibilities after the race. Once your child has completed their event they will go through a cool down process (light jog and stretching) with their teammates. It is also expected they will actively support their teammates that have yet to race.

Scoring

The first five runners from each team to cross the finish line receive the points that correspond to their place. The first place runner receives one point, the second place runner two, and so on. The team receiving the lowest score wins. Lowest possible score is 15 points: 1+2+3+4+5

The sixth and seventh runners on a team can also play an important role in the meet. These runners can displace scoring runners from the other team or act as a tie breaker. For example, last year's Lobo meet ended with St. John Paul II and Lanier Middle School girls tied at 43 points. However, our sixth runner, finished ahead of Lanier's sixth runner and two spots ahead of Lanier's fifth runner. Thus, the sixth place runner was instrumental in the overall scoring and clinching the victory for the team.

Course Design & Length

Course layout varies depending on the local geography. Most of our races will be contested on relatively flat courses. Surfaces usually consist of grass or dirt trails. A few races incorporate some asphalt and concrete surfaces. The following meets feature challenging terrain such as hills and tall grass - Chaves Lobo Invitational, St. Agnes' September Sizzler, Bellaire/St. Thomas Invitational and Faith West Hills XC Race. The shortest distance is 1 mile and the longest is 2 miles.

Team Communication

Updates about practice times, meet details and team rosters will be managed through the TeamSnap website and mobile app. Download the TeamSnap iPhone or Android app to access team information including weather cancellations, snack schedules and last-minute notifications. Athletes will also declare meet availability through TeamSnap.

Contact Info

Head Coach	Rodney Nabors	Cell 713-775-0060 renabors@swbell.net
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2016 SJP2 XC TENTATIVE MEET SCHEDULE

RACE	DATE	TIME*	DISTANCE	LOCATION	NOTES
Incarnate Word Academy	Saturday, August 27, 2016	9:45 AM	1 Mile	Houston Sports Park / 12131 Kirby Dr. Houston, TX 77045	Flat Fast Course
Cooper Dragon Invitational	Saturday, September 03, 2016	10:30 AM	1.5 Miles	Burroughs Park / 9738 Hufsmith Road, Tomball, TX 77375	2nd Place - Girls Team (Wooded Course)
Chavez Lobo Invitational	Saturday, September 10, 2016	8:00 AM	8th GR - 2 Miles 7th GR - 1.5 Miles	Cesar E. Chavez High School / 8501 Howard Drive, Houston, TX 77017	1st Place - 6th Grade Girls (MUD RUN)
St. Agnes' September Sizzler	Thursday, September 15, 2016	4:30 PM	1.5 Miles	St. Agnes Athletic Complex / 7611 Bellaire Blvd., Houston, TX 77036	2nd Place - 6th Grade Girls
SBS Soaring Eagle XC Race	Saturday, September 17, 2016	9:30 AM	2 Miles	Second Baptist Church West Campus / 19449 Katy Freeway, Houston, TX 77094	New Race for 2016
Concordia XC Middle School	Saturday, September 24, 2016	9:00 AM	1.5 Miles	Concordia Lutheran HS / 700 E. Main St. (FM 2920) Tomball, TX 77375	2nd Place - 6th Grade Girls
Bellaire/St. Thomas Invitational	Saturday, October 01, 2016	11:00 AM	3.2 km (2 Miles)	Willow Waterhole / 5300 Dryad Drive, Houston, TX 77035	Hilly Course
St Johns Maverick Ramble	Saturday, October 08, 2016	10:30 AM	3.2 km (2 Miles)	TC Jester Park / 4201 T C Jester Blvd, Houston, TX 77018	Large Meet - Over 15 Schools
Faith West Hills XC Race	Saturday, October 15, 2016	9:30 AM	3.2 km (2 Miles)	Mason Creek Park / 2500 Porter Rd. Katy, TX 77493	2nd Place - 6th Grade Girls (Hilly Course)
GHCAA Finals Cross Country	Thursday, October 20, 2016	3:30 PM	1.5 Miles	Sugar Land Memorial Park / 15300 University Blvd, Sugar Land, TX 77479	3rd Place Overall - Boys & Girls Team
5K - Run With The Saints	Saturday, October 29, 2016	8:00 AM	5 km	St. John Paul II School	Fun Run To Support A Great Cause

*TIMES ABOVE ARE TENTATIVE

CONTACT INFORMATION

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