

2018 Niceville High School Cross Country

Athlete Name: _____ Grade: _____

Please go to <http://bit.ly/2AVQKZp> to complete Emergency Contact Form

Team issued items (included with participation fee)...please circle sizes:

Short sleeve Team T-Shirt	S	M	L	XL
Long sleeve Team T-Shirt	S	M	L	XL
Singlet Uniform Top (MUST be returned at end of season or \$50 replacement fee)	S	M	L	XL
Running shorts (boys)/spandex (girls)	S	M	L	XL

Additional Items (not required)

Item	Size	Cost	#	Total
Short sleeve Team T-Shirt – white	S M L XL	\$15		
Long sleeve Team T-Shirt – white	S M L XL	\$20		
Black Adidas Sweat Pants	S M L XL	\$30		
Black Nike Jacket	S M L XL	\$51		
Gray Hoodie	S M L XL	\$25		
Large Duffel Bag		\$30		
Small Duffel Bag		\$27		
Name Embroidered on Bag _____		\$5		
		Total from Above		
Additional Disney Park Ticket – only one per family at this price		\$131	\$1	
		Participation fee		\$250
		Amount Due		

*The participation fee covers travel expenses, meet entry fees, uniforms, athlete care, summer training, and other sports costs.

Please make checks payable to Niceville High School.

2018 Niceville High School Cross Country

www.nhseaglecc.com

Head Coach	Jamie LaFollette	James.lafollette@mail.okaloosa.k12.fl.us	850-797-9220
Assistant Coach	Laura Hunt	lingmunt@gmail.com	469-337-7240
Team Coordinator	Deann Segars	desegars@yahoo.com	239-537-5741

“In it for the long run!”

This phrase is the backbone of the coaching philosophy for Niceville cross country. First, the long run is our most important workout each microcycle. It has immense physiological and psychological benefits. It strengthens the heart, increases oxygen carrying capacity, and stimulates mitochondria growth, amount other factors. However, being able to run for 60-100 minutes requires dedication, determination, and mental toughness, traits that are essential to being a good distance runner. Second, we are in it for the long run because we work from June through November for one goal, the State Finals. Third, being in it for the long run means that we believe in progression. A first year runner won't train like a 7th year runner. By following a progression we ensure that athletes are training appropriately, which helps minimize the chance of injury and burnout. Finally, we are a family and we support each other through the good times and the bad times.

Communication:

We need everyone to be on the Remind text message list.

To receive messages via text: Text @nhseaglecc to 81010

Or go to: <https://www.remind.com/join/nhseaglecc>

Practices:

Monday, Tuesday, Thursday, Friday 2:15 – 4:15

Wednesday 2:45 – 4:45

After Labor Day, practice will start late every Wednesday so that the athletes have a designated day to get extra help from their teachers. Please try and schedule this time to get help from teachers, make up missed tests, etc to minimize missed practice. Athletes who do not need extra help are to report to Coach LaFollette's room (506) for study hall from 2:00 – 2:30.

Please meet under the cafeteria pavilion dressed and ready to roll.

Attendance is expected at every practice. While we do not have a formal absence policy, if you are not coming to practice you will not race. If you **MUST** miss practice, please notify Coach LaFollette ahead of time *in writing (text, email, or note)*. Please do not ask your teammates to tell us you are missing practice. You are high school students and need to be your own advocates. You have our phone numbers and Coach LaFollette is on campus. If you have concerns about this please speak with Coach LaFollette.

Watch:

Everyone needs a watch that has a stopwatch on it. Timex IRONMAN watches are great as are many of the GPS watches.

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Meets:

You are expected to run in every meet in which you are able. If you are too sick to go to school on Friday you will not race on Saturday. An athlete must race in **five** meets to be eligible to participate in the State Series (District, Region, State).

Uniforms:

You will be provided with a singlet and pair of shorts. You are responsible for your singlet and shorts throughout the season. The singlet must be returned at the end of the season; the shorts are yours to keep. The replacement cost of a damaged (stained due to not washing, leaving safety pins in and rusting, tears, etc) or lost singlet is \$50.

Nutrition:

Endurance running is a demanding sport. A proper diet is critical to properly re-hydrate and repair the athlete's body. Each workout involves a breakdown and rebuilding process where the muscles and tissues are attacked by repeated loads of chemical fatigue. Quality protein, carbohydrates, nutrients and water are necessary to restore the body and prepare it for the challenges of the next race or workout. We encourage everyone to bring a snack to eat right after practice as the body is most able to replace carbs within 30 minutes of completing a workout. Repeated dehydration and lack of proper fuel will set a hard-working athlete up for failure if not addressed.

Sleep:

Inadequate sleep is a performance killer! The body cannot recover from workouts nor will you be able to complete workouts. We strongly recommend that you set a bedtime and try to go to bed within a 30 minute window of that time every night. Eight hours of sleep should be the minimum, not the ideal. It is doable, even if you live in Destin. Make it a priority; your athletic and academic performance will benefit!

Meet Procedures:

Varsity will be determined by the coaches on a week to week basis. If a varsity athlete *voluntarily* misses a meet, that athlete *may* have to earn their spot back on the varsity team by racing JV in the next meet and outperforming a varsity runner.

All team members are expected to ride the bus to away meets.

Arrival and Warm-up: When we arrive, the team will follow the team leaders to a designated team area. The Varsity teams will then begin the warm-up procedures 45 minutes before the start of their race. The JV will walk the course and cheer on the Varsity runners. 45 minutes prior to the start of the JV races the JV team members will begin their warm-ups. When not competing you are expected to be cheering on your teammates. No athlete is allowed to leave a meet prior to the conclusion of the awards ceremony unless prearranged with coaches.

Cool Down and Departure: At the conclusion of each race, team members will congregate, stretch, and jog a cool down. Team members may leave with parents after the conclusion of the awards ceremony after signing them out. Athletes may not ride home with other teammates parents unless there is written arrangement with coaches – we will need a note from the parent allowing their child to ride with another parent.

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Health:

We are not doctors and although we have a lot of experience dealing with injuries we will always err on the side of caution. General pain and soreness is to be expected as we ramp up workouts. Please let us know when things start to hurt. We have a great trainer, MC Senn from the Andrews Institute, who can check our injuries and set up appointments with the doctors at Andrews, if needed.

Lettering

To letter an athlete must come to practice daily, complete the entire season, and race on the *Varsity team* for two meets or finish in the top 15 at the District meet.

Disney Trip

This year we will be traveling to Flrunners.com invitational and visiting Disney World after the meet. This trip is optional and has a cost of \$100 per athlete. This \$100 covers their hotel room both nights and their ticket into Disney World. Each family may purchase one additional ticket at the student price of \$131 (which includes dinner). We must have this prior to September 1.

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Composite Varsity and Junior Varsity Schedule

8/11	John Sprenkle 5k (FWB Landing – 7:30am - all) meet at FWB Landing Meet at FWB Landing at 6:45
8/25	Niceville Cross Country Relays (NWFSC - Varsity and JV) Meet at NWFSC Meet at NWFSC at 6:45, girls run 7:30, Boys 8:30, Open race 9:30
9/1	Big Bend Invitational (7550 Apalachee Pkwy, Tallahassee, FL 32311– Varsity Only)* 8:15 AM Girls High School 5K, 9:00 AM Boys High School 5K Will need drivers. Leave NHS around noon 8/30
9/15	Bale N Trail (Jacksonville - Varsity) # Varsity Boys 7:30am, Varsity Girls 8:00am Will need drivers. Leave NHS 9:00am 9/14
9/15	Dolphin Dash (Panama City - JV) Bus departs NHS 6:00am
9/18	Paxton @ Lake Jackson (JV) Bus departs NHS @ 2:00
9/22	Gulf Coast Stampede (7750 Mobile Highway, Pensacola, Florida.- Varsity and JV) Bus departs NHS 5:30am
9/28-30	Flrunners.com and Disney/Universal (3050 Lakeland Highlands Rd. Lakeland, FL 33803- Varsity and JV) % Bus departs NHS 7:30am 7:30 Girls Race of Champions, 8:15 Boys Race of Champions, 9:40 Girls JV, 10:00 Boys JV
10/2	Paxton @ Lake Jackson (JV) Bus departs NHS @ 2:00
10/13	Pre-State Apalachee Regional Park (7550 Apalachee Pkwy, Tallahassee, FL 32311– Varsity) * 7:40 a.m. Boys High High School Elite, 8:05 a.m. Girls High School Elite Will need drivers. Leave NHS around noon 10/12
10/18	County Meet Morgan Sports (Destin - 9:00am – Varsity and JV) Bus departs NHS 7:00am
10/27	Districts – Panama City – Majestic Park (Panama City – Varsity and JV) Bus departs NHS @ 6:30am
11/3	Region – (13715 Lake Newman Rd., Jacksonville, FL – Top 8) ^ Will need drivers. Leave NHS 9:00am 11/2
11/10	State – Apalachee Regional Park (7550 Apalachee Pkwy, Tallahassee, FL 32311) (Varsity) \$ Race Times TBD Will need drivers. Leave NHS around noon 11/9

* Team Hotel – Springhill Suites, 1300 Executive Center Dr, Tallahassee, FL 32301 850-325-1103

- Team Hotel - TBD

% - Team Hotel – Holiday Inn Express & Suites Lakeland North I-4, 4500 Lakeland Park Drive, Lakeland FL, 33809

^ - Team Hotel – Hampton Inn I-10 West, 548 Chaffee Point Blvd., Jacksonville, Florida, 32221, 904-783-8277

\$ Team Hotel – Hilton Garden Inn, 3333 Thomasville Road, Tallahassee, Florida, 32308, 850-385-3553