

Harrison High School Cross Country Handbook 2023



August 1, 2023

Hoya Runners and Parents!!

Welcome to the 2023 season. The upcoming season is one that holds a great deal of promise and some huge challenges. We have been working hard all summer to get prepared for this season.

We want to build on our successes from last season. Our 7A region is stacked with excellent Cross Country teams. Just to give you an idea of how stacked our region is...the teams in our region have won 12 state cross country championships since 2014. So we are in the middle of the best cross country in the state of Georgia.

Please make sure you are connected to us through our major means of communication...Remind and Twitter. Also check our website for updated information.

In this handbook, you will find all the information about our team, our sport, and the upcoming season. Please make sure you read through it carefully and understand our policies and procedures.

We appreciate our booster club. They provide support to our program in so many ways. They organize our team building activities, set up our camp at meets, plan our out-of-town trips, purchase needed equipment, and provide financial support for our program.

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. Enjoy the journey and be ready for an exciting season. See you on the trails!!

Coach Simmons © (770) 595-9987 simkent@aol.com

Coach Scott © (404) 822-3917 hoyarelay@hotmail.com

Coach McGinnis © (404) 754-4340 keri.mcginis@cobbk12.org

Coach Aiken © (678) 314-2611 rachel.aiken@cobbk12.org

Coach Bonanni © (770) 596-7874 merbonanni@yahoo.com



Harrison XC Booster Club, Inc.

After an outstanding 2022 season, the Harrison Cross Country program is excited for the opportunity to compete for championships again in 2023.

The Harrison Cross Country runners not only compete in the state of Georgia's largest school classification, 7A, but also in Region 3 of 7A, the most competitive region in the state. The Hoya XC athletes don't shy away from this highest level of competition, they embrace it. As newcomers to 7A in the challenging 2020 season, the boys placed 2nd and the girls took 4th in the State Championship meet.

In 2021, our teams continued to excel, as the varsity boys placed 1st at region, while the girls took 3rd. The JV teams impressed with the boys placing 1st and the girls taking 2nd. At the State meet, the boys placed 5th, while the girls stunned the competition by taking 2nd overall, and sophomore Samantha McGarity claimed the individual 7A girls state championship. In 2023, the boys and girls repeated this performance at State (as did Sam), after each varsity squad had placed 2nd in the region, with each JV squad capturing the region championship.

As with every year in school, athletes graduate and move on, but the Hoyas are confident in the experienced athletes who are returning, which include both JV region individual champions and one varsity individual region champ. We are also excited to welcome a talented group of incoming freshmen, most of whom were developed in the Junior Hoya XC program.

With over 100 athletes representing Harrison, we pride ourselves on giving them the opportunity to compete with the best runners from around the country. This season, we are planning two out-of-state meets. On September 23rd varsity/senior/upperclassmen athletes will compete at the Tohopekaliga XC Invitational in Kissimmee, FL. On October 7th the team will travel to Oakville, AL to once again compete at the Jesse Owens Classic.

The tradition of excellence embodied in Harrison XC is attributable not only to the dedicated student-athletes and the tremendous coaching staff, but also the support of the parents and the Booster Club. Your registration fees provide the funds necessary for meet entries, equipment, trips, snacks, salaries for the coaches, and much more. Our booster club is unique in that we do not require our athletes to participate in fundraisers. Our funds come from booster club dues and donations.

We welcome and appreciate your help in continuing the Harrison Cross Country tradition of success. Our dedicated coaches have a well-deserved reputation for bringing out the best in our student-athletes both on and off the running trails. The culture of the team encourages competition and camaraderie, with athletes of all levels being cheered on by their teammates, coaches, and parents. We will have another great team in 2023, and we look forward to working with your family this fall!

Sincerely,
Deana Thompson
Booster Club President
hoyaxclub@gmail.com

HHS XC Mission Statement

- **Provide each athlete the opportunity to compete and perform to the best of their ability.**
- **Encourage healthy competitive sporting experiences in a positive atmosphere.**
- **Encourage athletes to learn healthy lifestyle skills through the sport of Cross Country.**
- **Develop leadership skills and a strong work ethic to help our athletes become leaders in the classroom and in our community**
- **Develop pride and ownership in the Hoya XC program.**

CORE VALUES

- **Hoyas take care of each other.**
- **Hoyas respect their coaches, teammates, officials, other competitors and our Sport**
- **Hoyas don't walk**
- **Hoyas finish**
- **Hoyas give their best effort in the classroom, at practice and in competition**

This is your team and your legacy

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). “Landon Follis 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.
- **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.
- **CARL**—Controlled, Accelerated, Run at Lost Mountain. Our tempo run workout at LMP!!
- **SAM**—Strength and Mobility exercises designed to help build strength and prevent injury.

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 6th place finisher. Also the 7th 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 (required)

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 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 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 too much 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, 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. PLEASE SEE ADDITIONAL INFORMATION ON IRON INTAKE>
- **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).

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

Uniforms

Uniforms are the responsibility of the athlete. A uniform can be purchased for \$65-\$75 depending upon the level of the athlete, which includes a singlet and a pair of shorts.

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

follow @hoyaxccoaches and @hoyaxc on Instagram

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

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

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. Share any photos with Coach Scott.

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 (the coaches).

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

- We have two charter buses reserved for our full team out-of-town trip to Oakville, Alabama on Oct 6-7, 2023. Qualified members are those athletes who have demonstrated the ability to run 3 miles without walking and are in good standing on the team (related to behavior and tardies/absences from practices and meets).

The coaching staff is very proud of our program and believes 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 an honor.

DIRECTIONS TO MEETS

CHEATHAM HILL

902 Cheatham Hill Road, Marietta, GA

LOST MOUNTAIN PARK

4845 Dallas Hwy, Powder Springs, GA

MCINTOSH NATURE PRESERVE (Coach Wood)

1046 W McIntosh Cir, Whitesburg, GA 30185

HERITAGE CHRISTIAN CHURCH (Starr's Mill)

2130 Redwine Road, Fayetteville, GA

AUSTIN TINDALL PARK (Tohopekaliga Invite)

4100 Boggy Creek Rd. Kissimmee, FL

ROPER PARK (Pickens Preview)

1826 Refuge Road, Jasper, GA

ALLATOONA CREEK PARK (Hoya Invite, County, Region)

5690 Old Stilesboro Rd, Acworth

OAKVILLE INDIAN MOUNDS PARK (Jesse Owens Invitational)

1219 Co Road 187, Danville, AL

STATE MEET/CARROLLTON

Carrollton Elementary School 401 Ben Scott Boulevard, Carrollton, GA

2023 Cross Country Expectations

Expectations, requirements, and policies. Effective August 1-November 4, 2023

- 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. All athletes are **required** to have a watch with a chronograph and to wear it to practice daily.
- DRESS CODE (meets)
 1. Athletes will wear sweats 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 the meet.
- 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.
 6. Any athlete who has allergies is responsible for letting the coaches know and for their epipens.
 7. WALKING: **Hoyas don't walk.** All team members are expected to run during the entire practice. If an athlete has an injury or a concern then they must talk to the coaches BEFORE practice. If you are caught walking during practice then you will be sent to a specific location and the coaches have the option of holding you out of the next meet. If it is a persistent problem then you will be dismissed from the team.
- ATTENDANCE PROCEDURES
 1. Attendance will be taken at all practices, meets, and meetings. If you are unable to attend you are expected to inform Coach Scott or Coach Simmons BEFORE practice.
 2. Our expectation is that each member of the team attend practice daily. We believe it is vital to your individual success and the team's success. Plus we believe it is an expectation for being on a competitive high school athletic program.
 3. **The Varsity team** is composed of the top 20 +/- as determined by the coaches. They are expected to be at practice daily. If they miss practice due to an excused absence then there is no consequence. If they miss practice due to a Pre-approved Unexcused Absence then they will be moved to the JV team which includes the meet that weekend. We expect 100% total commitment to the team and other activities must take a backseat.
 4. **The JV team** is everyone else on the team. They are expected to be at practice daily.
 5. **Two (2) absences in a week means you will not race that weekend.**
 6. **Excused Absences** include illness, Dr. Appt, Coaches say "take a day off", approved alternate training plan
 7. **Pre-approved Unexcused Absences** include (but are not limited to) Club meetings, Student Council meetings, Activities (Theater, ROTC, Cheerleading, Other Sports, etc), DMV appointments, SAT Prep, internships, or Tutoring. These absences must be cleared with the coaches ahead of time.
 8. **After 5 weeks (September 5) if your number of absences exceeds the number of weeks of practice your status on the team will be re-evaluated by the coaches. This will continue throughout the rest of the season.**
 9. **If you have 10 absences then the athlete will go on probation and their status on the team will be re-evaluated.**
 10. As the coaches make decisions about competitors in Varsity workouts, Varsity competitors, the Varsity trip, and the State team absences will be considered. Being on the Varsity team does not guarantee a Varsity letter...that is still earned by performance as stated in the Handbook.

- **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 and hurts the team. Cobb County School District adopted a policy regarding behavior for extra-curricular activities (Rule JICDD—Code of Conduct). Cobb County policy will be followed in these circumstances.
 2. Remember you are a STUDENT-Athlete so watch your grades and classes. Athletes are expected to be leaders in class. They must maintain good grades and exhibit appropriate behavior in class. 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, officials, 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. **SOCIAL MEDIA:** Any posting on social media that is vulgar, unsportsmanlike, inappropriate, or in any way reflects poorly on our team will result in disciplinary action.
 8. Hazing is not tolerated on our team.
- **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.**
- **MISCELLANEOUS INFORMATION**
 1. We practice every day rain or shine. If weather dictates a cancellation, the coaches will make that call at practice.
 2. 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.
 3. If while running you hear thunder or see lightening, immediately head back to the starting point of your run.
 4. Captains are Sadie White, Omie McGowan, Ashley Thibodeau, Liam Crabtree, Spencer Edwards, and Landon Follis
 5. No road-racing during the season without approval from the coaches.
 6. All athletes 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), REMIND and the captains relay information via their REMIND and the HHS XC Instagram page. On Sunday nights, we send a team email outlining the plans for the week. Please check your email on Sundays and visit the webpage regularly.

2023 HHS XC Team Qualifying Guidelines

1. All athletes will be given an equal opportunity to qualify for the team.
2. 1 Time Trial will be held. All who wish to try out for the team will run the Time Trial.
3. In order to run the time trial, you must have given Coach Scott a summer running log.
4. Time Trial is Friday August 4th at Allatoona Creek Park
 - (a) Qualifying for the team will be determined by:
Coaches Discretion based upon, but not limited to:
 - a. Commitment to team
 - b. Potential for improvement and contributions to team. **NO ONE RIDES FOR FREE.**
 - c. Work Ethic in practice
 - d. Seniors who are not Varsity athletes are expected to contribute through leadership on the team.
5. At Mid-Season (Fall Break) your status on the team will be re-evaluated. At this point, you must have RACED and FINISHED in FOUR (4) meets in order to maintain your status on the team. The only exceptions to this requirement will be athletes who have suffered a doctor's excused injury. Each athlete also must be showing a commitment to the team through attendance and effort at practice.

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 Varsity Letter Requirements 2023

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 JV Region.
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.**

Time incentive T-shirts

Time incentive T-shirts will be given to athletes based on their best competitive time during the GHSA season on a sanctioned 5K course. 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

- Successfully ran their plan and pre-summer plan (June-August) and
 - Have documentation in the form of a running log (either paper or on-line)
 - Demonstrated fitness by successfully running the time-trial without walking
- will receive a special "Ran My Plan" summer T-shirt.

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, dry clothes, money for meals or t-shirts
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 Harrison.
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 12-15 minutes warm-up and you should run the last ½ mile of the course if possible.
 1. During your warm up run do 3 x 1:00 at race pace after 7 minutes.
 - 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.
- Make sure your racing chip is securely fastened to your shoe(s).
- Be at or near the start 10 minutes before your race.
- Make sure you are properly warmed up.
- Do 2 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. Make sure you are in the race.
- 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 (Hips to heart!!!)
- Down hills...lean forward, butt kicks, on your toes...not heels.
- Around curves are easy times to pass people. Look to sling shot around them or cut inside if it is open.
- 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.
- Don't fall asleep in the race. Stay focused and mentally tough. Get tough.
- Play the positive game in the 2nd half of a race (keep score...pass more than pass you)
- Take a risk
- 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

- Put your team t-shirt on.
- 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
- Varsity Athletes complete your post-race assessment.

HOYA CROSS COUNTRY HISTORY AND HONORS

STATE RESULTS

Individual Boys Top Ten (ALL STATE)

Austin Sharp 9th--1992
 Giovanni Pipia 4th --1994
 Robert Loerke 9th--2003
 Ryan Brock 8th 2013
 Sully Shelton 4th 2018, 1st 2019, 2nd 2020
 Noah Connelly 7th--2019
 Kaden McVey 9th--2019
 Andrew Cole 9th--2021

Individual Girls Top Ten (ALL STATE)

Kari Velasco 2nd—1992, 7th--1994, 5th--1995
 Veda Milani 3rd--1993
 Michelle Brewer 3rd—2000, 1st--2001
 Jessica Brewer 2nd--2001
 Jillian Lammers 5th—2000, 5th—2001, 6th—2002, 3rd—2003
 Kendell Goett 7th—2001
 Kylie Foley 6th—2005
 Kaylee Isaacs 1st—2011
 Kira Stanley 2nd—2016, 5th 2017
 Alex Lacy 9th—2016
 Kayli Moody 8th—2017
 Anna Windom 10th—2019
 Samantha McGarity 1st—2021, 1st—2022

Individual State Champion:

Michelle Brewer 2001
 Kaylee Isaacs 2011

Samantha McGarity 2021, 2022
 Sully Shelton 2019

State Team Result

Year	Boys	Girls	Year	Boys	Girls	Year	Boys	Girls
1992	6 th	6 th	2004	DNQ	10 th	2016	7 th	1 st
1993	9 th	4 th	2005	13 th	2 nd	2017	5 th	3 rd
1994	7 th	6 th	2006	DNQ	12 th	2018	2 nd	2 nd
1995	8 th	5 th	2007	14 th	10 th	2019	1 st	6 th
1996	8 th	6 th	2008	6 th	5 th	2020	2 nd	4 th
1997	13 th	??	2009	15 th	5 th	2021	5 th	2 nd
1998	15 th	13 th	2010	12 th	5 th	2022	5 th	2 nd
1999	8 th	8 th	2011	14 th	2 nd			
2000	5 th	1 st	2012	13 th	11 th			
2001	16 th	1 st	2013	3 rd	8 th			
2002	9 th	5 th	2014	14 th	5 th			
2003	10 th	6 th	2015	20 th	7 th			

REGION RESULTS

Boys Region Champs (12 times): 1992, 1994, 1997, 2000, 2001, 2010, 2011, 2017, 2018, 2019, 2020, 2021

Girls Region Champs (19 times): 1992, 1993, 1994, 1995, 1999, 2000, 2001, 2003, 2005, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018

Individual Region Champions: Samantha McGarity 2021, 2022

Kaylee Isaacs 2011

Caroline Oshust 2006

Kylie Foley 2003

Michelle Brewer 2000, 2001

Kari Velasco 1992, 1994

Sully Shelton 2018, 2019

Nat Estes 2010

Austin Sharp 1992

INDIVIDUAL RECORDS (Certified 5K cross country course)
SCHOOL RECORDS

School records are ONLY recognized at any GHSA sanctioned meet on a 5k course or any post season meet listed on our schedule such as the East Bay or Nike Team Nationals series races.

Boys	Sully Shelton	14:48.83	2020 Running Lane Invite	John Hunt Running Park
Girls	Samantha McGarity	17:56.32	2022 East Bay South Regional	MacAlpine Park

Harrison High School Hall of Fame Selections

Michelle Brewer 2011	Jessica Smith 2017
2000/2001 Girls State Champions team 2012	Coach Bob DeMenna 2018
Jillian Lammers 2017	Kaylee Isaacs 2020

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
2012	Ryan Brock, Adam Watt	Elyse Bray
2013	Ryan Brock	Audrey Smith
2014	Spencer Borchelt	Mattie Rountree
2015	Grayson Rolf	Kira Stanley
2016	Grayson Rolf	Kira Stanley
2017	Sully Shelton	Kayli Moody
2018	Sully Shelton	Riley Perlakowski
2019	Sully Shelton	Anna Windom
2020	Sully Shelton, Noah Connelly	Allison Baker
2021	Andrew Cole	Samantha McGarity
2022	Sterling Sellier	Samantha McGarity

Atlanta Track Club All-Metro Team

Kylie Foley 2004, 2005
Jillian Lammers 2000, 2001, 2002, 2003
Michelle Brewer 2000, 2001
Jessica Brewer 2000, 2001
Kendell Goett 2001
Robert Loerke 2003
Carter Parrish 2000

Ali Waterson 2009
Kaylee Isaacs 2011
Kira Stanley 2016
Sully Shelton 2018, 2019, 2020
Noah Connelly 2019
Samantha McGarity 2021, 2022

Jeff Benton Award for Outstanding Male Cross-Country Athlete (ATC)

Sully Shelton 2019

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

Michelle Brewer 2001, Samantha McGarity (2022)

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

Bob DeMenna 2001, Jason Scott 2016

Marietta Daily Journal/Cobb County Cross Country Athlete of the Year

Jillian Lammers 2003
Michelle Brewer 2000, 2001
Kaylee Isaacs 2011
Kira Stanley 2015, 2016
Sully Shelton 2018, 2019
Samantha McGarity 2021, 2022

ATC Patty Foell Scholarship Award Winner--Kaylee Isaacs 2011-2012

NCAA or NAIA Scholarship Recipients (current)

Andrew Cole	Augusta University	Riley Perlakowski	Georgia Tech
Jack Sisk	Georgia College	Sterling Sellier	Coastal Carolina
Sully Shelton	UNC (Chapel Hill)	Lidia Longo	Univ of Ala (B'ham)
Tim Wolfe	SD School of Mines	Parker Buchheit	Georgia Tech
Mark Ravenscraft	Columbus State	Kylee Geveke	Georgia College