

PENINSULA HIGH SCHOOL

Girls' and Boys'
Cross Country
Handbook



2012

WELCOME From the Coaches

Welcome to the Palos Verdes Peninsula High Cross Country Team. As a parent, you may have a number of questions regarding your son or daughter, cross country running, and competition. This handbook attempts to answer your questions and to help you support your son and/or daughter in the sport of Cross Country. If you have any additional questions, please feel free to contact us. Again, welcome to the team. We'll see you at the meets!

**The steeper the mountain,
the harder the climb,
and better the view from the finish line.**

GO PANTHERS!

www.palosverdes.com/penhixc



2012 Contact Information

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Peninsula High School Boys/Girls Cross Country Schedule

DATE	RACE/EVENT	TIME
Aug. 24	Watermelon Run @ Pen Hi XC Course	8:00AM
Aug. 26	Car Wash @ Pen Hi	10-4
Aug. 29	Parent Meeting PAC	7:00PM
Aug. 30	Mini Meet Palos Verdes	3:30PM
Sept. 8	Laguna Hills Invite, Laguna Hills High School	7:45AM
Sept. 20	Bay League #1 @ Redondo Union High School	2:30PM
Sept. 29	Stanford Invitational (Girls Varsity Only) Nike Pre-Nationals (Boys top 16)	
Oct. 11	Bay League #2 @ Pen/Hi PV Course (PV Host)	2:30PM
Oct. 13	San Luis Obispo Invite, Boys and Girls Varsity	11:30AM
Oct. 20	Mt. SAC Invite, Mt. SAC Community College	TBA
Nov. 1	Bay League #3, Finals @ Polliwog Park, Mira Costa Host	1:30PM
Nov. 10	CIF Prelims @ Mt. SAC Community College	TBA
Nov. 17	CIF Finals @ Mt. SAC Community College	TBA
Nov. 24	State Meet @ Woodward Park, Fresno	TBA
Dec. 4	Tentative Date for Cross Country Banquet	TBA

LAGUNA HILLS HIGH SCHOOL

Take 405 South to the 5 South. Exit West on Alicia Parkway to Paseo de Valencia; Right on Paseo de Valencia to LHHS on left, or continue across PDV & right at Laguna Hills Community Center; continue past Community Center to LHHS main parking lot.

REDONDO UNION High School – Redondo Beach

Take Pacific Coast Highway north to Vincent St. Right on Vincent St. School and track will be on left.

STANFORD XC Invitational @ Stanford University Golf Course

198 Junipero Serra Boulevard, Stanford, CA 94305 (650) 724-0944

From Highway 101 North & South, take the Embarcadero Road exit west toward Stanford University. At El Camino Real, Embarcadero turns into Galvez Road as it enters the University. Stay in the left lane and continue toward the center of campus. Turn right at Campus Drive and continue for approximately 1.5 miles. Campus Drive dead-ends into the entrance to the Golf Course. stanfordgolfcourse.com

SOUTH BAY CUP @ COLUMBIA PARK, Torrance

Torrance, California 90504, (310) 328-5310

Take Hawthorne Blvd. north to 190th Street; right on 190th. Parking lots are on the left, before Madrona.

PENINSULA HIGH/PV HIGH & PV Invitational Course, Palos Verdes Estates

Take Hawthorne Blvd south to Palos Verdes Drive West; rtr on PVD @ Golden Cove; PVD to Little League Field at Lunada Bay, PVD & Cloyden/Coronel.

Cal Poly SLO XC Invitational, San Luis Obispo**Fairbanks Memorial Cross Country Course, Cuesta Community College**

From US 101, take Hwy 1 exit toward Morro Bay for approx 5 miles. From Hwy 1, turn rt on Education Dr, across from Cuesta College main entrance; course entrance approx 1 mi on left of Education Dr; add'l spectator parking in Cuesta College main lot. www.gopoly.com

MT. SAC XC Invitational & CIF Southern Section Prelims/Championship, Walnut

Mt. San Antonio College, 1100 North Grand Avenue Walnut, CA, 91789.

110 N to 91 East to 605 North to 10 East. Right on Grande Ave. Left on Temple Ave.

<http://events.mtsac.edu/sgvxcinvite>

WEST High School Course @ –Entradero Park, Torrance

Take Hawthorne north to Del Amo Blvd. Left on Del Amo Blvd., third right on Entradero, left on Halison St., on right side.

MIRA COSTA High School Course @ POLLIWOG PARK, Manhattan Beach

1600 Manhattan Beach Boulevard, Manhattan Beach, CA - (310) 802-5408

Take PCH to Manhattan Beach Blvd, Right on MBB to Peck Rd. Left on Peck to Polliwog Park. Parking on streets only.

Meet the Coaches

The coaching staff has enjoyed many successful seasons. Some of the more memorable highlights include:

- 5 state championships for Boys' and Girls' Varsity teams
- Boys' Varsity ranked in the top 5 cross-country teams in the state for 7 years
- Girls' Varsity placed 4 girls on the podium in the top ten overall medalists in 3 CIF State Championships
- 12 CIF Southern Section championships for Boys' and Girls' Varsity teams

Head Coaches:

Norm Towers - Boys' Cross Country Head Coach. Coach Towers taught Biology in PVPUSD for 36 years. A graduate of the University of Redlands, Coach Towers has 33 years of cross-country coaching experience. He first started coaching track and cross-country at Corona High School in 1963. At Miraleste, he was track coach for 23 years and head cross country coach for 12 years. He has been the head Boys' Cross Country Coach at PVPHS for the past 13 years. On a personal note, Coach Towers ran track and field as a Masters athlete and continued running until the age of 44!

Girls' Cross Country Assistant Coach

Marcella Piersol- Coach Piersol retired from the Los Angeles Police Department in May 2006 after a 22 year career and after attaining the rank of Lieutenant. One of her most significant accomplishments was when she was awarded the Department's Life Saving Medal for an incident wherein she was the first responder to a life threatening situation. Throughout her career she was a member of the long distance running team traveling both internationally and nationally representing the department in relay events, most notably the Welsh Castle relay, Jasper to Banff relay, Road to Hana relay, just to name a few. She has also competed in the Honolulu Marathon numerous times. Coach Piersol tried out with 1500 possible contestants and was selected as one of the competitors on the original American Gladiators. In "retirement" she has established herself as a fitness professional, operating her own personal training business and teaching various classes at some of the local beaches and gyms. In 2010 she awarded the Southbay Women of Distinction reader's choice award for Sportswomen of the Year.

Assistant Coaching Staff:

Jon Megeff - Boys' Assistant Coach. Jon Megeff grew up in the City of Torrance and graduated from West High School in 1982 where he played football and ran track. He holds a Bachelors Degree in Criminology from Fresno State University and a Masters Degree in Emergency Services Administration from California State University, Long Beach. Jon's full-time job is as a Lieutenant with the Torrance Police Department where he has worked for the past 25 years. Jon is a long-time runner and enjoys competing at all distances from the mile to the marathon. Jon's recent PRs (personal records) include a 4:33 mile (2011), a 16:27 5K (2011), a 32:58 10K (2011), a 1:15 half marathon (2012), and a 2:46 marathon (2011). Jon was also crowned the 2010 USA Track & Field Southern California Association 10K Masters Champion, the 2011 5K Masters Champion, and the 2012 One Mile Masters Runner-Up. Jon and his wife Sabina are the proud parents of Alex (a recent Peninsula graduate) and Brennan who runs cross country and track for Peninsula.

Dan Westergaard - Boys' Assistant Coach. Coach Dan, a native of Torrance, CA, graduated from West High in 1977, where he ran Cross Country and Track. He attended California State University, Long Beach, graduating with a Bachelor Degrees in Marketing and Management. Dan has beautiful daughters, Meagan, a college sophomore, Brenna, a Junior at Peninsula, and 8th grader, and future Pen Hi Girls' Cross Country runner, Madison. Dan, a competitive runner for years, has competed in approximately 65 marathons and 50 ultra marathons (distance over a marathon). Dan's career stats include an impressive 4:59 mile, 16:25 5K, 34:24 10K, 1:14:44

half marathon, and 2:48:43 marathon. A third year assistant coach with Pen Hi Boys' Cross Country, Dan is looking forward to a great season with the team.

Michelle Slattery - Girls' Assistant Coach. A four year faculty member of the Peninsula Math Department, Michelle is a third year Peninsula's Girls' Cross Country Assistant Coach. A former high school volleyball player in her home state of Wisconsin, Michelle coached both Girls' and Boy's Frosh volleyball for Pen prior to joining the Cross Country Coaching Staff. Michelle considers running an integral part of fitness training, and looks forward to working with the PenHi Girls' team again this season.

Parents' Frequently Asked Questions

What is Cross Country?

Cross Country is long distance running over different types of terrain. The course can consist of grass, dirt (mud), sand, concrete, asphalt, or a combination of any or all of these terrains. The race may include hills, valleys, roads, sidewalks, and trails. The race is run rain or shine, as long as conditions are safe for the athletes.

What distances are run?

The usual distance is 3 miles for both boys and girls. There are some courses that are slightly less and some that are 5 kilometers (3.1 miles). While there are course records, there are no National or World records for Cross Country.

What is the difference between invitational and league meets?

The schedule shows two types of meets: invitational and league. Generally, all athletes on the team attend the local invitational, unless otherwise indicated on the schedule. An invitational is a large meet that includes many schools from around the area. Most of them are early in the season and are on Saturday mornings. League meets count towards our team's place in our league. There are 3 league meets: 2 prelims and one final. They are spread throughout the season, and are usually held on Thursday afternoons. The league final scores are worth twice the prelims scores. The combined score determines the league standing. . The top three schools advance to the CIF Prelims. All athletes must be transported to & from the meets on District provided busses. Any exception to this requires completion in advance of a PVPHS Permission to Travel with Parent/Guardian Form, available in the Hawthorne Office.

What league are we in and how do we compete against the other schools?

The Peninsula High School Cross Country Team is in the Bay League. This year, we are competing against the following local schools: Mira Costa, Palos Verdes, Redondo Union, and West Torrance. At South Bay Champs, we will also compete with schools from the Ocean & Pioneer Leagues. Within the California Interscholastic Federation (CIF), we are a Southern Section, Division 2 School. The Division placement is based on the size of school enrollment. Following the Bay League Championship meet, qualifying varsity team (or individual) members will advance through the CIF playoffs as a Southern Section Division 2 School entry.

What can be learned from Cross Country?

Your student-athlete will develop positive mental and physical attributes that will be invaluable for their school work as well as in later years. Your runner will learn confidence, endurance, and perseverance. Your student-athlete will learn how to work within him/herself as well as working as a team member in meeting a common goal. The “successful” runner continually tries to improve his or her “personal record” (“PR), while at the same time helping the team to victory. In addition, they will form friendships with teammates and runners from other schools that can continue beyond high school. Because of this, participation in Cross Country as an extra-curricular 4-year activity enhances a college application.

What does the team expect from the athletes?

Athletes are expected to be dedicated to the team, themselves, and the coaches. They are expected to follow team rules. There is an expectation of daily practice with the team because this is the key to ‘success,’ both as individuals and as a team. As each individual runner improves, so does the team. They are expected to complete all workouts as instructed. They are expected to work to the best of their ability. They are expected to listen to coaches and captains, and be open minded to suggestions and advice. Profanity, under any circumstances, is not tolerated. They are expected to be at every race, whether they are running or not. They are expected to communicate with coaches and teammates. They are expected to have fun. Finally, they are expected to do well in class and do their homework.

In accordance with PVPHS & PVPUSD policy, athletes who receive more than one “U” in Citizenship, or a GPA lower than 2.0, are ineligible for participation in athletics. Eligibility is reviewed quarterly.

How can my child be successful in Cross Country?

“Success” is not defined as being the fastest member of the team. More than anything else, success in Cross Country takes time. Time to learn; time to train; time to sleep, rest and recover; before-school time; after-school time; weekend time; time with and away from family and friends; and time away from other interests. With the academic responsibilities of being a high school student, most student-athletes are busy all the time because of the delicate balancing act that must be performed. The willingness to devote the time that success demands for cross country is called DEDICATION and COMMITMENT.

Being a member of the Peninsula High Cross Country Team carries expectations and responsibilities. Doing what is expected of every team member is called RESPONSIBILITY. Attending team practices every day is one of the responsibilities, and part of the commitment of cross country. Our goal is to development team loyalty and individual responsibility and accountability among all our team members. Another responsibility is communication with the coaching staff. If a problem or illness is going to force your child to miss a practice or a race, the athlete must tell the coaches about it personally and bring a note from a parent in advance if possible. (This does not mean relaying a message through a teammate or friend!) Most problems can be solved, or avoided, with clear communication between athletes and coaches. “Success” is achieved when the student-athlete demonstrates dedication, commitment, and responsibility. “Success” develops through attitude: these are the components of a winning attitude.

As a parent, how can I participate in my student-athlete's cross country experience?

We need volunteers to be team representatives for the Athletic Booster Club, organize the team banquet, photographs meets, create a PowerPoint and/or slide presentation for the awards banquet, and handout cold towels to our Pen Hi athletes after races. For descriptions of these and other ways in which you can participate, refer to pages 23-25, "Volunteer Opportunities," in the Handbook.

What equipment is required?

Mandatory:

- **RUNNING shoes: professionally fitted** (Coaches recommend having your son or daughter fitted at Road Runner Sports, Torrance or Village Runner, Redondo Beach. Team discounts are offered to Pen Hi athletes at both locations). **Athletes WILL NOT be allowed to practice or race in tennis shoes, basketball shoes, or "cross-trainers: these are NOT running shoes**
- **Racing Shorts & Team Shirt:** ordered by Coach, purchased by athletes.
- **Varsity Team singlet:** Racing singlet provided by & property of the team; compression shorts purchased by athletes.
- **Racing Singlet:** provided by & property of the team; athletes are responsible for properly maintaining during season & returning at the end of season. Athletes are responsible for damaged or lost racing singlet.
- **Warm Ups:** Jacket & pants provided by & property of the team; athletes are responsible for properly maintaining during season & returning at the end of season. Athletes are responsible for damaged or lost warm-ups*.
- **Digital Sport Watch with timer:** (Coaches recommend Timex Ironman, available at any sporting goods store) Athletes **must** wear their sport watch to every practice and race. No watch, No race. Athletes without a sport watch at practice = incomplete dressing out & may negatively affect semester grade.
- **Practice Shorts & Tees:** athletes provide their own; shorts **must** be running shorts, **not** basketball or soccer shorts

*Optional:

- **JV/V Girls' Custom Warm-ups:** available to be purchased by returning athletes only, at coach's discretion
- **Sweatshirts:** Girls' XC Custom Hoodies ordered by coach & available for purchase by Frosh, Soph, JV & V athletes
- **Sweatshirts & Sweatpants:** recommended for cold weather practice warm-ups & cool-downs. Sweats in PVPHS school colors may be purchased at the student store.

How do I care for the school uniform?

Please wash the school issued uniform (singlet & warm-ups) in *COLD WATER*, and *LINE Dry*; otherwise, the colors will run and the uniform may shrink. The uniform must be returned in good condition at the end of the season. ***Athletes are responsible for replacing lost or damaged uniforms. Grades may be held until payment of lost or damaged uniforms has been received.***

When are the practices?

Practice sessions are scheduled to begin during the 6th period and last 2—2 ½ hours, except the day prior to a meet, when practice will generally last for 1 ½ hours. Practice is held Monday-Saturday, and may include school holidays. Appointments, tutoring, and other extra-curricular activities on non-meet days should be scheduled after 4:30pm for Frosh/Soph, and after 5:00pm for JV/V. (Race day schedules will vary, but competition usually ends by 5:30pm, or dusk.) Practice runs are comprised of conditioning drills and runs of varying distances. The routes run through neighborhoods near the school, the beach, and local parks. Training is always supervised by the Cross Country Coaching Staff.

When are the races?

The season covers September through the early November. Advancement beyond League is completed by the end of November. League meets are usually on Thursday afternoons. Invitational meets are held on Saturdays, and overnight travel may be required for Varsity and top 5 JV athletes during the regular season, as well as during CIF prelims & finals.

Where is the schedule and driving directions to the various courses?

The season calendar and driving directions to meet courses are contained on page 6 of the handbook. The race schedule for each meet—or Ready Sheet—is posted on Edline and/or distributed to the athletes two days prior to a meet. Information may also be found on the school website under sports or the Pen Hi XC Distance Track website, www.palosverdes.com/penhixc.

How will my child race in Cross Country?

Races can be divided by either age groups or divisions. Usually, for the boys, there are Varsity, Junior Varsity, Sophomore, and Freshmen teams. For the girls, there are Varsity, Junior Varsity, and combined Sophomore/Freshman teams. Unlike other sports, there is no bench or sidelines: All athletes workout & race, unless they have an excused absence due to illness or injury. If an athlete attends school, he or she is expected to workout with the team, unless on the disabled list. Every team member will compete and has a valuable place on the team regardless of age, speed, or skill.

The Varsity teams are limited to 7 runners. The other divisions can have an unlimited number of runners. Junior Varsity is run by Juniors or Seniors who are not running Varsity, and occasionally Sophomores, depending on the rules of the meet. Generally, Freshmen & Sophomores compete at grade level. No athlete will race more than once in a single competition/day. Every athlete has the opportunity to run at the Varsity level. Every runner will run the same course and be given opportunities to improve personal records weekly.

How are the varsity teams selected?

As a general rule, the fastest 7 runners on the team (regardless of grade) make the Varsity teams. You need 7 runners on the Varsity squad, and at least five to score as a team. However, the athlete's work ethic as well as the dedication and commitment they may display are considered. Ultimately, the coaches have the final say as to who runs Varsity for each meet.

How can I watch the race?

Cross Country is not the typical spectator sport because you cannot see the entire race from one location. When you arrive, locate the start and finish lines. Spend a few minutes before the start of the race to pick your "spot—a location where you can see as much of the race with as little moving around as possible. During the race, you can move from point to point along the course to cheer the runners as they pass. Be careful to stay off the runners' path and out of their way. CIF Rules forbid running alongside a competitor to pace or encourage him or her. Do not hand any runner any food or water during the race. Doing so may cause a runner to be disqualified (DQ'd)

Cheering for all Pen Hi athletes is encouraged! Bring friends, family, and a camera; especially for the Saturday invitational races. These can be quite colorful and always entertaining.

What can I expect on the day of the race?

Do not expect the attention of your son or daughter before the race. Athletes need time to warm up; be briefed by the coaches; and prepare physically and mentally for the race with their teammates. Don't be surprised at the seriousness your child shows prior to and during a race. The intensity of competition may reveal a side of your young athlete's personality you haven't seen before.

At the finish, the runners file through a chute. It's OK to greet them, but please don't distract them or remove them from the chute. Your runner may need to provide information so team scores can be tabulated. Runners have more responsibilities after a race. They are all expected to cool-down as a team and actively support their teammates who have yet to race.

The first time you see your athlete after a race may be disconcerting. Some runners are more tired than others after a race. They may have 'rubber' legs, some are panting and gasping for air, or their faces may be red and their eyes glassy. They may be nauseated, stagger, and appear as if they may faint. These symptoms are common and usually pass quickly. A mistake parents sometimes make is to take their sons or daughters off by themselves to try to take care of them. Please do not do this! Our coaches are experienced in dealing with these symptoms, trained in first-aid, and responsible for the care of their athletes. To aid recovery, water is the best thing to drink immediately after a race. Trained medical personnel are on site at most Saturday races and are available for assistance. If trained medical personnel are not in the vicinity, the coach may call for emergency medical assistance (911), even though parents or guardians may be present.

Expect the possibility of some disappointment by your student-athlete after the race if the team does not win, or if he or she failed to achieve all goals. Athletes may need some emotional space afterward from you, friends, family, and their coaches. When they are ready to talk, they will come to you. Later on, they will need verbal support, not criticism.

Do I have to buy the fancy "sport waters"?

Sports drinks such as Gatorade Recovery are designed to replenish fluid rapidly and to replace energy rapidly, as well as replacing minerals and vitamins. They are necessary only after races and heavy training. Water should always be consumed before training and competition at all times, especially during periods of excessive heat.

How can I find race results?

The overall (all schools) results for the Saturday races are usually posted at the individual web site that hosted the race. The results &/or links to a particular host web site can usually be found at www.dyestatcal.com or www.episports.com. Results for the Bay League races and individual team times for the Saturday Invitationals can be obtained from the Coach.

Why does my son or daughter complain of lower leg pain after running?

The following is NOT a medical diagnosis, but these are probably "shin splints". Please ask the coaches about your child's specific complaint. Athletes are encouraged to see the PVPHS trainer and or school nurse for recurring pain or any injury incurred during practice or meet.

"Shin splints" are a common condition for runners. They are characterized by generalized pain in front of the lower leg. In particular, these complaints commonly appear between 8-12 weeks after start of training. The most common cause is a muscle imbalance where the calf muscles (which pull the forefoot down) overpower the shin muscles (which pull the forefoot up). As the athlete continues to train, the calf muscle usually becomes proportionately much stronger than the shin muscles.

The treatment for shin splints is to strengthen the weaker muscles (shins) and stretch the stronger muscles (calves). To avoid & minimize the discomfort of shin splints, all runners should do the following daily (those prone to shin splints should do these twice daily during season):

- To strengthen the shins, run up stairs. To stretch the calves, wall push-ups, and pick up marbles with toes, holding onto them for a few seconds.
- Stand on a low stair step or curb with heels out over the edge. Lower the heels as far as they will go without undue discomfort, and hold for 15 seconds, slowly raise up on toes.
- Seated with legs at a 90 degree angle to torso; raise & lower foot by flexing at the ankle; add a weighted bucket or paint can suspended from foot to increase the stretch & resistance. Do 3 sets of 10 reps, building to 3 sets of 25 on each foot.
- Trace the capitol letters of the alphabet 3 times, alternating feet (can even be done during school, while athlete is seated at his or her desk!)
- While recovering from shin splints, it may help to use an orthotic insert in the heel of the running shoes. By raising the heel, there is a reduction in the pull on the muscles and tendons on the front. A running shoe specialist, or an orthopedist may need to fit this for the athlete.

Why does my son or daughter complain of side pain while running?

The following is NOT a medical diagnosis. This type of cramp/pain is often referred to as a "stitch". Please ask the coach about your child's specific complaint. Athletes are encouraged to

see the PVPHS trainer and or school nurse for recurring pain or any injury incurred during practice or meet.

Stitches can be a muscle spasm of the diaphragm. The stitch is a condition that occurs only during exercise and which causes discomfort or pain, usually on the right side of the abdomen, immediately below the rib margin. Frequently, the pain is also perceived in the right shoulder joint. The pain is often exacerbated by down-hill running, and by fast, sustained running. The cause of the spasm is the organs below the diaphragm pulling down as the diaphragm wants to pull up. Most stitches occur on the right side, as this is the location of the liver, the largest organ below the diaphragm. A stomach full of food may also contribute to the problem, for the same reason. Athletes need to follow the coaches' guidelines for food consumption before both practice and meets. In general, athletes should not eat less than 1 hour before a race or lengthy run. Also, **hydration** is key to avoiding side aches: empties from the stomach faster than solids and the risk of complications from dehydration far exceed the problems one may have with a stitch.

The cure for side aches is usually a simple one: breathe out when the left foot strikes the ground instead of when the right foot strikes, so that the organs on the right side of the abdomen are bouncing up when the diaphragm is going up. The organs attached to the bottom of the diaphragm on the left aren't as big, so exert less downward pulling strain. Conversely, if your stitch occurs on the left side, switch your breathing to exhale on the right foot.

In the long term, exercises to strengthen the abdominal muscles will help prevent stitches because tighter abs will allow less movement of those internal organs. Usually, the propensity for stitches diminishes over time, as the runner becomes conditioned. While they are not strictly a novice runner's problem, they usually will go away after a few weeks of conditioning.

Proper breathing prevents the development of the 'stitch.' It has been suggested that when breathing with the chest, too much air is drawn into the lungs, and not all is exhaled. This causes a gradual and progressive accumulation of air in the lungs, causing them to expand which in turn causes the diaphragm to be stretched and to encroach on the abdominal contents below it. During running, the over-stretched diaphragm becomes sandwiched between an over-expanded chest above, and a jolting intestine pounding it from below. It revolts by going into spasm, and the pain of this spasm is recognized as the stitch. Raising the arms above the head to stretch out the diaphragm and reducing the running pace until the stitch subsides is usually effective. Under extreme circumstances, the athlete may need to slow to a walk, stretch the diaphragm with upraised arms, and concentrate on slow, regular, deep breathing until the pain subsides, then resume running, gradually increasing pace.

Why does my son or daughter develop blisters while running?

Athletes must wear socks specifically designed for running, not for walking, tennis, or wear with any other type of athletic shoe. Running socks are designed both to cushion the foot, and to wick away moisture. Running socks come in varying degrees of thickness in the sole and height on the ankle. They are more expensive than cheap "sports" socks, but decrease the likelihood of blisters, and are well worth it. Another remedy may be to apply Vaseline to the affected area and/or cover the blister with a band-aid before running.

Cross Country Vocabulary

Chute The roped off area at the finish line through which the athletes are directed in order to get their place cards.

Clerk of the Course The person responsible for all of the races. This person tabulates team scoring and resolves any race discrepancy with the coaches.

Course The marked and measured route of the race.

Cool-down Jogging after the race to allow the muscles to purge themselves of lactates and lower the body temperature to normal.

Displacer The 6 or 7th team member who finishes ahead of one of the top 5 runners for another school. Used for team scoring.

False Start Leaving the starting line before the gun sounds or a runner falls at the start of the race.

Invitational Meet A multi-team meet.

Pace Running speed over a particular distance.

Pack A group of runners in close proximity.

Personal Record (PR) A record set by each athlete on a timed course. The goal is to continually improve a PR.

Place Where the athlete finished the race relative to all of the other athletes.

Position Where the athlete finished the race relative to the other athletes on his team.

Racing Flats Special, lightweight shoes designed for racing, rather than daily training.

Surge A tactical increase in pace during the race.

Trainers Running shoes designed for long wear in daily training (called “flats” because they have no spiked bottoms).

Warm-up A running and stretching routine that gradually warms up the body for intense running.

Workout A daily training session

Scoring Cross Country Meets

Low Score Wins

As in golf, the object in cross country is to compete for the lowest score possible. In other words, a team that scores 35 points is placed ahead of a team that scores 40 points. This means that when 2 or more teams are competing, the first place team has the lowest score, the second place team has the second lowest score, and the third place team has the third lowest score and so on.

Scores are Based on the First 5 Finishers

Although 7 athletes from each team compete at the varsity level and as many athletes as a team has compete at lower levels--i.e.: girls junior varsity, sophomore boys-- only the first 5 finishers are counted in determining a team's score. For instance, let's say Peninsula's first 5 varsity finishers place 1, 3, 4, 5, and 8 in a meet against Palos Verdes. PV's first 5 finishers in turn, place 2, 6, 7, 9, and 11. This will illustrate 2 points: first, low score wins and secondly, "displacement" occurs.

1. Low Score Wins

	Peninsula	Palos Verdes	
	1	2	
	3	6	
	4	7	
	5	9	
	<u>8</u>	<u>11</u>	
Final Score	21	35	Pen Hi wins!

2. Displacement

Looking at the scoring above, it may have occurred to you that the 10th finisher does not show up in the scoring. What happened to him? First, it is clear that she was a Peninsula runner since if she ran for PV, she would have been their 5th finisher and earned them 10 points instead of 11. Second, it logically follows that although she does not figure directly in the scoring, she does figure indirectly in that she caused PV to lose by 1 point more than it would have without her, i.e.: she has displaced a PV runner. Therefore, in close meets, displacing can make the difference between winning and losing; hence the sixth and seventh athletes on the team are just as important as the first. While it is exciting and helpful to have a star or two on a cross country team, cross country is still a team sport.

A lock, or 3 in a Box and 4 in the Bush

As runners are crossing the finish line in a cross country meet between 2 schools (not in an invitational), there is a point at which one team will clearly win if it has a number of its runners across the finish line before the other school's runners have finished. The magic number is 3. In any dual (or double dual) meet, a team that takes the first 3 places (1st, 2nd, and 3rd) has a *lock* on winning the race because even if its 4th and 5th finishers are at the very worst, 11th and 12th.

(Remember, each team has 7 runners who can score or displace) in the race, the opposing team cannot possibly score lower. Take a look below.

Peninsula	Palos Verdes
1	4
2	5
3	6
11	7
<u>12</u>	<u>8</u>
Final Score 29	30

Pen Hi wins by 1 point!

But Lower Division Races have More than 7 Runners per Team

Up to this point we have looked at the scoring of varsity races in which only the top 7 runners on each team in a competition compete. In other words, a varsity dual meet has a total of 14 runners; a triangular meet has 21 runners. What happens at the lower levels—like Boys’ Junior Varsity—in which any number of runners can compete?

Scoring is essentially the same as at the varsity level. Low score wins and the first 5 finishers are counted in the score while the 6th and 7th runners may displace. In fact, the only difference at the lower levels is that once the 7th runner from a given team crossed the finish line, no more runners from that team may displace runners from the opposing team(s) and thereby affect the score of the opposing team. Let’s try another example with Palos Verdes.

Let’s say that Peninsula Boys’ Junior Varsity takes the first 11 places in the race. PV takes 12, 13, and 14. Peninsula takes 15 and 16. PV takes 17 and 18. (Remember, once 5 runners from each team have finished the scoring is completed). On first inspection, it would appear that PV’s score is 74: the sum of 12, 13, 14, 17, 18. But once Peninsula’s 7th boy crossed the finish line, no more Peninsula finishers can displace PV boys. Therefore, as long as PV

has a minimum of 5 boys, each of those boys is automatically awarded the next 5 places after the 7th Peninsula boy. This is called a *sweep*, in this case for Peninsula. This scoring can occur at the varsity level as well as at lower levels. The actual scoring in this instance is shown in the example below.

Peninsula	Palos Verdes
1	8
2	9
3	10
4	11
<u>5</u>	<u>12</u>
Final Score: 15	50

Pen Hi wins by the lowest cross country score possible and Palos Verdes loses by the highest cross country score possible.

What about Invitationals?

In invitationals and similar cross country competitions--i.e.: C.I.F. finals--a great many teams run against each other in a given race. Once again, however, it’s still low score that wins, and only the first 5 finishers for a given team count in the scoring. Further, at the varsity level, each team may still enter only its top 7 runners in a varsity race. Therefore, at the varsity level, scoring in an invitational is exactly like scoring in dual or triangular meet. Of course, scores in invitationals generally run much higher than scores in small meets because of the larger number of runners. At levels other than varsity, however, each of the first 5 finishers is scored according to his position in a race regardless of the number of runners from some other team(s) which may displace him. For instance, in the last example above with Peninsula and Palos Verdes, had the race been an invitational, PV would have scored 74 points instead of 50.

Help Your Runner Prepare for a Race

A RUNNER'S TWO DAY JOURNEY INTO COMPETITION

TWO NIGHTS BEFORE COMPETITION

Get to bed early. The sleep you get this night has a **major effect on your race**; the sleep you get the night before your race has less effect. Eat plenty of complex carbohydrates! The foods you eat this night and tomorrow morning are more important than the food you eat the night before the race. You need tonight's energy for your race. Start hydrating! Drink water starting tonight. Lots! Do it especially when it's hot. Review your race plan carefully so you will be prepared to race intelligently. Spend some time thinking **positively** about your race and strategy. Visualize your plan in a **dark, quiet** place. Review your goals for your race and its segments.

ONE NIGHT BEFORE COMPETITION

Try to get to bed early if you can, but in any case don't stay out late or do anything strenuous like attending a dance, etc. If you can't sleep well because you're excited, that's normal. Use your relaxation techniques if you need to. Eat sensibly! Avoid junk food (sugars), gassy foods (beans, apples, soda, cucumbers, etc.), and not easily digested foods (red meats). "Carbo loading" is meaningless because your race is too short, but carbohydrates are easily digestible for tomorrow's race nevertheless. Keep **hydrating!** Drink water **beyond** being thirsty. Keep your urine clear.

Lay out essentials: sweats, singlet, shorts, socks, watch, extra sweats for warmth, shoes, race schedule, course map, race plan and anything else important. Spend some time thinking **positively** about your race and strategy. Visualize your plan in a **dark, quiet** place. Review your goals for your race and its segments. Set your alarm to be sure you are on time.

RACE DAY

Before leaving home:
Check essentials on list; get food, money, etc.

At the race site:

Listen carefully to what the coach has to say about the course. Make sure you have your course map and race plan, and then check out the course. Know exactly when and where you are to meet the team for warm-up. Avoid anything strenuous, including unusual running around, listening to loud, pounding music, and sitting in direct sun for extended periods. Know how long the clerk procedure takes by watching it. How long does it take to get from the clerk to the starting line?

Pay attention to whether the meet is ahead of, on, or behind time, so you can adjust your warm up time accordingly. Some meets run according to predetermined times; others have an order of events but no set time schedule.

Be sure you know exactly where you are starting and **finishing**. Review these areas thoroughly so you will know how to get out in your race and how to get into the finish chute.

Stay hydrated by drinking water throughout the day. The last 90 minutes before your race eat nothing and drink only water. Electrolyte fluids don't help much now but if you drink them, dilute them.

Just before you begin your warm-up, find a spot where you can go over your **race strategy in your mind**. Do some deep breathing or other relaxation exercises before warm-up.

banana and bagel. Don't forget to drink water now **and** frequently the rest of the day.

A proper warm-up and warm down are absolutely essential for a quality performance and will take you at least 45 minutes on a normal day. Meet the captain of your team for warm-up at the time and site agreed upon.

Warm-up: (Unless the coach has given another one.) With sweats on:

- Light 15 minute jog, complete stretch routine
- Jog and run another 15 minutes with some race pace surges
- 3-4 buildups with bounding strides at the starting line, keep sweats on until the **last** minute

NOTE: Double knot your shoes, set your watch, and put someone in charge of your sweats **before** going to the starting line. Distance races are never won at the start, so there is no excuse for false starting.

After the Race:

You will recover faster and get rid of blood lactate quicker if you warm **down immediately**. You will dissipate more lactic acid by warming down longer.

Warm-down: (Unless you have been given another one)
Light 20-25 minute jog, put sweats on, stretch legs well, then elevate for 5-10 minutes.

Getting carbohydrates back into the system is important for recovery. If you can get them into your body within 30 minutes of competition, recovery is **greatly aided**. Try a

If PSAT Conflicts with a Meet Date

ATTENTION JUNIORS & PARENTS/GUARDIANS OF JUNIORS

Occasionally PSAT testing is scheduled on the same date as an important cross country meet. Coaching Staff policy is that juniors must make alternative arrangements for taking the PSATs.

The PSAT test is given on two nationally assigned dates each year. The two dates typically are a Saturday in October and the previous or following Wednesday in October. Each location offers it on one day only. Peninsula High School is always assigned the Saturday date. Taking the PSAT is recommended for ALL Juniors. Sophomores with high academic records may also wish to take the test. The cost of the test is \$20.

Here are a few tips to make your rearranging easier:

1. PSAT testing is not a school-sponsored event. Families make their own arrangements for taking the test.
2. Determine in the fall when you get the Meet schedule, whether or not PSATs conflict with a Meet date.*
Check:
<http://www.collegeboard.com/testing>
3. If there is a scheduling conflict, contact the College Career staff at ext 287, to make alternate arrangements to take the test. A list of those athletes eligible to sign up for the alternate test date will be given to the CCC by the Head Coaches early in September.

Athletes need to check with the College Career Center in mid September to make arrangements to take the test on the alternate date, the Wednesday before or after the regularly scheduled test date.* The student is responsible for his or her own transportation to the alternate test site.

***The PSAT administration date for 2011 is Saturday, October 15 (the weekend of the Cal Poly Invitational). The alternate test date is Wednesday, Oct. 12. Sign up early in the CCC, as space is limited.**

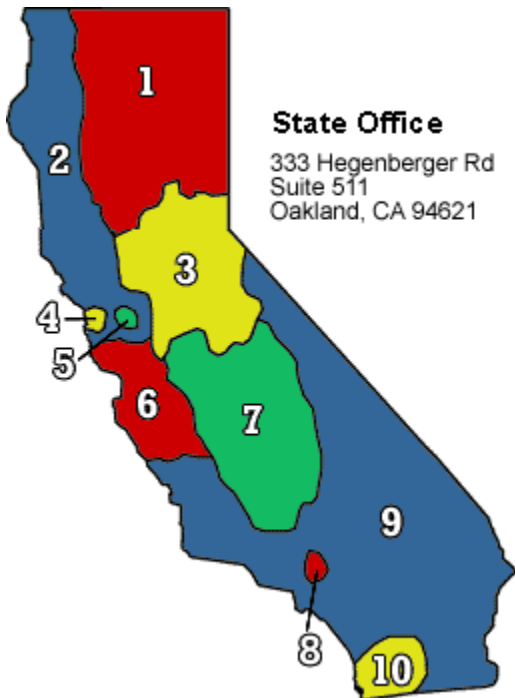
SAT & ACT DATES 2011: ATTENTION JUNIORS & SENIORS AND PARENTS/GUARDIANS OF JUNIORS & SENIORS

Please avoid scheduling exams on meet dates. Determine in the fall when you get the Meet schedule, whether or not SATs conflict with a Meet date.

Check:

<http://www.collegeboard.com/testing>

What Is the CIF Southern Section?



1. Northern
2. North-Coast
3. Sac-Joaquin
4. San Francisco
5. Oakland
6. Central Coast
7. Central
8. Los Angeles
9. Southern
10. San Diego

California Interscholastic Federation

The California Interscholastic Federation, Southern Section, is a non-profit corporation organized to direct and administer athletics in secondary schools within its membership and geographical boundaries. The Southern Section is one of 10 sections in the state of California. Not only is it the largest in the state (representing over one-third of the state's high schools), but it is the seventh largest association of its type nationally. Each of the state sections operate independently, but all within the framework of the state federation.

MEMBERSHIP

The CIF Southern Section is composed of 500 member schools, with an estimated 300,000 students participating in its interscholastic athletic programs annually. CIF-SS membership is open to all types of secondary schools, including public, private and parochial.

FINANCIAL DIMENSIONS

Funds to support CIF Southern Section activities are provided by:

- Member school dues.
- Gate income from section playoff and championship events.
- Corporate support programs

Fundraising Facts

Fundraising monies for our athletic programs is critical to the survival and continuation of our athletic programs at PVPHS. District monies are insufficient to support our active athletic teams. Your donations are **highly encouraged** but **not mandatory**. Your help is greatly appreciated. Fundraising is conducted on three different levels. The following should help explain how it all works.

Level	Organization	What It Funds	How It Funds
District-wide	Peninsula Education Foundation	Funds much-needed academic needs within the district at all PVPUSD schools	Main Event, other fundraisers
		Their monies do not go towards athletics, trainers, and asst. coaches - only to academic programs.	Corporate and Private Donations
School-wide	Peninsula Athletic Booster Club	Gathers team reps from each athletic team	Black and Gold Affaire
		Funds are used to buy uniforms, equipment, conduct course repairs, field maintenance, assistant coach stipends & for a full-time trainer	Panther Cards via individual teams
			Membership in Athletic Boosters
			Panther Bags & Flags
			Corporate & private donations
Team-wide	Individual Athletic teams like Cross Country	Funds travel to invitationals, special meets, necessary training equipment not paid for by Pen Hi Boosters Club like video cameras, running logs, additional team t-shirts and other expenses associated with running the team successfully.	Parking Lot Sale in Sept is the major fundraiser - \$100 donation per runner to Cross Country team Car Washes
		Cross Country donation request is significantly lower than many other teams (i.e. up to \$250/athlete)	Team reps help collect \$10/family for silent auction basket for Black & Gold Affaire
		Team reps help collect Athletic Club memberships	Panther Pause Newsletter \$15-50 donation per family
			Snack sales at CIF Track Prelim/Finals at Pen Hi
			Donations for runner logs, t-shirts

Athletic Booster Club

The Athletic Booster Club is the primary source of funds for Peninsula High School's athletic programs. The Club's donation of over one million dollars over the past twelve years supports all of our athletic teams plus the salary for a trainer and a fully equipped weight room. The Club also supports the highly popular intramural program which provides hundreds of students the opportunity to participate in athletic programs in four sports. Please join us this year by purchasing an Athletic Booster club membership and become one of the 80% of student-athlete families who have donated to help our young athletes.

Since 1991, the Athletic Booster Club has spent approximately \$30,000.00 on uniforms for cross country and track and \$50,000.00 on equipment and fees. That is a lot of support and can only be accomplished with your assistance. This number does not include the new all-weather track which was donated through separate private donations of over \$300,000.

Historically the cross country team has only received the support of approximately 30% of our families while most teams attain 75-100% Booster Club membership. Why not help improve our team's membership? Please join the Athletic Booster Club and support your child's athletic program today!

Look for the membership flyer in your registration packet or ask the school for a membership form in the Hawthorne Office or ask your Cross Country team rep for a form.

BLACK and GOLD AFFAIRE

This is a fun, casual, no-to-be-missed evening of dinner, dancing and a silent and live auction. Student nominees for Athlete of the Year from each sport as well as senior team captains are presented. This is the biggest fundraiser for the Athletic Booster Club. This event is usually held the last Friday of March. When you receive your Black and Gold Affair invitation, be sure to mail it back as soon as possible to ensure your reservations.

Volunteer Opportunities

Meets: (All Away Meets & Bi-annual PVPHS Hosted Bay League Meet)

AT THE FINISH LINE

Cold Towels and Warm Smiles!

Time: Enough time to buy 2 gallons of cold water and/or a bag of ice: 1 - 3 hours at each meet.

Location: At each scheduled cross-country meet at the finish line.

When: At the end of each race at each meet.

Volunteers: 2 or 3 to distribute towels; 1 to collect, launder, & return clean, dry towels & cooler to Team Mom prior to the next meet.

Materials: 5 gallons of cold water, 2-3 large bags of ice, cooler (see Team Moms), Team hand-towels (see Team Moms)

Budget: NONE. This is a parent donated benefit for our athletes, one that allows you to engage with the runners at the finish line and distribute a cold, wet towel to each tired, hot Peninsula athlete. This tradition was started and organized by a nurse and former cross country mom, Carolyn Shapiro. It has become a tradition to issue an end-of-race towel to all Peninsula runners at all meets (both home and away).

Team Moms maintain towel inventory & coolers, purchasing replacement towels; and scheduling parent volunteers to transport towels, water, and cooler to all meets.

PVPHS Hosted Bay League Meet

Timers, Scoring, & Chute Attendants

Time: 3 hours; PVPHS hosted meets only (once every 2 years*); & 2x 1hr organizational meetings 30 days prior & 1 week prior to meet

Location: Peninsula Cross Country Course (Lunada Bay Little League Field); organizational meetings at PVPHS

When: 1:30-5:30 pm (shifts within that time frame available)

Volunteers: As many as possible

Materials: Supplied by Head Coaches

Budget: N/A

Contact: Head Coaches or Team Parents

This is a great way to catch the spirit of Peninsula Cross Country. You need no XC skills and can be trained on the spot, simply assist the coaches scoring and monitoring runners.

Watermelon Run

Timers, Scoring, & Chute Attendants

Time: 3 hours

Location: Peninsula Cross Country Course (Lunada Bay Little League Field)

When: 7:15-10:00am, last Friday in August

Volunteers: 6 per team minimum

Materials: watermelons supplied by new runners from each team (quantity to be determined by Team Parents, based on total number of runners; 2 6-ft long tables; 2 cases bottled water (1 donated per team); trash bags/recycle bags for bottled water, ice chest with ice for watermelon & water; paper towel

BXC/GXC Annual Carwash & Bake Sale Fundraiser

Car Wash 'Attendants'

Time: 2 hr shifts
Location: PVPHS Gym parking lot
When: 8:00am-4:00pm (2 hr shifts); last Saturday in August
Volunteers: 2 per 2 hr shift, 1 from each team
Materials: Boys' team provides car wash supplies & bottled water; Girls' team provides Bake sale items & beverages other than water

CROSS COUNTRY BXC/GXC AWARDS BANQUET

Decorations:

Time: 2 1/2 hours (1 hour to buy items, 1 hour set up, 30 min clean up)
Location: PVPHS gym
When: TBD*
Volunteers: 6 (4 from Boys' & 4 from Girls' team)
Materials: 75 balloons. (25 12" black; 25 12" gold; 25 12" white); helium tank
4-5 packages of Black and Gold confetti/stars to sprinkle on tables
Black Panthers for buffet tables (see Athletic Booster rep, Team Moms, or Ms. Shiosaki in Hawthorne Office)
Budget: \$150 (\$75 each team). Submit itemized receipts to Team Moms for reimbursement through Coaches.
Contact: Team Parents
* Date subject to change.

PowerPoint or CD Slide Show:

Time: 1 hour set up, 45min to run presentation.
Location: PVPHS gym
Volunteers: 1 each from both boys' & girls' teams to contact team captains to gather photos & burn to CD's; set up and run slide show/PowerPoint presentation
Materials: 10 min CD per team
LCD projector & 1 8'x8' screen (obtain from maintenance)
Extension cords (obtain from maintenance)
1 video cart (obtain from maintenance)
Budget: NONE
Contact: The captains or the coaches

The job of creating the CD is made easier if you assign a volunteer to each group of runners, i.e.: Boys Varsity, Girls Frosh/Soph, etc. to Organize the photos & arrange to get them to the team Captains to burn to the CD's. The power point/slide shows should be approx 10 min each in length, and are shown during dinner. Check with the school at least one week before the banquet date to ensure the proper equipment is available.

ATHLETIC BOOSTER CLUB

Parent Rep:

Time: 1-2 hour monthly meeting

Location: PVPHS Library

When: 7:30 pm

Volunteers: 1 or 2

Materials: Bring your assigned Booster Club notebook recent statistics on cross-country meets.

Budget: N/A

Contact: If interested, contact Head Coaches or Team Parents

This is a fun way to not only represent cross-country but to hear what is going on with other sports at PVPHS. Duties include: give a team update report at each meeting, submit a monthly report to the "to be identified" individual at the meeting for the Paw Prints and submit same info to PVPHS web site, assist captains with coaches gifts, assist captains with donation for Black and Gold Affaire, Panther card distribution and collecting money/donations for the Athletic Booster Club.

Black & Gold Affair

Team Photo Board:

Time: 3 hours (buy tri fold photo board and mount pictures)

Location: preparation completed at home

When: March

Volunteers: 1-2 for each team

Materials: black tri fold presentation board, gold paper for framing, misc artwork, team & individual athlete photos (contact team captains to help gather).

Budget: \$50 per team for photo board, artwork, and photo developing (check with Team Parents to see if prior year's presentation board is reusable)

Contact: Submit receipts to Team Parents, Coaches for reimbursement
Athletic Booster Team Reps