

# Montrose Cross Country - Team Handbook

## Meet Day Expectations

- **Class Release:** Do not leave class before the release time. Your first job is to focus on your education. The race will come and go just as planned.
- **Departure Times:** Be on time > The bus will leave without you > Know what time we leave > Set an alarm > We all travel to the meet together on the bus > Arrive with your uniform on so you are ready for the meet when we arrive.
- **Arrival & Camp:** “Camp Group” (Athletes chosen to set camp for that meet) will set the tent and water up. All other athletes will wait at the tent for the coaching staff to return with meet instructions and bib numbers.
- **Post Arrival & Restrooms:** After camp is set up and instructions are given, athletes should use the restroom.
- **Reviewing the Course:** Athletes will walk the entire course together as a team. Make sure you know the location of the start and finish line.
- **Warm-up For The Race:** 40 minutes maximum for a warm-up.
  - Jog at least 1 mile > you need to raise your core body temp.
  - Keep your sweat top or long sleeve shirt on to maintain body temp.
  - Stretching > do our normal routine > do extra, if muscles are tight.
  - Form Drills > Walking, Skipping, High Knee Butt Kicks, Karaoke Quick Step & Long Step
- **Start Line:** Be on the line 10 minutes before your race > Leave your sweat top on > Find your starting box > 6 quick accelerations for at least 60 meters.
- **The Race:** This is why we train > Run with the hunger and determination of the wolf!
- **Finishing:** Don't save your best effort to the final 100 meters. Anyone can run 100 meters. It's the first 4900 meters that make a great race.
- **Cool Down:** All athletes are expected to jog a 15 minute cool down with your racing team. Wait for about 10 minutes after the race before you start.
- **Awards & Post Race:** While we are at the meet, be an encouragement to your team mates. No one leaves, until the meet is over and the awards are given out.
- **Parent / Guardian Sign Out:** All athletes riding home with their parents / guardians must sign out with a coach. Parents may sign their athlete out at any time, *but no one leaves until the meet is over and the awards are given out.*