



Cross Country 2023

Parent Handbook

Bartram Trail HS

VISION

Bartram Trail Cross country will be the preeminent high school program in North Florida and serve as a model of athletics complementing academics to create an ideal overall high school experience.

MISSION

Bartram Trail Cross country will create an athlete centered environment that serves as a community for cross country excellence and supports the foundation of life-long character development.

VALUES

Bartram Trail Cross Country values:

Academics. Refining intelligence and critical thinking skills are the reason we're all here.

The will to win and the passion to work.

Respect and integrity. Do the right thing every time.

The human spirit. It's the most powerful force on the planet.

Humility. Feel the joy of our teammates' successes; be cognizant of the space we all share.

Transformational experiences. Have fun; take more from this than just being an athlete; leave the same for others.

TRAINING SCHEDULE:

Practice will typically run for 90-120mins.

M	T	W	Th	Fri	Sat
6:30am	6:30am	6:30am or OFF Day	6:30am	6:30am	6:30am
	4:00pm		4:00pm		

There will be a race or practice each Saturday. We will never practice on Sundays.

** We expect athletes to **attend every training session** and to inform coaches in advance if they must miss. Excused reasons to miss practice must be:

1. Communicated to the head coach in advance and,
2. Match the threshold of an excused reason to miss school. Clearing those missed practices must be done face to face by the athlete. Never text bad news.

The first unexcused absence will result in missing the next meet. The second will result suspension from the team until a parent meeting takes place. The third will result in the removal from the team roster, finishing the season in unfavorable status.

VARSITY LETTER CRITERIA

Athletes must accumulate 40pts to earn a varsity letter.

Athletic Clearance completed on the first official day of the season	5pts
Return ALL issued uniforms within one week of your season ending	5pts
Uniform returned late, damaged, or dirty	-5pts
Zero unexcused misses all season	10pts
Compete in a varsity meet	5pts
Win a varsity race	10pts
Win a JV race	5pts
Recruit a new teammate in the month of August who finishes the season.	5pts/recruit
Make the post season roster	10pts
Race at the State Meet	10pts

POST SEASON ELIGIBILITY FOR SPECIAL AWARDS

Seasons that end with championships and other special achievements are always the objective. Sometimes those seasons can be celebrated with unique awards or celebratory type gifts. In order to be eligible for these awards/gifts, athletes must:

1. Be listed on the FHSAA 15 member post season roster.
and
2. One of the following:
 - a. Compete in at least one FHSAA State Series race: District, Region, State.
 - b. Be part of the State Meet racing travel squad.

INJURY PREVENTION, NUTRITION, AND HYDRATION

The best injury prevention involves stretching well, eating properly, **getting plenty of sleep**, staying well-hydrated and resting when necessary. Having some muscle soreness after a hard workout is normal but NEVER the objective.

Injuries or potential injuries should be reported to the coaches as soon as possible.

Athletes should be eating a diet rich in protein and calcium. Carbohydrates are important but should be from unrefined sources (brown rice and whole grains) and should be eaten in moderation.

**we stress to all our runners that sleep, nutrition, and hydration are very important – we also try to have each student eat a healthy snack (and drink Gatorade/chocolate milk) after hard practice sessions.

Required at practice:

Watch
Water bottle
Foam roller
Spikes
Snack to eat immediately after practice (ideally in a 4:1 carbohydrate grams to protein grams) . . .

Barred from practice

Mobile Phones

EQUIPMENT AND UNIFORMS

Race Day Kit

One of the most fun parts of the season is when athletes get to wear their Race Day Kit. To promote unity and teamwork, all cross country runners are required to look the same on meet day. The following are mandatory clothing items, referred to as the Race Day Kit:

- Racing jersey(s) (checked out to athlete and must be returned)
- Racing shorts
 - Black– j.v. and varsity
 - Royal blue – varsity only
- Meet day shirts (short and long sleeved)
- Black warm-up jacket - (purchased on Team Shop)
- Black warm-up pant

Racing shoes (spike or flats)

Available online or at 1stPlaceSports and vary in price. Make sure you are getting a long-distance racing shoe and not a sprint spike.

Ancillary Gear – Sometimes it's nice to have a little extra gear to show off your pride. Additional items may be made available on the yearly team shop for athletes and parents alike. These are all optional.

Training Shoes – All athletes should have a pair of good quality running shoes to avoid risking injury. Athletes will never warm-up in spikes. We recommend **1st Place Sports** – they have stores on Baymeadows Rd (just off San Jose Blvd.), in San Marco, at Jacksonville Beach, at St. Johns Town Center, in Orange Park, and in St. Augustine. The staff at these running stores are very knowledgeable (they are almost all runners) and they will also give Bartram Trail runners a discount.

Wristwatch – every athlete must have their running watch every training session. GPS watches are required for non-freshman runners.

END OF SEASON AWARDS AND EVENTS

The team banquet will be held after the state championships, sometime in December. Awards, letters, and pins will be presented at those events.

MEET SCHEDULE: The meet schedule is posted on the BTTF website.

<https://www-bths.stjohns.k12.fl.us/crosscountry/>

Additionally, you can download the iCalendar to your smart phone.

<https://calendar.google.com/calendar/ical/btxctrack%40gmail.com/private-847d2d4fe96925f7f0235d5f0618363c/basic.ics>

TRANSPORTATION:

We will have transportation from Bartram Trail to some meets. When we do, athletes will generally be required to ride to the meet with the team.

After the meet, athletes may leave with their parents or other county approved drivers. They may not ride with anyone else. Athletes may be dismissed from a meet under the following conditions:

1. The athlete has finished their entire post competition regimen including attending the post meet team meeting.
2. The parent/guardian and athlete have checked out with the head coach.
3. The athlete is riding home with a parent/guardian or county approved volunteer driver.

PARENT DRIVERS TO HELP WITH TRANSPORTATION

Parents are encouraged to register through the school to be an approved volunteer driver. They must present an insurance declaration form showing 100/300 liability coverage. The on-line form can be found below and must be filled out at the beginning of the season.

<https://www.stjohns.k12.fl.us/risk/volunteer-driver/>

Once approved, you can help transport athletes to and from meets at any time.

BARTRAM BOOSTER CLUB

Families are expected to join the Bartram Trail Athletic Booster Club. You can join on-line here:

<https://www.bartramathleticboosters.com/shop-membership>

Our booster club is one of the best around. They treat all sports with the same amount of support and represent a group of parents and community members that care deeply about the experience our athletes have here at Bartram Trail. Meetings are held the first Monday of every month at 6:30pm in the BTHS Media Center.

WHAT YOU CAN DO AS A PARENT

Please encourage your child to follow the advice and the instructions of the coaching staff. Help us ensure that they eat right, get plenty of sleep, and hydrate before practice and re-hydrate afterwards; those three things can make a big difference for any athlete. Keep an eye on their shoes; worn out running shoes can lead to injury.

We know you want your child to grow up to be a responsible and respectful young man or woman and high school sports teach and instill discipline. We want our runners to be on time for practice and for races, to stay to cheer on their teammates and to help clean up after meets, to show good sportsmanship, and to be respectful of teammates and opponents. Please support the coaching staff as we endeavor to instill these values on the team. Last year we (the coaches) were complimented by bus drivers and hotel staff regarding the behavior of our team. We know that this is no accident; our athletes have been raised well and that, combined with extra encouragement & reinforcement from the coaching staff, goes a long way to shaping a team of which we can all be proud.

WHAT YOU SHOULD NOT TO DO AS A PARENT

The coaching staff understands that parents want what is the best for their child. However, we respectfully ask that you do not overdo your support of your child's experience in cross country. This includes just prior to and after races (please don't hover around the team area at meets – so, no "helicopter" parenting!).

Please feel free to discuss any questions or concerns about your child's training with the coaches. We will work with you and your child with issues such as academics, transportation, family, health, and conflicts with other sports or activities. Ultimately, we want cross country to be a very positive and enriching experience for your child.

TEAM SUCCESS AND PHILOSOPHY

As coaches, we were all competitive athletes, (some of us still are!) and we're also competitive coaches. We want your athletes to perform to the best of their ability. However, the coaches are not motivated solely by the trappings of success. Winning is not everything and winning at any cost lacks a greater perspective. Giving 100% is far more important. Competing in cross country is a great preparation for competing in life. It teaches athletes how to deal with success and failure, endure the agony of defeat, and experience the joy of victory. It gives one the opportunity to experience so many special memories that will last a lifetime – and I know from my own experience that these memories and lessons are way more important than the ribbons that will eventually get lost and the medals that will corrode in a drawer.

Our values and mission are stated above. We cherish most the opportunity to create an experience for our student-athletes that complements what is going on in the classroom, earns them a sense of self-esteem, and the gives them confidence to achieve any goal on which they set their sights. Fast times, far distances, high marks, and state medals are just a bonus. The journey along this adventure requires desire, dedication, perseverance, and discipline. At times it will be tough, at times it will be fun, but, above all else, it will be rewarding. The memories are the ultimate prize.

On behalf of the coaches, I thank you for entrusting your children into our hands and we are looking forward to a memorable cross country season.

COACHES CONTACT INFORMATION

Head Coach:	David Frank*	david.frank@stjohns.k12.fl.us
Asst Coach:	Dustin Clark*	dustin.clark@stjohns.k12.fl.us
Asst Coach:	David Popik	D.popik@icloud.com
Asst Coach:	Maryanne Holtz	maryannesfitness@gmail.com
Asst Coach:	Melissa Roughan*	Melissa.Roughan@stjohns.k12.fl.us
Grad. Assistant *on campus	Tannah d'Aquin	tannahdaquin@yahoo.com



This handbook is not a set of laws. It is a guide for general expectations and philosophies. Situations may arise that cause for flexibility on the part of coaches, athletes, and parents. Decisions made in real time may have to reflect the complexity of life and may deviate from our norms, but they will always have the best interest of athletes at their core.