**HXC 411**

*Welcome to Heritage Cross-Country! Below, you’ll find important information that will help you to stay informed and avoid issues throughout the season. Please read carefully, and contact Coach Wynne with any questions that may arise.*

1. To stay in-the-loop throughout the season, register for text alerts. To do so, text **@wynnexc** to **81010**. It is extremely important that all athletes and parents register. I will send reminders, notices of practice cancellations/delays, and other important information on a regular basis.
2. Important links, team information, schedules, photos, etc. can be found at [www.heritagexc.com](http://www.heritagexc.com). The site will be updated ASAP.
3. All athletes must have a current physical on-file to attend practices or participate in any way. DO NOT COME TO PRACTICE, unless you have a signed physical (all four pages) in your hand or on-file in the main office. This is a Georgia High School Association (GHSA) rule.
4. All athletes must download and read the HHS athletic packet. Parents must sign and submit the first page only, which indicates that they’ve read and understand the information in the packet. The athletic packet can be downloaded from the school website (under athletics) or from [www.heritagexc.com](http://www.heritagexc.com).
5. All runners are obligated to pay a **$125** fee by July 30st, 2019. I encourage everyone to pay before the deadline, since these funds make up our operating budget for the season. Your payment covers the required athletic fee, but it also allows our team to purchase apparel and uniforms, pay for meet entry fees, purchase food and trophies for our awards banquet, and maintain our Cross-Country course. No one will receive a uniform/team apparel or compete in a race until the fee is paid.
	* **If there is a financial need, please let me know.**  I’ll be happy to work out a payment plan or make alternative arrangements.
	* Also, if siblings are on the team, the fee is reduced to $100/sibling.
	* Checks should be made out to “Heritage Cross-Country Boosters.”
	* If paying with cash (at any time during the season), please place the money in an envelope and put your name, the amount, and the purpose of the payment on the outside.
	* Whenever possible, all payments should be given to the team treasurer.
6. All runners need to wear a wrist watch during practice. An inexpensive digital watch is all that is required.
7. We need to raise money for our team. To do so, we need a functional booster club. All parents are encouraged to be involved in some capacity. The booster club will meet monthly, beginning in late June or early July.
8. Summer practices begin on June 18th. Due to GHSA regulations, summer practices are not mandatory; however, it is extremely important that all runners attend every practice. Unless you are on vacation or are physically ill, please make plans to attend practice, including Saturday long runs.
9. Most summer practices will be held in the Chickamauga Battlefield. Meet at the Recreational Field. Directions can be found on the team website.
10. Runners will be divided by running experience and ability level. New runners will be placed on the white team. Intermediate runners will be on the red team, and the navy team will be comprised of experienced runners. Workouts will be modified accordingly, in an effort to avoid burnout and injury.
11. The GHSA mandates that no practices occur between June 29th and July 6th. This is a “dead week” for athletics across the state.
12. Athletes should not wear earbuds to practice. Because we sometimes run near moving vehicles, it’s important for runners to be aware of their surroundings.
13. Runners should make a concerted effort to adequately hydrate. We will be running in very warm temperatures, and dehydration/heat stroke is a serious concern. Everyone should hydrate throughout the day, not just during the hour before exercise. Proper water intake is an essential part of running.
	* Temperature and humidity will be monitored, using a wet bulb meter. When reading reach dangerous levels, practice will be cut short or cancelled. Water breaks may also be given, though it’s important to note that proper hydration should occur before practice.
	* Runners should wear moisture-wicking fabrics, whenever possible.
14. We will be running on trails in the Chickamauga Battlefield. Multiple adults will accompany athletes as they train and every precaution will be taken to ensure that no one gets lost or injured. However, it is very important that all runners use the buddy system and pay attention to instructions. I also recommend buying an arm sleeve to carry your cell phone while running. NOTE: Carrying a phone in-hand is NOT ideal.
15. Running-related injuries should be reported to one of the coaches as soon as they occur. Running while injured will cause additional damage and require a longer healing time.
16. To avoid overuse injury, students should purchase quality running shoes with ample cushioning and support. It’s important to buy the right shoe for your running style and physical makeup, so please visit a running shoe store, such as Fastbreak, Front Runner, or Fleet Feet. The employees have the expertise to help you find the correct shoe.
17. Mandatory, after-school practices begin on August 8th. Unexcused absences will be penalized. Chronic absenteeism will result in dismissal from the team.
18. The race schedule will be made available as soon as race dates are solidified. Physical copies will be distributed to runners, and the schedule will be posted on our website as well.
19. Varsity runners will be selected based on their performance in two time trials. The first will be held on August 6th. A second time trial will be held before the first race.
20. We are hosting the 9th-Annual “FCA Running Camp” in July. It’s a fun-filled weekend of team bonding, running, swimming, games, music, and spiritual growth. The camp is completely voluntary, but I encourage all runners to attend. It’s the single best part of the season.

**Thanks for being a part of HXC. It’s going to be a great season!**

**Coach Wynne** (423-987-6165/Jwynne.hhs@catoosa.k12.ga.us)