

# Brighton Boys Cross Country

## Parent Info

### Communication

1. Coach-athlete communication R-mail and Text.
  - a. R-mails are glorified e-mails on the website running2win (we use this site to log our runs and races). The coach frequently sends training information, practice plans, and general meet info through r-mail.
  - b. The coach will send out last minute updates/changes via text to captains and other team leaders.
2. Coach-parent communication Shoutouts.
  - a. The coach sends meet/transportation info and gives updates about important dates through mass e-mails called Shoutouts. Sign-up to receive Shoutouts by entering your name and email address then clicking the blue “Subscribe Now” button on the news-and-updates page of the website: <https://www.brightonxc.com/news-and-updates>
3. Parent-coach communication
  - a. Parents are encouraged to email the coach with any questions or concerns. Don’t hesitate to call if it is something that should be discussed.
4. Remind
  - a. The coach will send out reminders and last minute changes to practice schedules using the remind app. To sign-up text @bhsboysx to the number 81010 or go to this link: <https://www.remind.com/join/bhsboysx>

### Athlete Nutrition and Hydration

1. Athletes should be eating and hydrating throughout the day.
  - a. Breakfast within 1 hour from waking.
  - b. Mid-morning snack
  - c. Lunch
  - d. Pre workout snack (45-60 minutes before workout)
  - e. Post workout snack (while stretching)
  - f. Evening dinner
2. For practice, athletes should eat a good lunch, and bring snacks (i.e. graham crackers, light fruit, pretzels, animal crackers) for before and after practice, and a water bottle.
  - a. They should eat before morning practices.
3. For after school meets, athletes should eat a good solid lunch, bring a snack for before and after their race, and a water bottle.
4. For weekend or all day meets, it is important for athletes to bring a lunch, pre and post-race snacks, and a water bottle.
  - a. Pre-meet meal: If we run late, athletes should eat a nice size breakfast—whatever they are comfortable with. They should avoid food that may upset their stomach (trial and error). For an early race, they should eat a light breakfast—small bowl of cereal, granola bars, toast and jam, bagel with peanut butter, etc.

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### Practice Information

- Official practices are from August 8<sup>th</sup> until the end of season (the Conference Meet for many athletes).
  - Missed practices will result in make-up practices unless the absence is excused.
    - Make up practices must be completed before the state meet to finish the season in good standing and receive awards at our post-season awards night.
    - Five unexcused absences may result in dismissal from the team.
  - Athletes** need to inform the coach by r-mail, text, or e-mail **prior** to missing practices to be excused. This does not necessarily excuse the athlete. To be excused it must be a doctor's appointment (should try to schedule outside practice), family difficulty (i.e. death in family), test make-up, help from teacher, etc...
    - Too much homework, had to work, club soccer/hockey/chess/whatever practice, parties, didn't have a ride, going up north, hunting, forgot my clothes/shoes, etc. are **not** valid reasons to miss practice and are considered unexcused.
  - If your child gets injured we will work out whether he must still attend all practices (they should still attend all meets).
- We practice at Bishop Lake (Brighton State Rec Area), Huron Meadows, and BHS.
  - The annual Metropark Pass, and Recreation Passport license plate tab will get you into the parks where we train and race.
  - Athletes will carpool with the coach and upperclassman to off-site practice locations. **Athletes need to be picked up where we practice.**
    - If your son is carpooling with another athlete consider helping out with gas money. "Thanks" are nice but they don't keep the car running.
- Most practices will run from 3:30-5:45 with few exceptions. Parents should always refer to the weekly updates for the most accurate schedule.
  - Friday practices are at the High School and are done around 4:30 or earlier if there is a home football game.
- On pre-meet days the boys and girls teams typically meet for a team dinner.

### Meet Information

- We run a 5k (3.1 miles) race each time.
- We usually plan to arrive at our meet at least 90 minutes before our first race.
- Odd years (2017, 2019, etc.) girls race first, even years (2016, 2018, etc.) boys race first.
- How do I watch?
  - Get a course map when you arrive or ask your athletes where the course goes and see where you can run to and watch. Yes, you might have to run around if you want to watch.
- Meet Scoring:
  - Each place gets that number added to the team score (1<sup>st</sup> place = 1 point, 2<sup>nd</sup> place = 2 points, etc). Lowest score wins.
  - The first 5 runners from each team are scored. 6<sup>th</sup> place is the tie breaker. 7 runners, however, affect the total score.

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- c. A Dual meet can be won by having the lowest total score. Placing the first 3 runners in front of the opposing team will automatically win the meet.
    - i. Places 1,2,3,11,12=29 still beats 4,5,6,7,8=30
  - d. A Tri-Meet is scored as separate Duals
    - i. Brighton/Howell/Hartland Tri will have scores for Brighton v. Howell, Brighton v. Hartland, and Howell v. Hartland
6. Dual/Tri Meets
- a. Usually on Tuesdays with first race at 4:30 and second race around 5:00. We race division opponents: Canton, Hartland, Howell, Northville, Novi, Plymouth, and Salem.
  - b. Students need to bring all their gear to school and be on buses by 2:45 pm (or earlier) to leave for away meets.
  - c. Busing is not provided to meets on our home course (Huron Meadows).
  - d. We always cool down and have a team meeting after the race.
7. Invitationals
- a. Usually Saturday sometimes Friday or Thursday.
  - b. Typically we leave early in the morning and return mid-late afternoon.
  - c. We may use a tarp, tent, or shelter to place gear.
  - d. Race times vary by meet. Varsity (usually top 7 boys) runs separate from the rest of the team who run in the JV race. Sometimes the JV race is first and sometimes the Varsity race is first. Usually, they are within an hour of each other but that is not always the rule. Larger meets have Divisions (Brighton is Div-1) that race separately. Most do Divs. 3, 4 in the morning and Divs. 1, 2 in the afternoon or vice versa.
  - e. Most races also offer shirts that kids may purchase for around \$12-15 for short sleeve t's, \$15-20 for long sleeve t's, and \$20-25 for sweatshirts.
  - f. We always cool down and have a team meeting after the race.
  - g. Awards are usually presented 30-60 min after the race.
8. Transportation
- a. Buses are not provided to home meets. Athletes carpool with the coach or upperclassmen from the high school.
    - i. Athletes meet at the course for the Legends Invitational at Huron Meadows.
    - ii. There may be a couple away invitationals without school provided transportation.
  - b. It is **STRONGLY ENCOURAGED** that athletes ride the bus home from meets. This is a great time for team bonding.
    - i. If an athlete needs to ride with his parent he must check out with the coach after the meeting.

### Conference/Division Info

1. Brighton is in the Kensington Lakes Athletic Association. This conference is split into North and South Divisions.

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- a. The North Division consists of Brighton, Canton, Hartland, Howell, Northville, Novi, Plymouth, and Salem
- b. The South Division consists of Belleville, Dearborn, Dearborn Fordson, Livonia Churchill, Livonia Franklin, Livonia Stevenson, Wayne Memorial, and John Glenn
2. The conference schedule consists of Duals/Tri Meets, and the Conference Meet.
  - a. The Duals/Tri Meets determine the Division Champion.
  - b. The Conference Meet consists of teams from both divisions and is the sole determiner of the Conference Champion.

### Regional/State Info

1. All MHSAA member cross country teams participate in a post-season regional. Teams at each regional vary from year to year.
  - a. The top 3 teams at the Regional qualify for the State Meet. A 4<sup>th</sup> team may qualify if there are at least 8 complete teams competing in the regional and they have 4 runners place in the top 20.
  - b. Individuals may qualify if they place in the top 15. The top 15 runners are considered All-Region.
2. The Cross Country State Finals are held at Michigan International Speedway in Brooklyn, MI.
  - a. The meet has a boys and girls race for each of the 4 MHSAA divisions.
  - b. The top 30 finishers in each race are considered All-State.

### Off-Season Information and Opportunities

1. Consistent training through the off-season is the greatest factor to a runner's success. Individualized training is provided free of charge to runners of all abilities. Athletes not competing in another high school sport are strongly encouraged to take advantage of this opportunity to train with their teammates and coach. In addition to running, we incorporate strengthening and injury prevention activities, and games. All off-season opportunities and activities are optional.
2. Summer Training
  - a. We meet in the mornings for about two hours at various locations.
  - b. Summer calendars are usually posted in mid-May or earlier.
3. Winter Training
  - a. We meet after school for an hour or two. We run outside. Athletes need to come prepared for the weather.
  - b. Natural Selection is our club name that competes in the Michigan Indoor Track Series (MITS) meets.
4. Kensington Saturday Mornings.
  - a. Throughout the year, athletes are encouraged to meet at the Kensington East Boat Launch (EBL) at 8 a.m. Saturday mornings for a long run.

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### 5. Events

- a. Resolution Run
  - i. Meet at BHS to run New Year's Day and start the year off right. Stay for breakfast afterwards.
- b. Kensington Camp
  - i. Meet at Kensington in July for team bonding and building with our new runners.

## Gear

1. Athletes should have a good pair of running shoes to train in at all times. Bad shoes account for a ton of injuries. They usually have a life span of 400-500 miles ("Minimalist" shoes life spans are often shorter). Places to go: Running Gear at 9937 East Grand River (across from Grand Traverse Pie Company), or Running Lab at 328 West Main St (a couple doors down from Great Harvest).
2. Spikes are lightweight shoes with spikes in them for traction. We wear them in meets and some workouts. They offer a great advantage in a race but are not necessary. If your child is new to the sport, they may not want/need them. Maybe wait a year to buy them, especially if money is a concern. Maybe cheap models can be found online or in a shop (specialty stores will be better able to assist in getting what you need).
3. Running clothes:
  - a. Proper runner shorts offer the least resistance during practice and races.
  - b. Make sure to bring gear appropriate for each day of running because we run rain (except when lightning) or shine, hot or cold.
  - c. Running watches are extremely useful and I would like to see everyone with one. A decent one, which will last for years, can be picked up at Meijer or Target for around \$20.

## Uniforms

1. Athletes will be issued black shorts, an orange/white singlet, a black singlet, a checkerboard singlet, warm up pants, and a warm up jacket before our first meet. These standard uniforms will not be collected until our competitive season is completed.
2. Team issued shorts and singlets are worn in all races. It is the athlete's responsibility to wear the correct singlet on race day.
3. A varsity only singlet may be issued for certain invitationals. These varsity singlets will be collected immediately after the race.
4. **Undergarments must be SOLID BLACK (including logos).** Socks and gloves may be any color.

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### Injuries

1. An ounce of prevention is worth a pound of cure. We spend ample amounts of time working to prevent injuries.
2. Our trainer does an excellent job working with many athletes, if injured or hurting tell the coach and then the trainer.
3. If the trainer recommends seeing a doctor, see a “running” doctor.

### Things to Always Have

1. Car
  - a. Towels (runners are often wet and/or muddy)
  - b. Sunscreen
  - c. Bug spray (mosquitoes, deer flies, and horse flies are vicious on the trails)
  - d. Back up workout clothes/shoes
  - e. Recovery food (very important)
2. Athlete’s Bag
  - a. Cold/rainy weather gear (hats, gloves, sweats, blanket, etc.)
  - b. Spikes
  - c. Training shoes
  - d. Snack food/money
  - e. Recovery food
  - f. Water
  - g. Trash bag (great for wet clothes after a rainy/muddy race/practice)
  - h. Sunscreen/chap stick
  - i. First aid items (band aid, inhaler, contacts/drops, etc.)
3. Parent’s Meet Bag
  - a. Umbrella/rain gear
  - b. Extra cold gear
  - c. 2<sup>nd</sup> pair of shoes and socks (no one likes driving home with wet feet)
  - d. Camera

### Online

1. Team Website - [www.brightonxc.com](http://www.brightonxc.com)
2. Results - <http://www.athletic.net>
  - a. Enter Brighton High School into the search box
3. Photos/Announcements - [www.facebook.com/BrightonHighSchoolCrossCountry](https://www.facebook.com/BrightonHighSchoolCrossCountry)
4. Updates and Reminders – subscribe to updates at the team website on the news and updates page
  - a. <https://www.brightonxc.com/news-and-updates>
5. Athletes running log - [www.running2win.com](http://www.running2win.com)
  - a. After creating an account, runners need to search and join the team - BHSdistance

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