

# Harrison High School

## Cross Country

### Handbook 2012



August 13, 2012

Hoya Runners and Parents!!

Welcome to the 2012 season. Our anticipation for the start of this season has been building since last year. We have a great group of young men and women returning who will be continuing their growth from previous seasons. This year we plan to continue our tradition of excellence that characterizes Harrison Cross Country. In this handbook are some very important items that will help you understand our sport, policies, expectations, and procedures. Please read it carefully as we make revisions each year.

The competition in our region and state continues to get better and better. One of our goals is to defend our FOUR region championships from last year and improve on our state results. The top teams in our region will also be some of the top teams in the state.

One of the keys to our success is the support of our booster club. They make our job as coaches very easy by handling much of the logistical aspects of the season. Our biggest change this season is the change in the nature of our booster club. It is a long and arduous process and we appreciate all the work the booster club officers have done to make this happen. Please support them and volunteer your time in some way.

Finally, we would like to welcome Coach Andrea Thompson to the coaching staff. Coach Thompson brings enthusiasm, expertise and experience to our coaching staff and will help us achieve our goals. Being a part of the HHS XC team is an honor. This is a challenging sport and our athletes are tough and dedicated. We train hard, work hard, compete hard, and play hard. So enjoy the journey and be ready for an exciting season. See you on the trails!!

Coach Scott

Coach Simmons

Coach Thompson



## **Harrison High School Cross Country Booster Club, Inc.**

P.O. Box 801449  
Acworth, Georgia 30101

### **Welcome from the Harrison HS XC Booster Club Inc!**

The HHS XC BC is happy to announce that we have become an incorporated entity this summer and are in the process of applying for 501(c)3 nonprofit status to better support the Harrison Cross Country team. The Cobb County School System provides only a fraction of the financial resources needed for the athletes and coaches in a program as large as Harrison's. The role of the Booster Club is to support the team on a financial and volunteer basis. We host, coordinate, and pay for numerous functions and initiatives throughout the school year for athletes and their parents. We accomplish this by collecting dues and through the sales of Chick Fil-A biscuits every Friday morning of the school year. We would like to encourage parental involvement from each family. The level of support directly affects the success of the athletes.

### **Mission Statement**

Provide financial and volunteer support to ensure the best possible environment, coaching, encouragement, and experience for the athletes and coaches.

### **Booster Club Services**

- Organize supply of warm-up apparel and equipment bags
- Provide Coach support
- Organize food on race days
- Organize the out of state trips
- Organize and promote the Regional XC meet
  - Organize and provide food for the "Guns Up Party" held each June
  - Organize the pasta dinner the week of the Regional meet
  - Organize the team banquet

## **Booster Club Benefits**

- Access to a directory of runners and parent information
- Stipends for additional coaching staff needed to support a large team
- Race registration fees for athletes
- End of season banquet
- Bus transportation to races
- Hoya XC Website

## **Booster Club Programs**

- **Guns Up Party** - A fun get-together held at a neighborhood pool on a weekday evening in June prior to the start of summer runs. No charge to athletes.
- **Team T-shirts** - Each athlete will receive a cotton team T-shirt and team sweatpants (included with booster club dues). The team captains design this shirt that is worn by the athletes throughout the season.
- **Summer Mileage T-shirts** - Runners who train during the summer will receive a special cotton, short-sleeve mileage T-shirt celebrating their personal summer achievement.
- **Big Peach Discount for HHS XC athletes** - Each year in August, Big Peach on Barrett Parkway hosts the team's athletes on a special day/night for them to purchase any needed running apparel at a discount. Look/listen for announcements about the date/time.
- **Athlete apparel** – Uniforms are purchased in bulk by the booster club for purchase by each athlete. Uniform fees are separate from booster club dues.
- **Spiritwear**- Athletes and parents may also purchase apparel that reflects team spirit. These items may be worn to meets to show team pride. Please see the “**2012 Harrison XC Team Commitment Form & Optional Spiritwear Order Form**” for more information. This form can be requested by email to the booster club.
- **Hospitality** - After-race snacks are provided for athletes at the meets. The snack cost is included in booster club dues. Snacks include bananas, grapes, bagels, etc.
- **Team photos** - Team and individual pictures are taken each season at HHS. Information about ordering and paying for pictures should come home with each athlete about one week prior to the photo session. Money is due at the time of ordering. Athletes must wear their team uniforms in the photos. Smile!

- **Team trip** - Each season the cross country team travels overnight by coach bus to a selected destination in the Southeast for a race. Following the race, the team will picnic or participate in a special planned activity before returning home. The destination typically is changed annually. The Booster Club pays for a portion of the trip's cost, and athletes' families are responsible for the remainder. This trip is a great opportunity for athletes to build camaraderie with each other and the coaches.
- **Pasta dinner** – Each season the Booster Club holds a pasta dinner at HHS for the athletes during the week of the Region Meet.
- **Team banquet** - Following the conclusion of the fall season, all athletes, their families and coaches are invited to participate in the annual banquet. This event is held to recognize the athletes' and team's accomplishments during the season. The booster club covers the cost of the senior athletes.
- **Senior gifts** - Each senior athlete will receive a special gift to commemorate his/her involvement in Harrison's running program. These gifts are distributed at the banquet at the end of the season.
- **Coach gifts** - Because the Cobb County School System provides limited funding to each school's coaches for cross country and track, booster club dues and monetary donations are used to award our coaches for the countless hours they have worked with our athletes during practices and at meets. This is an acceptable standard practice for sports programs at Harrison.

## **Volunteer Opportunities**

Many volunteer opportunities exist for parents throughout the season. All parents are encouraged to participate in some way. It is a fun way to meet other parents and athletes! See opportunities listed below:

- **Regional Meet** - Assist in a variety of roles, as Harrison is the host to this event involving numerous Cobb County Schools.
- **Photographers** - Always needed! Take pictures and/or video of athletes running and socializing at races. These photos will be compiled into a slide show to be shown at the banquet. Amateur photographers are great; you don't have to be a professional photographer to volunteer.
- **Photo editor** - Combine photos taken by others into a slide show for the banquet.

- **Chick Fil-A biscuits** – Assist with the sales of biscuits to HHS students every Friday morning of the ENTIRE school year.
- **Pasta Dinner** – Assist with set-up, serving, and/or clean-up.
- **Team Banquet** - Assist with set-up and/or clean-up at annual banquet.
- **Volunteers needed** - Please email us if you are interested in volunteering with the Booster Club and have any special talents or interests you believe may promote the interest of the team.

Dues are \$140 per athlete. Families with more than one athlete have dues of \$70 for each additional athlete.

We look forward to working with you this upcoming season! Please reach out to us at any time at [hoyaxbooster@gmail.com](mailto:hoyaxbooster@gmail.com).

Your Booster Club officers,

Stephanie Brock- President

Mary Kalafut- Vice-President

Don Watt- Treasurer

Karen Boff- Secretary

# General Cross Country Terms and Information

## Cross Country Terms

- **PR—Personal Record.** Running your fastest time on a distance, course, or at an age (for those of us older runners). “Jeremy McClung ran a PR at Region.”
- **Loop course**—a course that basically follows a large circle. Some courses are 2 or 3 loop courses. Carrollton is a double loop course.
- **Strides**—gradual acceleration to a sprint then a deceleration. These should be 75-100 meters in length and should be completed after a long run. They help with form and with speed.
- **Hydration**—ensuring your body has enough water so that you can perform at your best.
- **V-Dot**—This is a number that helps the coaches determine your fitness level and workout pace.
- **Drills**—Form drills that help athletes with proper form. Other drills are for injury prevention.
- **Rowbury**—our warm-up routine based on Shannon Rowbury’s routine.

## How to score a Cross Country Meet.

Cross Country is a unique sport in that you can have individual winners and team winners. Individual winners are obvious. Team scoring is a bit more complicated. In a typical meet seven runners will race and the top five runners score. To get the team score, you will add up the finish places for the top five runners. For example, a perfect score is a 15. The team with the lowest score wins. If there is a tie then you go to the 6<sup>th</sup> place finisher. Also the 7<sup>th</sup> runner is important in bumping other teams back a spot in the scoring. It is important to remember that each runner is important and that your spot could be the one to determine how the team finishes.

## Equipment: Shoes and Socks and a Watch

Cross Country is a sport that require very little in the way of equipment. Other than apparel there are 3 essential pieces of equipment each Hoya runner MUST have.

- **Shoes**—Make sure you have RUNNING shoes. You must take care of your feet. Cross-trainers or other non-running shoes will lead to injuries. A general rule of thumb for running shoes is they last about 5-6 months and about 400 miles (whichever comes first).
  - **Spikes**—some runners prefer to have racing spikes for their races. These offer lighter shoes as well as better traction in a race. They are not to be used for training.
- **Socks**—Socks are also important especially to prevent blisters. Use socks that have proper cushioning and help with moisture control. Socks come in shoe cut, ankle cut, and then normal length. We recommend ankle cut socks as we have seen numerous painful blisters arise with the shoe cut style.
- **Watch**—Our workouts require each athlete to have a watch with a chronometer (stopwatch). The Timex Ironman watches have everything you need and are inexpensive.

## Injury Treatment

Stretching is the most common form of injury protection. It is important to stretch both before and after running. Listed below are the most common injuries and how to treat them.

- **Sore muscles** are the most common injury runners face. Ice and Ibuprofen are the best remedies.
- **Blisters** are another common injury. Drain the blister (but don’t peel away the skin) then use a gel type skin to treat the blister. Ideally you want them to become a callous. Coach Scott is the blister guru and will help any athlete who has blisters.
- **Shin Splints** are one of many overuse injuries. Shin splints are the inflammation of the muscles around the shin. Exercise by pointing your toes on the affected leg and draw the alphabet. Ice also helps reduce the pain.

- **Stress Fractures** are typically the result of too much too fast. Be patient with your body and pay attention to your sore spots. Proper training in the off-season is the best way to avoid stress fractures.
- **Dehydration or heat exhaustion** can be avoided by proper hydration. Pay attention to the warning signs such as dizziness, cold sweats, and nausea.
- **Overhydration/Hyponatrimia** can occur by drinking simply water. Your body needs electrolytes to provide energy so we recommend that you mix or alternate water with a sports drink. Look at the label for sodium/salt content. Pedialyte, Accelerade, Gatorade, Powerade all provide electrolytes.
- **Anemia** is a common problem for cross country athletes. The symptoms are general fatigue and listlessness. Typically females are susceptible to anemia but males can experience it also. It is caused by a lack of iron in the diet. Make sure you eat some red meat each week and/or taking a vitamin supplement with iron in it.
- **Plantar Fasciitis** is general foot soreness that is related to either overuse or improper shoes. Make sure your shoes support your feet properly. A general rule is 300-500 miles or 5-6 months.
- **Sore Knees** typically occur when you have new shoes. Please make sure you get shoes that properly fit your feet and that match your running style.
- **Other Overuse injuries** are sore knees, joints, and stress fractures. It is important to communicate with the coaches about any soreness or injuries you may be experiencing.
- **TALK TO YOUR COACHES ABOUT INJURIES:** Keep us informed about what is hurting you so we can adjust your workouts accordingly.

## How to be a spectator

- Bring a comfortable chair. Find a spot where the athletes run by numerous times.
- Yell like crazy when they pass. They love all the cheering and excitement.
- Get a watch and time splits. You can see how well an athlete is doing by looking at their splits.
- Do not run beside the athletes. This is considered pacing and can result in the disqualification of the athlete from the competition.
- Do not touch the athletes during a race. (Obviously someone in need of medical attention is already out of the race so it is ok to help at that point.)

## DIET

A proper diet is critical to the success of a cross country athlete. It is important that you provide your body with the proper type of fuel it will need for our workouts. Carbohydrates are ideal for the cross country athlete. It helps you reserve water.

Good items: Fruits—especially bananas, bagels, red meat (to avoid anemia), pasta, vegetables, water, chickpeas, spinach (another good iron source).

Try to avoid: Soft drinks, candy, junk foods, fried foods.

## Uniforms

Uniforms are the responsibility of the athlete. A uniform can be purchased for \$37, which includes a singlet and a pair of shorts. We will be selling them in time for the first meet.

## Cross Country on the WEB

<http://www.hoyatfxc.com> The HHS Cross Country and Track and Field Website

<http://www.facebook.com/hoyaxc> our facebook fan page

<http://www.runcobb.org> The website for the Run Cobb organization.

<http://ga.milesplit.com/> Georgia Track and Field and Cross Country Website.

<http://www.dyestat.com/> The Internet home of high school track and cross country

[www.flotrack.org](http://www.flotrack.org) Great website with information, videos, and tips.

<http://letsrun.com/> Information about the world running scene

## **Parents Guide to HHS Cross Country**

HOT Weather at practices and at meets. It is HOT in Atlanta in August and September so we do our best to take precautions regarding the heat. At practice, we use a Wet Bulb according to the guidelines established by the Cobb County BOE. If necessary, we will either cancel practice or adjust the workout according to the conditions. The athletes need to also be aware of their own hydration and how their body is reacting to the heat. We practice in the heat so the athletes are prepared for the competition in the heat. We do provide water and Gatorade at practice and the meets.

There are to be no private coaches of our athletes during the season.

The athletes must conform to GHSA rules regarding uniforms, sportsmanship, and fair competition.

The booster club provides funds that help support the HHS XC program in many ways. The booster club funds team shirts, incentive shirts, the banquet, Gatorade, supplements the coaches, supplements the out of town trips, and numerous other social activities and functions. Please join ASAP.

We encourage you to take photos of the athletes in action. If you are interested in being the team photographer, please contact Stephanie Brock ([hoyaxcbooster@gmail.com](mailto:hoyaxcbooster@gmail.com)).

HHS XC has a reputation for exhibiting good sportsmanship. As you watch a meet, encourage ALL Hoya runners and respect our opponents. XC runners generally have a mutual respect for each other and focus more on encouraging each other. If there is a problem or concern with the officials or other competitors at the meet then direct your concerns to the coaching staff and we will address it with the officials.

Pre-Race—The coaching staff requests that 20 minutes prior to a race is considered “coaches” time. Please do not come to the start line with your athlete. Allow the coaches to offer any last minute tips.

Please respect the decisions of the coaching staff regarding strategy for a particular race. We sometimes may try a different strategy or move people into different races in order to prepare us for our region or state competition. If you have any concerns about our strategy, then please direct your concerns to us.

Out of town trips. There is an additional cost for these trips.

- The entire team will travel to Memphis to compete in the Brooks Twilight Classic on Sept 1-2.
- The top 8 (as determined by the coaches) varsity athletes will travel to the Great American XC Festival in Cary, NC on the weekend of Sept 28-29. This will give them an opportunity to compete against some of the top teams in the USA.

Coach Scott and Coach Simmons have been working together for 17 years. We are proud of our program and believe that it represents the best student-athletes at Harrison High School and in the state of Georgia. Our athletes are leaders on the field of competition and in the classroom. Being a member of the team is truly an honor

# DIRECTIONS TO MEETS

## CHEATHAM HILL

Take Dallas Highway East towards Marietta. Turn Right onto John Ward Road. Go approximately 1 mile then Turn Left onto Cheatham Hill Road. The parking lot is ¼ mile on the Right.

## LOST MOUNTAIN PARK

Take Dallas Highway West until you reach LMP on your left. Approximately 2 miles west of The Avenues.

## RIVER GREEN

North on I-85 to Exit 108. Turn left and follow Duluth Hwy (becomes Abbotts Bridge Rd) to Peachtree Industrial Blvd. Turn Left on PIB. Look for Rivergreen Pkwy on your right (it is in an office complex).

## BERRY COLLEGE

Hwy 41 north to Hwy 411 (S) turn right. Drive about 17 miles then take a right at light onto East Rome Bypass, also called Rome Loop 1 (sign reads “to Highway 293” because you will later pass Highway 293). Drive about 8 miles then take a right at light onto Martha Berry Highway (US Hwy 27 North) (you will see Oak Hill and the Martha Berry Museum at the intersection). Drive about ½ mile then take a left into Berry College main entrance.

## MARIST

East on I-285 to exit 29 (Ashford Dunwoody Road). Turn right and Marist is about 1 mile down Ashford-Dunwoody on the right.

## COBB COUNTY CORPS PROPERTY

From HHS, turn right from school. Turn right on Mars Hill Road. Follow for 3.5 miles and turn LEFT onto County Line Rd. Proceed to follow County Line for about 0.8 miles. Old Stilesboro Rd will be on your RIGHT. Turn onto Old Stilesboro. At the bottom of the hill will be a Hunting Parking lot on the RIGHT. Park and get ready to Run!

## NASH FARMS

Take I-75 south from Atlanta to Exit 221, Jonesboro Road (the second Jonesboro Rd located in Henry County). Turn off the Highway and go west approximately 6 miles. Nash Farms will be on your left

## MEMPHIS TWILIGHT INVITATIONAL and GREAT AMERICAN XC FESTIVAL

Follow the Bus ☺

## MCINTOSH NATURE PRESERVE

Follow Hwy 92 South to Douglasville. Turn Right onto Hwy 78 West go about 2 miles to Bright Star Road. Turn left onto Bright Star Road which will become Hwy 5 South in about 3.5 miles. Follow Hwy 5 South for 13 miles until you reach Burnett Rd./McIntosh Circle. Turn Left and the park will be about 2 miles down this road.

## GAINESVILLE

I-85 North to I-985. Follow I-985 to Exit 16—Oakwood Exit. Turn left at the light and go under 985. You will go approximately 1 mile and take the second entrance into Gainesville College. Turn right and parking will be on the left approximately 1 mile.

## CASS/CARTERSVILLE...DELLINGER PARK

Hwy 41 North to Cartersville. Turn left on Main Street. Drive through town and look for Indian Mounds sign. Bear left onto West Main...this becomes Etowah Drive. Follow signs to Indian Mounds and look for Pine Grove Rd on the right. There will be signs for the park. Follow that road until you see the park on your left (100 Pine Grove Rd).

## STATE MEET/CARROLLTON

I-20 West to Exit # 24 (Highway 61). Turn left onto Hwy 61 South. Hwy 61 merges into Hwy 166. As you approach the intersection you will see a shopping center with a Longhorn Steakhouse on the left. Turn left onto 166 bypass towards Bowdon. Go under US 27 and turn right onto Stadium Drive.

## 2012 Cross Country Expectations

Expectations, requirements, and policies. Effective August 1-November 10, 2012

- **DRESS CODE (practice):** All athletes are expected to follow our dress code.
  1. All shirts are to stay on during warm-up and stretches. You may remove your shirt once the workout has begun. Once you are done with the workout then you must wear your shirt.
  2. No rolling of shorts for any reason. If your shorts do not fit then get new ones.
  3. Consequences—you will not be allowed to practice off campus for one day and if it is a persistent problem then you will meet with the coaches to discuss your status on the team.
  4. NOTE: Rule #1 applies only at off campus practices. On campus practices require wearing shirts at all times. Rules 2 and 3 apply at all times.
  5. All athletes are expected to have a watch with a chronograph and to wear it to practice daily.
- **DRESS CODE (meets)**
  1. Athletes will wear sweats/wind suits to all meets.
  2. Athletes will wear Harrison XC spirit wear at meets and during any award ceremonies.
  3. No compression shorts may be worn underneath uniforms.
  4. NFHS rules state that no uniform shorts can be rolled.
  5. Consequences—you may not be allowed on the bus to the meet or to participate in any of the meet activities.
- **PRACTICE:**
  1. Athletes are expected to be at ALL practices ON TIME.
  2. If you are absent from school for over ½ the day then you cannot practice.
  3. All athletes are expected to clean up any discarded cups and trash after practice.
  4. Athletes who are unable to participate in practice due to injury or disciplinary action must report to the designated location.
  5. Athletes must properly stretch, do drills, and strides before dismissal from practice.
- **BEHAVIOR:** Athletes are expected to behave properly at school, practice, meets, and at home.
  1. Athletes are expected to eat properly, keep themselves and their bodies in top shape. The use of drugs, tobacco or alcohol impairs an athlete from competing at their highest level. They also hurt the team therefore the use of tobacco, alcohol, or drugs will result in dismissal from the team
  2. Athletes are expected to be leaders in the classroom. They must maintain good grades and exhibit appropriate behavior in the classroom. If a teacher expresses concern about behavior or grades to one of the coaches then the athlete will be disciplined. Any athlete who is struggling academically (any Ds or Fs) will not participate in the out of town trips without the permission of the teacher AND the coaches.
  3. A suspension from school for inappropriate classroom behavior towards a teacher, administrator, or another student will result in disciplinary action.
  4. All athletes are expected to conduct themselves properly during practice, meetings, while traveling, in competition, and at meets. This includes displaying good sportsmanship towards competitors, officials, and fellow teammates. If you are not running, then you should be cheering the team on to victory. Treat coaches, captains, bus drivers and chaperones with proper respect.
  5. Since we practice off-campus, all athletes are expected to drive safely both to and from practice. Any reckless driving witnessed by the coaches, parents, or other athletes is subject to disciplinary action or dismissal from the team.
  6. Any inappropriate behavior that occurs at a meet or a cross country function will result in disciplinary action including suspension from the team.
  7. Cobb County School District adopted a policy regarding behavior for extra-curricular activities (Rule JICDD—Code of Conduct). Parents and athletes have received this and signed for it.

- GENERAL INFO: All athletes are expected to be well rested, properly hydrated (drink a minimum of one bottle of water during the day), and prepared for each meet and practice.
  1. All athletes are a part of a team. During a competition, you are expected to give your best until your race is over. That means NO QUITTING!!! If you quit, then you have let down yourself, your team, and your coaches. Quitting does not necessarily mean dropping out of a race. It could be settling for a spot rather than pushing through and making other competitors work harder. Remember you represent the Hoyas. It is an honor to wear the uniform so you should expect the best out of yourself, your teammates, and your coaches.
  2. In order to run your first meet, you must have attended practice for at least one week and be in decent enough shape to compete as judged by the coaches.
  3. **Any athlete participating in a winter sport (Basketball, Swimming, Wrestling) must complete their season with Cross Country before they will be allowed to start practicing the winter sport. They will have tryouts for Fall Sports Athletes.**
  4. Remember you are a STUDENT-Athlete so watch your grades and classes.
  
- ATTENDANCE PROCEDURES
  1. Athletes are expected to be at all practices, meets, and meetings. If you are unable to attend you are expected to inform Coach Scott or Coach Simmons BEFORE practice. The only excused absence is illness that causes you to miss school. All doctor appointments and extra-curricular activities are unexcused absences.
  2. Three (3) unexcused absences from practice will result in dismissal from the team.
  3. If you miss practice the day before a meet due to an unexcused absence, then you will not run in the meet. If you miss a meet due to an unexcused absence, then you will not participate in the next meet.
  4. In order to run Varsity, you must have NO unexcused absences on the week of the meet.
  5. Athletes are expected to be at practice on time (3:45 on campus/4:15 off campus). Excused tardies only relate to academic issues...make up tests, extra help, etc. These MUST be communicated to Coach Simmons/Scott PRIOR to practice that day (in writing or in person) otherwise it will be considered unexcused. Three unexcused tardies count as an unexcused absence.
  6. Athletes are expected to be at the full practice. Leaving early will count the same as being tardy. Please communicate with the coaches when you have to leave early. Three unexcused early departures will count as an unexcused absence.
  
- MISCELLANEOUS INFORMATION
  1. We practice every day rain or shine. If weather dictates a cancellation, the coaches will make that call at practice.
  2. If we cancel practice, we will make an announcement over the intercom at school. That is a rare occasion so plan to show up at practice on-time each day.
  3. Practice starts on campus at 3:45 each day...off campus at 4:15. Please have your transportation home by 6:15 so the coaches can get home to their families.
  4. If while running you hear thunder or see lightening, immediately head back to the starting point of your run.
  5. Captains for the season are Grace Norden, Brian Olsen, and Elyse Bray.
  6. All athletes will ride the bus to the meets. You may ride home with your parents at the conclusion of the meets AFTER cooling down with your team, AFTER checking out with a coach, and AFTER fulfilling your clean-up responsibilities.
  7. We communicate through email, the XC webpage ([www.hoyatfx.com](http://www.hoyatfx.com)) and the captains relay information via the HHS facebook page. Please check your email and visit the webpage regularly.

Feel free to contact the coaches about anything you need. Listed below is our contact information. Use it respectfully.

Coach Scott © (404) 822-3917 [hoyarelay@hotmail.com](mailto:hoyarelay@hotmail.com)

Coach Simmons © (770) 595-9987 (h) 770 509-1754 [simkent@aol.com](mailto:simkent@aol.com)

Coach Thompson © (770) 364-7495 [mathrocks@bellsouth.net](mailto:mathrocks@bellsouth.net)

## **2012 HHS XC Team Qualifying Guidelines**

1. All athletes will be given an equal opportunity to qualify for the team.
2. 40 athletes of each gender will be selected for the 2012 HHS XC Team.
3. 2 Time Trials will be held:
  - i) Friday August 10<sup>th</sup> at the Cobb County Corps Property
    - (a) Top 15 athletes of each gender will automatically qualify
    - (b) Any 9<sup>th</sup> or 10<sup>th</sup> grader in the top 25 will automatically qualify
    - (c) Any runner greater than 50<sup>th</sup> of each gender will be automatically disqualified
  - ii) Friday August 17<sup>th</sup> at Lost Mountain Park
    - (a) Athletes not automatically qualifying of each gender will run off to earn a spot on the 2012 HHS XC team
    - (b) Qualifying for the final spots for each gender on the team will be determined by:
      1. At least 50% of the team will be comprised of Freshman and Sophomores
      2. Coaches Discretion based upon, but not limited to:
        - a. Previous Year's Individual Ranking within the team
        - b. Commitment to team
        - c. Potential for improvement and contributions to team
        - d. Work Ethic in practice
        - e. Performance at 2<sup>nd</sup> Time Trial with respect to 1<sup>st</sup> Time trial

The HHS XC Coaching Staff holds the right to select the team that will best represent the quality of competitiveness and integrity of the HHS XC Program. It is the Coaching Staff's goal to create a Competitive atmosphere to compete at the highest possible level while teaching our athletes the rewards of individual hard work and commitment.

# Letters and Incentives

## Cross Country Letter Requirements 2012

Earning a varsity letter represents accomplishment in the sport. In order to receive a Varsity letter in cross-country, you must participate in at least five (5) competitions and meet one of the following requirements.

1. Any athlete who runs as a Varsity runner in either the region or state cross-country meet.
2. An athlete who meets a time standard in a cross-country meet (5K--3.1 mile course) and also shows team spirit, a strong work ethic, proper behavior, and is a member in good standing. For boys, achieve a time of 18:45 on a 5K (3.1 mile) cross country course. For girls, achieve a time of 22:15 on a 5K (3.1 mile) cross country course.
3. A varsity letter can be earned by finishing in the top 10 overall finishers at the JV Region meet.
4. A varsity letter can be earned by finishing in the top 15 overall team rankings at the end of the season. Please note that if the coaches hold out the top runners in a particular race...the rankings will start with the number held out. For example...if the top 7 are held out then the rankings will start with 8. JV races are combined with varsity in determining team rankings.
5. The coaches reserve the right to award a varsity letter to an athlete based on their contributions to the team.
6. All varsity lettering athletes must display a strong work ethic, proper behavior, and team spirit along with their participation and be in good standing in all practices and meets.

\*\*\*Any athlete who is unable to finish the season due to injury yet has met the time standard MUST attend all meets, events, and practices AS DESIGNATED BY THE COACHES.

NOTE: There is no perfect attendance letter or an automatic senior letter.

### **Time incentive T-shirts**

Time incentive T-shirts will be given to athletes based on their best competitive time during the season. For boys, the T-shirts will be given for 17:00, 16:00 and 15:00 minute club. For girls, the T-shirts will be given for 20:00, 19:00, and 18:00 minute club.

### **RAN MY PLAN Summer incentive**

Athletes who ran their plan (June-August) and have documentation in the form of a running log will receive a special apparel item.

## **XC 101: How to Prepare for A Cross Country Meet**

### The Night Before

1. Eat a good dinner
  - Don't try anything new, it might upset your stomach.
  - Carbo Load – pasta is great for a pre-race meal; add some protein as well
  - Drink plenty of water!
2. Pack your bag
  - Spikes & racing flats (if you have them); wear your training shoes
  - Extra socks & t-shirt
  - Sweats (it is cold before the sun comes up) – wear them over your uniform
  - Band-aids or Advil (if needed)
  - Towel, Water bottle, iPod, CD player (if you want)
3. Get rest (at least 8 hours)
  - Go to bed early, because you will be getting up early.
  - Think positive thoughts about your race before going to sleep. Visualize your goals.

### Race Day

1. Wake up with plenty of time. Being rushed causes unnecessary stress.
2. Eat breakfast!
  - You can't race well on an empty stomach & you have at least 2 hours for your food to digest.
  - Suggestions: whole grain cereal, bagel, peanut butter, fruit (especially bananas)
  - Avoid Milk and OJ. It can really upset your stomach.
  - Drink both water and sports drinks!
3. What to wear
  - Uniform with sweats (or pants & an XC t-shirt) over it.
  - Training shoes (don't forget to pack your spikes)
4. Be on time! The bus leaves promptly from the Harrison busport.
5. Arriving at the meet
  - Help the team carry stuff from the bus & set up the campsite.
  - Learn the course
  - Warm-up & stretch with the team (wear sweats & training shoes during warm-up).
  - Get to the bathroom with plenty of time to spare.
  - Get your racing numbers/chips from the coaches.
  - Stay out of the sun.
6. The Pre-race Warm up
  - You should start your warm-up 45 minutes before your race.
  - A minimum of 10 minutes warm-up and you should run the last ½ mile of the course if possible.
  - Go to the bathroom
  - Do your dynamic stretches (Rowbury)
  - Talk to your coaches about any questions you have

7. Race time (15 minutes until start)
  - Put on your racing shoes (SPIKE UP) and double knot them.
  - Be at or near the start 10 minutes before your race.
  - Make sure you are properly warmed up.
  - Do some long strides to get your heart rate and breathing prepared.
  - Do drills and last minute stretches.
  - Make sure you have broken a sweat.
  - Do your best & have fun!
  
8. Race Strategy
  - Get out cleanly, fast but under control.
  - When passing someone...do so with authority.
  - If someone is passing you...make them work hard. You may not impede them but you can hold your spot and make them earn the pass. (But don't get passed!!!)
  - High knees and arm pumps up hills
  - Down hills...lean forward, butt kicks, on your toes...not heels.
  - When it starts to hurt...push harder...everyone else is hurting also.
  - Be aware of the race...don't get boxed in, pay attention to the people around you. Look for the next person you can pass.
  - Close gaps...it is easier to stay with someone than to try and catch up!!
  - With about 800 meters to go...think about your kick and who you plan to pass. Make sure you are aware of who is trying to pass you.
  - Run through the finish line....don't stop at the finish
  
9. After your race
  - Give your finish card to the designated Coach or manager.
  - Cool down with your teammates (with training shoes on, not spikes)
  - Cheer on other teammates during their races & rehydrate
  - Check out with coaches, if you are leaving with your parents

## Harrison High School 2012 XC Schedule

Date	Day	Event	Location	Time
1-Aug	Mon	First Day of Practice	CCCP	6:00 PM
10-Aug	Fri	First 2 Mile Time Trial Summer Logs Due	Cobb Co Corps	6:30 PM
11-Aug		Booster Club Deadline Day		
17-Aug	Fri	2nd 2 mile time trial	Lost Mtn Park	TBA
18-Aug	Sat	Final cuts		
22-Aug	Wed	Booster Club Meeting Memphis Money Due \$99	HHS Theater	6:30-7:30
25-Aug	Sat	Stage Races (JV/V)	River Green	8:00 AM
1-Sep	Sat-Sun	Memphis Twilight (JV/V) \$99 per athlete OVERNIGHT	Memphis, TN	Evening
8-Sep	Sat	Berry Invitational (V only)	Berry College	10:15 AM
15-Sep	Sat	Marist Double Dip (JV/V)	Marist School	8:00 AM
22-Sep	Sat	Battle of Atlanta (All) Homecoming weekend	Nash Farms	8:00 AM
Sept 28-9	Fri-Sat	GAXCF (Varsity Top 7) OVERNIGHT	Cary, NC	TBA
2-Oct	Tues	Cass Cartersville (JV/V) Not top 7	Dellinger Park	4:30 PM
6-Oct	Sat	Cobb County Invitational (JV/V)	CCCP	PM
13-Oct	Sat	Asics Invitational (V Only)	McIntosh Nature Whitesburg, GA	8:30 AM
20-Oct	Sat	Coach Wood (JV/V)	Gainesville	8:00 AM
27-Oct	Sat	Region (V/JV)	Cobb Co Corps	TBA
10-Nov	Sat	State (V)	Carrollton	11:30 AM

# HOYA CROSS COUNTRY HISTORY AND HONORS

## STATE RESULTS

### Individual Boys Top Ten

Austin Sharp 9<sup>th</sup>--1992  
 Giovanni Pipia 4<sup>th</sup>--1994  
 Robert Loerke 9<sup>th</sup>--2003

### Individual Girls Top Ten

Kari Velasco 2<sup>nd</sup>—1992, 7<sup>th</sup>--1994, 5<sup>th</sup>--1995  
 Veda Milani 3<sup>rd</sup>--1993  
 Michelle Brewer 3<sup>rd</sup>—2000, 1<sup>st</sup>--2001  
 Jessica Brewer 2<sup>nd</sup>--2001  
 Jillian Lammers 5<sup>th</sup>—2000, 5<sup>th</sup>—2001, 6<sup>th</sup>—2002, 3<sup>rd</sup>—2003  
 Kendell Goett 7<sup>th</sup>—2001  
 Kylie Foley 6<sup>th</sup>—2005  
 Kaylee Isaacs 1<sup>st</sup>--2011

**Individual State Champion:** Michelle Brewer 2001, Kaylee Isaacs 2011

### State Team Result

Year	Boys	Girls	Year	Boys	Girls	Year	Boys	Girls
1992	6 <sup>th</sup>	6 <sup>th</sup>	1999	8 <sup>th</sup>	8 <sup>th</sup>	2006	DNQ	12 <sup>th</sup>
1993	9 <sup>th</sup>	4 <sup>th</sup>	2000	5 <sup>th</sup>	1 <sup>st</sup>	2007	14 <sup>th</sup>	10 <sup>th</sup>
1994	7 <sup>th</sup>	6 <sup>th</sup>	2001	16 <sup>th</sup>	1 <sup>st</sup>	2008	6 <sup>th</sup>	5 <sup>th</sup>
1995	8 <sup>th</sup>	5 <sup>th</sup>	2002	9 <sup>th</sup>	5 <sup>th</sup>	2009	15 <sup>th</sup>	5 <sup>th</sup>
1996	8 <sup>th</sup>	6 <sup>th</sup>	2003	10 <sup>th</sup>	6 <sup>th</sup>	2010	12 <sup>th</sup>	5 <sup>th</sup>
1997	13 <sup>th</sup>	??	2004	DNQ	10 <sup>th</sup>	2011	14 <sup>th</sup>	2 <sup>nd</sup>
1998	15 <sup>th</sup>	13 <sup>th</sup>	2005	13 <sup>th</sup>	2 <sup>nd</sup>			

## REGION RESULTS

**Boys Region Champs (7 times):** 1992, 1994, 1997, 2000, 2001, 2010, 2011

**Girls Region Champs (13 times):** 1992, 1993, 1994, 1995, 1999, 2000, 2001, 2003, 2005, 2008, 2009, 2010, 2011

**Individual Region Champions:** Kaylee Isaacs 2011 Nat Estes 2010  
 Caroline Oshust 2006 Austin Sharp 1992  
 Kylie Foley 2003  
 Michelle Brewer 2000, 2001  
 Kari Velasco 1992, 1994

## INDIVIDUAL RECORDS

Certified 5K cross country course

Boys	Nat Estes	15:58.40	2010 Region Meet	Cobb Co. Corps Property
Girls	Kaylee Isaacs	18:35.32	2011 Great American	Wake/Med Soccer park

### Atlanta Track Club All-Metro Team

Kylie Foley 2004, 2005	Robert Loerke 2003
Jillian Lammers 2000, 2001, 2002, 2003	Carter Parrish 2000
Michelle Brewer 2000, 2001	Ali Waterson 2009
Jessica Brewer 2000, 2001	Kaylee Isaacs 2011
Kendell Goett 2001	

### 2011 Marietta Daily Journal Cross Country All County First Team

Kaylee Isaacs

### Harrison High School Hall of Fame Selections

Michelle Brewer 2011  
 2000 and 2001 Girls State Champions team 2012

**TEAM MVR**

Year	Boys	Girls
1992	Austin Sharp	Kari Velasco
1993	Austin Sharp	Vita Milani
1994	Giovanni Pipia	Kari Velasco
1995	Danny Dellegrazio	Kari Velasco
1996	Clay Moore	Anna Wells
1997	Nathan Deeter	Anna Wells, Katie Flewellyn
1998	John Davenport	Whitney Norris
1999	John Davenport	Amy Wells, Adrienne Ott
2000	Carter Parrish	Michelle Brewer
2001	Andy Smith	Michelle Brewer
2002	Derrick Zinnerman	Jillian Lammers
2003	Robert Loerke	Jillian Lammers
2004	Brendon Banes	Kylie Foley
2005	Brendon Banes	Kylie Foley
2006	Jakob Roedel	Caroline Oshust
2007	Jacob Roedel	Katherine Bickley
2008	Ryan Burruss	Ali Waterson
2009	Dan Ryan	Ali Waterson
2010	Nat Estes	Kaylee Isaacs, Maria Boff
2011	Jeremy McClung	Kaylee Isaacs

**Ray Buckley Award for Outstanding Female Cross-Country Athlete (ATC)**

Michelle Brewer 2001

**Paul Koshewa Award for Outstanding Dedication Women's Coach (ATC)**

Bob DeMenna 2001

**Marietta Daily Journal Cross Country Athlete of the Year**

Jillian Lammers 2003

Michelle Brewer 2000, 2001

Kaylee Isaacs 2011

**ATC Patty Foell Scholarship Award Winner**

Kaylee Isaacs 2011-2012

**NCAA or NAIA Scholarship Recipients**

Kari Velasco	Marshall University	Jillian Lammers	University of Georgia
Giovanni Pipia	Georgia Tech	Robert Loerke	West Georgia Univ
Katie Flewellyn	Samford University	Jason Loerke	West Georgia Univ
Summer Ciomek	UT Chattanooga	Liz Dunn	N. Georgia College
Michelle Brewer	Samford University	Catherine Westerfield*	Darton Coll/SCAD
Jessica Brewer	Samford University	Kaylee Isaacs*	Georgia Tech
Derrick Zinnerman	Winthrop University	Maria Boff*	Georgia Tech
Jessica Smith	Auburn University	Jackie Thompson*	The Citadel

**Hoya alumni who have participated as walk-on athletes**

Katie Grove	Georgia Tech	Carolyn Hoffman	Young Harris College
Kevin Foley	University of Georgia	Jordan Ann Poe	Young Harris College
Carter Parrish	Appalachian St Univ	Becky Dunn	N. Georgia College
Jon-Paul Montante	West Georgia Univ	Ryan Burruss*	Kennesaw State Univ
Brian Harper	West Georgia Univ	Ali Waterson	University of Georgia
Zach Olsen	Auburn University	Katherine Bickley*	University of Georgia
Drew Woods	Georgia State Univ	Nat Estes*	Georgia Tech
Meredith Lee	Ga Southern Univ	Austin O'Connell*	Georgia Tech
Kylie Foley	University of Georgia	Marrion Kalafut*	Univ of Georgia
Jenna Hughes	Univ of Alabama		

\*Currently competing

## XC State Championship Meet Times from Carrollton by Class

### Freshman Boys

Watt, Adam	17:58	2010
Parrish, Carter	18:26	1997
McClung, Lee	18:39	2005
Grier, Jason	19:11	1992
Gladstone, Ben	20:10	2010

### Sophomore Boys

Sharp, Austin	16:49	1992
Watt, Adam	17:47	2011
Davenport, John	17:49	1997
Wilson, Cory	17:57	1995
Brunson, Derek	17:58	2007
Delgrazio, Danny	18:01	1994
Porter, Chris	18:02	1999
Gladstone, Ben	18:07	2011
Paynter, Michael	18:13	1993
Parrish, Carter	18:14	1998
Davidson, Jeremy	18:18	1993
Rennie, Rex	18:21	2009
Banes, Brendon	18:26	2003
Machan, Ryan	18:34	2005
Montante, John P	18:43	1998
Woods, Drew	18:47	2001
Dumas, Jimmel	18:52	1998
Roedel, Jakob	18:54	2005
Freud, Alex	19:12	2005
Loerke, Jason	19:13	2001
Glantzberg, Jon	19:20	2003
Deas, Jeremy	19:29	2001

### Junior Boys

Estes, Nat	16:52	2009
Burruss, Ryan	17:14	2007
Olsen, Doug	17:26	2008
Ennis, Conner	17:30	2011
Parrish, Brian	17:35	1992
Parrish, Carter	17:36	1999
Sharp, Austin	17:39	1993
Ryan, Dan	17:40	2008
Close, Rusty	17:40	1992
Wilson, Cory	17:41	1996
O'Connell, Austin	17:44	2009
Cappadona, Nick	17:46	2008
Lyons, Davis	17:52	2009
Drew Woods	17:53	2002
Montante, JP	17:54	1999
Paulk, Drew	17:54	1996
Brunson, Derek	17:55	2008
McClung, Jeremy	17:56	2010
Bohn, Tyler	17:57	2010
O'Malley, Garrick	17:59	1995
Davenport, John	18:02	1998
Robert Loerke	18:03	2002
Dumas, Jimmel	18:04	1999
Ely, JC	18:04	2005
Butler, Brad	18:06	1997
Paynter, Michael	18:10	1994
Peterson, Marc	18:10	1992
Norden, Zach	18:11	2007
Grier, Jason	18:12	1994
Lawire, Brett	18:17	1997
Harper, Brian	18:20	1999
Jason Loerke	18:23	2002
Deeter, Nathan	18:39	1996
McClung, Lee	18:40	2007
Davidson, Jeremy	18:53	1994
Riley, Alan	18:59	1997
Zach Olsen	19:11	2002
Todd Brown	19:22	2002
Norris, John	19:22	2001

### Senior Boys

Loerke, Robert	16:07	2003
Pipia, Giovanni	16:18	1994
Estes, Nat	16:42	2010
Burruss, Ryan	16:46	2008
Delgrazio, Danny	16:48	1995
Parrish, Carter	17:02	2000
Woods, Drew	17:03	2003
Roedel, Jakob	17:05	2007
McClung, Lee	17:05	2008
McClung, Jeremy	17:05	2011
Sharp, Austin	17:07	1994
Banes, Brendon	17:08	2005
Hanratty, Sean	17:19	1993
Ryan, Dan	17:19	2009
O'Connell, Austin	17:19	2010
Raymond, Chris	17:20	2008
Cappadona, Nick	17:21	2009
Zinnerman, Derrick	17:25	2002
Loerke, Jason	17:25	2003
Peterson, Marc	17:26	1993
Ingalls, Robbie	17:28	1995
Davenport, John	17:32	1999
Montante, JP	17:34	2000
Bohn, Tyler	17:36	2011
Olsen, Zach	17:37	2003
Deeter, Nathan	17:44	1997
Davidson, Jeremy	17:45	1995
Foley, Kevin	17:45	2000
Goodman, Jake	17:49	2010
Brown, Garrett	17:53	1996
O'Malley, Garrick	17:55	1996
Lawrie, Brett	17:58	1998
Gettinger, Robby	17:59	2009
Wenk, James	17:59	2011
Knight, Josh	18:10	2000
Cain, Matt	18:15	2000
Harrell, Casey	18:15	1995
Dumas, Jimmel	18:16	2000
Smith, Andy	18:18	2001
Paynter, Michael	18:31	1995
Porter, Robbie	18:31	1999
Martin, Eric	18:32	2007
Close, Rusty	18:32	1993
Fruend, Ian	18:33	2001
Mori, Kenji	18:33	2000
Igyarto, Pete	18:39	1997
Hoffman, Scotty	18:40	2005
Halbrook, Tyler	18:40	2007
Deas, Jeremy	18:42	2003
Figlewicz, Kevin	18:47	2011
Brown, Morgan	18:48	1998
Johnson, Bobby	18:48	1996
John Norris	18:49	2002
Steadman, Dan	18:57	1994
Porter, Chris	19:02	2001
Parrish, Brian	19:26	1993
Kirchner, John	19:59	1998

## Freshman Girls

Velasco, Kari	19:23	1992
Bray, Elyse	19:42	2009
Miliani, Veda	19:44	1993
Foley, Kylie	19:59	2003
Lammers, Jillian	20:07	2000
Issacs, Kaylee	20:08	2008
Oshust, Caroline	20:25	2005
Sorge, Kennedy	20:25	2010
Wells, Anna	20:55	1996
Kalafut, Meaghan	20:58	2009
Boff, Maria	20:59	2008
Long, Lindsey	21:03	1992
Dunn, Becky	21:26	2004
Welker, Emily	21:42	2004
Whitehead, Jaclyn	22:03	2003
Wells, Amy	22:05	1999
Wilson, Carrie	22:10	1996
O'Brien, Liz	22:33	2002
Ciomek, Nicole	22:33	1995
Dunn, Liz	23:12	2002
Ott, Adrienne	23:23	1998

## Sophomore Girls

Foley, Kylie	19:44	2004
Isaacs, Kaylee	19:47	2009
Lammers, Jillian	20:16	2001
Bray, Elyse	20:21	2010
Maria Boff	20:22	2009
Oshust, Caroline	20:23	2006
Gerke, Natalie	20:48	1995
Kalafut, Marrion	20:49	2008
Welker, Emily	20:55	2005
Dunn, Becky	20:57	2005
Sorge, Kennedy	21:04	2011
Waterson, Ali	21:06	2007
Wells, Amy	21:08	2000
Bickley, Katherine	21:28	2005
Wells, Anna	21:53	1997
Norris, Whitney	21:54	1997
Wilson, Carrie	22:01	1997
Bruner, Bethany	22:02	1997
Ott, Adrienne	22:04	1999
Goett, Kendell	22:05	1999
Goett, Allison	22:05	2006
Dunn, Liz	22:15	2003
Bayles, Joanna	22:30	1999
Abraham, Julie	22:37	1995
Ciomek, Nicole	22:42	1996
Whitehead, Jaclyn	22:56	2004
O'Brien, Liz	22:59	2003
Lindsey, Erin	23:01	1997
Lawrie, Kristy	23:18	1998

## Junior Girls

Isaacs, Kaylee	19:37	2010
Brewer, Michelle	19:43	2000
Lammers, Jillian	19:45	2002
Foley, Kylie	19:46	2005
Boff, Maria	19:49	2010
Waterson, Ali	20:04	2008
Bray, Elyse	20:04	2011
Taylor, Amy	20:21	1992
Dunn, Liz	20:32	2004
Thompson, Jackie	20:32	2010
Flewellyn, Katie	20:40	1996
Brewer, Jessica	20:49	2000
Kalafut, Marrion	20:58	2009
Tucker, Margaret	21:08	2007
Gerke, Natalie	21:10	1996
Oshust, Caroline	21:11	2007
Houlihan, Megan	21:11	2008
Goett, Kendell	21:18	2000
Bickley, Katherine	21:21	2006
Jessica Smith	21:40	2002
Hughes, Jenna	21:40	2005
Norris, Whitney	21:52	1998
DeFrietas, Ashley	21:54	2004
Greenwood, Jesse	21:55	2010
Goett, Allison	21:57	2007
Ott, Adrienne	21:59	2000
Kalafut, Meaghan	21:59	2011
Koziara, Rachael	22:02	2007
Lawrie, Kristy	22:12	2000
Harter, Lindsay	22:35	2003
Wells, Amy	22:41	2001
Abraham, Julie	22:45	1996
Wilson, Carrie	22:45	1998
Adams, Leah	23:03	1998
Duvall, Andrea	23:27	1992
O'Brien, Liz	23:37	2004
Lindsey, Erin	23:48	1998
Montante, Nicole	24:27:00	1992
Bruner, Bethany	25:18:00	1998

## Senior Girls

Isaacs, Kaylee	19:01	2011
Waterson, Ali	19:16	2009
Velasco, Kari	19:20	1995
Lammers, Jillian	19:23	2003
Smith, Jessica	19:37	2003
Brewer, Michelle	19:39	2001
Brewer, Jessica	19:56	2001
Boff, Maria	19:56	2011
Thompson, Jackie	20:27	2011
Goett, Kendell	20:33	2001
Ciomek, Summer	20:36	1995
Bickley, Katherine	20:36	2007
Flewellyn, Katie	20:40	1997
Dunn, Liz	20:42	2005
Kalafut, Marrion	20:50	2010
Hughes, Jenna	20:59	2006
Dunn, Becky	20:59	2007
Maeder, Alex	20:59	2011
Grove, Katie	21:01	1995
Amy Wells	21:09	2002
Caitlin Birkhead	21:11	2002
Ott, Adrienne	21:13	2001
Taylor, Amy	21:13	1993
Houlihan, Megan	21:13	2009
Clay, Melissa	21:17	1993
Westerfield, Catherine	21:40	2008
Banes, Kelsey	21:48	2006
Midgett, Alisia	22:03	2001
Brittany Cranford	22:06	2002
Tucker, Margaret	22:08	2008
Adams, Leah	22:11	1999
Norris, Whitney	22:31	1999
Long, Lindsey	22:35	1995
Flewellyn, Emily	22:52	1996
Wells, Anna	22:55	1999
Duvall, Andrea	23:00	1993
Forester, Mary	23:09	1993
Johnston, Kolayna	23:20	2006
Chewning, Sarah	24:09:00	1997

## Harrison's All Time Best XC State Meet Performances at Carrollton

Boys			Girls		
Name	Time	Year	Name	Time	Year
1 Loerke, Robert	16:07	2003 *	1 Isaacs, Kaylee	19:05	2011 *
2 Pipia, Giovanni	16:18	1994	2 Waterson, Ali	19:16	2009 *
3 Estes, Nat	16:42	2010 *	3 Velasco, Kari	19:20	1995
4 Burruss, Ryan	16:46	2008 *	4 Lammers, Jillian	19:23	2003 *
5 Delgrazio, Danny	16:48	1995	5 Smith, Jessica	19:37	2003 *
6 Sharp, Austin	16:49	1992 %	6 Brewer, Michelle	19:39	2001
7 Parrish, Carter	17:02	2000	7 Bray, Elyse	19:42	2009 *
8 Woods, Drew	17:03	2003 *	8 Foley, Kylie	19:44	2005 *
9 Roedel, Jakob	17:05	2007 *	9 Milani, Veda	19:44	1993 %
10 McClung, Lee	17:05	2008 *	10 Boff, Maria	19:49	2010 *
11 McClung, Jeremy	17:05	2011 *	11 Brewer, Jessica	19:56	2001
12 Banes, Brendon	17:08	2005 *	12 Taylor, Amy	20:21	1992 %
13 Hanratty, Sean	17:19	1993 %	13 Oshust, Caroline	20:23	2006 *
14 Ryan, Dan	17:19	2009 *	14 Sorge, Kennedy	20:25	2010 *
15 O'Connell, Austin	17:19	2010 *	15 Thompson, Jackie	20:27	2011 *
16 Raymond, Chris	17:20	2008 *	16 Dunn, Liz	20:32	2004 *
17 Cappadona, Nick	17:21	2009 *	17 Goett, Kendell	20:33	2001
18 Zinnerman, Derrick	17:25	2002	18 Ciomek, Summer	20:36	1995
19 Loerke, Jason	17:25	2003 *	19 Bickley, Katherine	20:36	2007 *
20 Olsen, Doug	17:26	2008 *	20 Flewellyn, Katie	20:40	1996
21 Peterson, Marc	17:26	1993 %	21 Gerke, Natalie	20:48	1995
22 Ingalls, Robbie	17:28	1995	22 Kalafut, Marrion	20:49	2008 *
23 Ennis, Conner	17:30	2011 *	23 Wells, Anna	20:55	1996
24 Davenport, John	17:32	1999	24 Welker, Emily	20:55	2005 *
25 Montante, JP	17:34	2000	25 Dunn, Becky	20:57	2005 *
26 Parrish, Brian	17:35	1992 %	26 Kalafut, Meaghan	20:58	2009 *
27 Bohn, Tyler	17:36	2011 *	27 Hughes, Jenna	20:59	2006 *
28 Olsen, Zach	17:37	2003 *	28 Maeder, Alex	20:59	2011 *
29 Close, Rusty	17:40	1992 %	29 Grove, Katie	21:01	1995
30 Wilson, Cory	17:41	1996	30 Long, Lindsey	21:03	1992 %
31 Deeter, Nathan	17:44	1997	31 Wells, Amy	21:08	2000
32 Davidson, Jeremy	17:45	1995	32 Tucker, Margaret	21:08	2007 *
33 Foley, Kevin	17:45	2000	33 Birkhead, Caitlin	21:11	2002
34 Watt, Adam	17:47	2011 *	34 Houilhan, Megan	21:11	2008 *
35 Goodman, Jake	17:49	2010 *	35 Ott, Adrianne	21:13	2001
36 Lyons, Davis	17:52	2009 *	36 Clay, Melissa	21:17	1993 %
37 Brown, Garrett	17:53	1996	37 Westerfield, Catherine	21:40	2008 *
38 Paulk, Drew	17:54	1996	38 Banes, Kelsey	21:48	2006 *
39 O'Malley, Garrick	17:55	1996	39 Norris, Whitney	21:52	1998
40 Brunson, Derek	17:55	2008 *	40 DeFreitas, Ashley	21:54	2004 *
41 Lawrie, Brett	17:58	1998	41 Greenwood, Jesse	21:55	2010 *
42 Gettinger, Robby	17:59	2009 *	42 Goett, Allison	21:57	2007 *
43 Wenk, James	17:59	2011 *	43 Wilson, Carrie	22:01	1997
44 Porter, Chris	18:02	1999	44 Bruner, Bethany	22:02	1997
45 Dumas, Jimmel	18:04	1999	45 Koziara, Rachael	22:02	2007 *
46 Ely, JC	18:04	2005 *	46 Midgett, Alisia	22:03	2001
47 Butler, Brad	18:06	1997	47 Whitehead, Jaclyn	22:03	2003 *
48 Gladstone, Ben	18:07	2011 *	48 Cranford, Brittany	22:06	2002
49 Paynter, Michael	18:10	1994	49 Adams, Leah	22:11	1999
50 Knight, Josh	18:10	2000	50 Lawrie, Kristy	22:12	2000
51 Norden, Zach	18:11	2007 *	51 Bayles, Joanna	22:30	1999
52 Grier, Jason	18:12	1994	52 Ciomek, Nicole	22:33	1995
53 Harrell, Casey	18:15	1995	53 O'Brien, Liz	22:33	2002
54 Cain, Matt	18:15	2000	54 Harter, Lindsay	22:35	2003 *
55 Smith, Andy	18:18	2001	55 Abraham, Julie	22:37	1995
56 Harper, Brian	18:20	1999	56 Flewellyn, Emily	22:52	1996
57 Rennie, Rex	18:21	2009 *	57 Lindsey, Erin	23:01	1997
58 Porter, Robbie	18:31	1999	58 Leitske, Lori	23:09	1992 %
59 Martin, Eric	18:32	2007 *	59 Forester, Mary	23:09	1993 %
60 Mori, Kenji	18:33	2000	60 Johnston, Kolayna	23:20	2006 *
61 Freund, Ian	18:33	2001	61 Duvall, Andrea	23:27	1992 %
62 Machan, Ryan	18:36	2005 *	62 Chewning, Sarah	24:09:00	1997
63 Igyarto, Pete	18:39	1997	63 Montante, Nicole	24:27:00	1992 %
64 Hoffman, Scotty	18:40	2005 *			
65 Halbrook, Tyler	18:40	2007 *			
66 Deas, Jeremy	18:42	2003 *			
67 Figlewicz, Kevin	18:47	2011 *			
68 Johnson, Bobby	18:48	1996			
69 Brown, Morgan	18:48	1998			
70 Norris, John	18:49	2002			
71 Steadman, Dan	18:57	1994			
72 Riley, Alan	18:59	1997			
73 Freud, Alex	19:12	2005 *			
74 Glantzberg, Jon	19:20	2003 *			
75 Brown, Todd	19:22	2002			
76 Baker, Doug	19:23	1992 %			
77 Kirchner, John	19:59	1998			

% AI Bishop 1992-93  
 \* Carrollton 2003 to Present



# BOARD ADMINISTRATIVE RULE

[Return to "J" Section](#)

<b>Student Conduct: Interscholastic/Extracurricular Activities</b>	<b>JICDD</b>	<b>4/14/10</b>
--	--------------	----------------

## RATIONALE/OBJECTIVE:

Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders. They are role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these high standards, the District may withdraw the privilege to participate in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior.

## RULE:

### A. PROCEDURES:

#### 1. Time in Effect:

Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds.

2. Parents/guardians and/or students must report any arrest of a student or behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest or behavior will result in the student's consequences for the behavior in question being doubled and possible additional consequences for failure to report the behavior.

#### 3. Provisions:

- a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate.
- b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension the student cannot have contact with the team during any team activities.
- c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count.
- d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this Rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public school systems.

#### 4. Notification:

##### a. Elementary/Middle Schools:

In addition to providing students with copies of Administrative [Rule JICDA-E](#)

(Student Code of Conduct [Elementary]) or [JICDA-M](#) (Student Code of Conduct [Middle School]), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule.

b. **High Schools:**

In addition to providing students with copies of Administrative [Rule JICDA-H](#) (Student Code of Conduct [High School]), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

**B. ALCOHOL/ILLEGAL DRUGS/INHALANTS:**

The District believes very strongly that using/possessing over the counter drugs or products to get high; using/possessing alcohol; using/possessing illegal drugs; or using/possessing prescription drugs in an unauthorized manner at any time is a serious offense. Such use or possession by extracurricular participants is banned. **All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level.**

• **1st Offense:**

- Suspension from extracurricular activities, including practice and regular season, a minimum twenty-five (25) calendar days; plus
- Suspension from a minimum of 30% of the regular season contests/performances; plus
- Enrollment in the Gaining Results in Intervention and Prevention Program (GRIP) or comparable alcohol/other drug education program.
- The first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated.
- If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity.

• **2nd Offense:**

Suspension from extracurricular activities for a minimum of one calendar year. The student will not be permitted to participate in preseason activities or practice.

• **3rd Offense:**

Permanent suspension from extracurricular activities, including preseason activities and practices.

**C. TOBACCO [IN-SEASON USE]:**

• **1st Offense:**

Suspension from all extracurricular activities for two (2) school days.

• **2nd Offense:**

Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performances/competitions.

• **3rd Offense:**

Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performances/competitions.

• **4th Offense:**

Suspension from all extracurricular activities for ninety (90) calendar days.

**D. FELONY:**

1. **Guidelines:**

- a. A student who is arrested for, or charged with a felony or charged with an act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities;
- b. Students will not be permitted to participate in preseason activities;

c. **DUI:**

All felony DUI offenses will be dealt with according to this section.

**2. Duration:**

- a. The student shall remain suspended from extracurricular activities until:
  - (1) The charges are completely dismissed;
  - (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section E, below, or Section B, for alcohol offenses;
  - (3) The student is found not guilty; or
  - (4) The student serves his consequences as outlined below.
- b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.
- c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**E. MISDEMEANORS:**

1. A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section F(7) below.
  - **1st and Subsequent Offenses:**  
Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.
2. **Drug/Alcohol/DUI :**  
Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above.
3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**F. OTHER OFFENSES:**

A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following:

1. **Hazing:**  
School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative [Rule JJ](#) [Student Activities: School Clubs/Organizations and Student Organizations]);
2. Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor);
3. Truancy and/or skipping classes;
4. Acting in an unsportsmanlike manner when representing the school;
5. Violating curfew as established by the coach;
6. Any act at school or away from school, which results in any discipline by school administration; or
7. Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity.

Adopted: 9/28/00; 8/11/04  
Reclassified an Administrative Rule: 9/1/04  
Revised: 8/10/05; 6/10/09; 4/14/10