

2022 Cross Country Handbook

Mountain Brook Jr. High

7th, 8th, and 9th Grade

Practice will begin on the first day of school- August 10

Who are the coaches?

Randy Stephens

Emma Grace Phillips

Stacy Bazemore

John Phillips

Kathryn Thomas

Abby Montegut

Reed Bowers

Sanders Reed

Stewart Hawk

What is the philosophy of Cross Country?

- Our expectations of the kids are based on ability
- We coach each kid based on his own ability not that of a parent or siblings

What is a typical day of practice like?

- The 3:06 bell rings-all kids should get changed in the locker room and come to the amphitheater dressed and ready to run.
- Some days we run distance and some days we run a workout. Workouts for the day depend on the group your child is in during that part of the season.
- Practices are usually over between 4:45 and 5:00pm.

Where should the athletes put their cross country/track bags during school or during practice?

- Lockers are provided for all athletes. IT IS THE ATHLETES RESPONSIBILITY TO LOCK UP THEIR STUFF.
- There will not be PE lockers, but see Coach Stephens and he will get you an athletic lockers.

Are ALL practices required?

- YES!!
- We take roll at the beginning of practice EVERY DAY. We expect your athlete to stay for the entire practice. Coming late and leaving early is not allowed and counts as a missed practice.
- If you miss practice for any reason it requires a Sunday morning makeup. Makeup practice on Sunday mornings are 6:30-7:15am. DO NOT SHOW UP LATE.
- Makeup practice will be held at MBJH and we will run on the Jemison Trail.
- If you are absent, you will have two Sundays to make up an absence. Days that you are consecutively absent will only require 1 makeup practice.

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- We DO NOT EXCUSE any absence for any reason except for 7th graders meeting with a rabbi in order to train for bar mitzvah.
- School sponsored events are NOT excused. Including but not limited to:the Biology trip, choir performance, scholars bowl,makeup test, band performance, cheerleader tryouts, detentions
- Team members missing practice to participate in another school sponsored extracurricular activity will be required to attend one Sunday morning session per week of missed practices.(i.e. football spring training, cheerleader tryouts, dance team tryouts, scholars bowl, etc.)
- Failure to attend a second session will result in dismissal from the Mountain Brook Junior High Cross Country/Track Team. No refund of paid fees or monies will be available upon breach of team rules.

Do we need a GPS Watch?

- We are NOTrequiring a watch for Cross Country. However, we do see tremendous benefits from using a watch. You can pick up a watch at the Homewood Track Shak. What equipment does my athlete need?
- Shoes are the most important item.
- Shoes are your only defense from injury.
- You would not let a kid go to football practice with an old helmet you got at a garage sale.
- Racing shoes are part of the spirit pack. Once you have paid your fees you can pick those up at the Homewood Trak Shak. How can I tell if my athlete is injured or just sore?
- Kids are going to be sore if they practice hard enough.
- Sore is when it hurts before or after practice but is fine during the practice once the muscles get warmed up.
- Injured or HURT is when the pain gets worse throughout the workout.
- If you are sore-Toughen up
- If you are injured-Go to the doctor. We have trainers at the school that can look at the injury if you want them to.
- We have connections with area PT people that will work you in. Call or email us.
- NO REHAB-if you cannot run then do not come to practice-YOU ARE ABSENT

What is the approach to balancing academics and athletics?

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- It is crucial to balance school work with athletics, especially during 9 weeks testing
- We will have track practice and possibly track meets during 9 weeks tests/exams. PLAN AHEAD!! STUDY AHEAD!
- Missing practice will require a makeup practice.
- Do not schedule tutors or help sessions during practice or meets unless you are willing to come to a Sunday morning make up.
- We will practice during the week of exams from 12:30-1:30 at the Jr. High.

What are the best ways to communicate with the staff if I have a question?

- EMAIL: jhtrack@mtnbrook.k12.al.us
- Coach Bowers checks that hourly and will get back to you as quickly as possible.
- Coaches will make decisions as a group. So, sometimes your answer might be delayed if we have to meet and talk about it.
- You can call Coach Stephens if it is an emergency-205-908-6061

How does the team travel to and from meets...times to arrive?

- Depends on the meet. Coach Bowers will send out specific information before each meet.

What if the team gets dismissed early from school for a meet?

- We have the ability to check the kids out of school on meet days. You do not have to come to the school to check them out.

What should athletes wear to the meet?

- Uniform
- Black socks and black undergarments
 - boys: compression shorts if desired
 - girls: black sports bras
- Spartan Cross Country/Track or Spartan warm-up shorts/shirts (no Duke shorts and Alabama T-shirt)

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When and where are the meets?

Date	Meet	Location	Grade
9/1	Trussville 2 mile	Spain Park	7-8
9/1	Warrior 2 mile	Alabaster	9
9/10	Chickasaw Trails	Moulton	7-9
9/16	Oak Mt. Inv.	Oak Mountain	7-8
9/17	Oak Mt. Inv.	Oak Mountain	9
9/23	Spain Park Under the Lights **OPTIONAL MEET	Spain Park	7-9
10/4	2 mile Tune Up	Hoover	7-9
10/15	Metro Champs	Trussville	7-8
10/15	Husky Challenge	Trussville	9
10/24	JV Champs	Alabaster	7-9

What if I miss a meet?

- Everyone is allowed to miss one meet with no questions asked.
- If you miss more than one meet you will be removed from the team. Other school sponsored events do not count as excused absences. This includes but is not limited to choir/ band tryouts or performances; biology trip; rec

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baseball games; cheerleading tryouts; scholars bowl; tutoring; studying for nine weeks tests; family trips.(Unless the reason for missing the meet is a documented injury. Documented from a trainer or doctor.)

How does an athlete sign up for Cross Country?

- You must complete the following information: ONLINE REGISTRATION AND SPIRIT PACKS CAN BE FOUND ON THE CROSS COUNTRY WEBPAGE.

1. ONLINE REGISTRATION:

- You must go onto the Cross Country webpage and complete the online registration. <https://forms.gle/rDoD22DrdhaHSgsMA>
- Please be careful when you enter your email addresses. We will copy and paste these into our email list. Put all the email addresses you want listed.

2. Spirit Packs: On the Cross Country webpage there will be a link for the spirit pack. There is also a copy of the spirit pack at the end of the handbook.

<https://docs.google.com/document/d/1yIHdvbNTR6Ws3Yr-e1QQVVTDK5krW3qmLDJkgFjliF4/edit?usp=sharing>

- Please calculate your payment and print your completed form. Send your payment and form in an envelope with all other forms to the front office. (If you have an issue with the payment please contact Coach Bowers to work out a plan.)

*Athletic spirit packs are designed to provide equipment and other essentials for students associated with a particular athletic program. Any minimal funds that are generated through the purchase of the student/athlete spirit pack will be used to support the (sport) program by means of equipment maintenance, entry fees, etc.

**All of the following forms must be submitted when and completed in Dragonfly Max. Directions are located on the Athletics Webpage.

<https://www.mtnbrook.k12.al.us/Page/6561>

- #### 3. Physical-Every athlete must have a current AHSAA physical on file.
- Make sure there is a parent signature/ athlete signature and a DATE on the front page.

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- On the back page-Make sure the doctor circles CLEARED/ Signs the form and puts a DATE
 - <http://www.mtnbrook.k12.al.us/Page/6561>
 - Please go ahead and take care of this as soon as possible. DO NOT WAIT FOR PRACTICE TO START!
4. Concussion form-even if you have already filled out a concussion form this year please complete another one.
- Make sure the parent AND athlete sign and date this form
 - <http://www.mtnbrook.k12.al.us/Page/65615>
5. Participation Waiver-even if you have already filled this out earlier this year please complete another one.
- DO NOT PUT anything in the long blank in the middle of the page-This is for sports your child is not allowed to play.
 - Make sure the parent AND athlete sign and date this form.
 - <http://www.mtnbrook.k12.al.us/Page/6561>
6. NFHS Sportsmanship-This is a required sportsmanship program. If you haven't completed the STAR sportsmanship program you must do that in order to be eligible. You only have to do this once. Please follow the directions on the webpage.
- <http://www.mtnbrook.k12.al.us/Page/6561>

HOW TO TURN IN YOUR FORMS:

- Online registration is to be completed online.
- Spirit Pack forms may be turned into the front office in an envelope marked : Attention Coach Stephens
- All other forms (physical, concussion, participation and sportsmanship must be completed and uploaded to Dragonfly Max.

Online Registration and Spirit Pack Purchases must be completed by August 10th.

Physicals, concussion form, AHSAA participation waiver and STAR must be signed and turned in prior to the first day of practice on August 10th.

What to do if you still have questions about Cross Country?

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- Email jhtrack@mtnbrook.k12.al.us
- Call Coach Stephens 205-908-6061
- Call Coach Bowers 205-999-9495

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Athlete's Name: _____ Boy|Girl _____ Grade: _____

2022 MBJH Cross Country

Required Items: All team members must purchase the following items: team shirt, team shorts, bus trips, racing shoes, and time trial treats. (Racing shoes can be picked up from the Trak Shak in Homewood once you have paid your fees. The Trak Shak will size you.)

Required Items: \$200

Team Shirt SIZE: _____

Team Shorts SIZE: _____

*Please indicate what size you need. Use this sizing chart below.

Girls: 2-12; Boys: S-XL, no youth sizes available.

Optional Items: Most of these items are optional. You must have a uniform if you don't already have one. (Uniform are required, so everyone must purchase a uniform unless you bought one during a previous season.)

Uniform -\$80 SIZE (Adult S -XL): _____

Nike Element Half zip Pullover \$60 SIZE: _____

Nike Bag embroidered with name- \$45 Name on the bag: _____

Hoodie Sweat Shirt- \$25 SIZE: (Adult S- Adult XL) _____

Sweat Pants -\$20 SIZE: (Adult S - Adult XL) _____

Required Items: \$200

Optional Items: _____

Total Owed : _____

Check Number: _____ (Please make checks payable to MBJH)

Athlete's Name: _____

Name on the check: _____

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