

## **2020 Lassiter Cross Country Information**

### **It's 2020 Be Ready for Anything!**

Thank you for your interest in Lassiter Cross Country. This promises to be an exciting year full of surprises. Between Covid-19 and our new region assignment, the year promises to keep us on our toes and surprise us at every turn. Here are a few items of interest that should help you as you plan for the 2020 season.

Before you do anything go to the cross country page on the Lassiter Athletics site [www.lassitertfcc.org](http://www.lassitertfcc.org) and register for the team. Also, follow Coach Freed on twitter @LassiterTFXC.

#### **Team Philosophy and Goals:**

Cross country is an amazing sport in many respects. It brings together a sense of individual achievement within a team concept. Athletes are encouraged to become the best runner they can be in order for the team to run better together. At the same time, group training constantly shows us that we get better individually with the help of others. Cross country is also a model for life. The approach that is required to become a great runner is the same that is required to be successful in any aspect of life. To that end, our goal as coaches is to teach athletes the kind of work and mental approach required to become excellent at anything in their lives. Distance running requires sacrifice and commitment. There will be things you have to give up, like late night parties and junk food, in order to be successful. At the same time, no one becomes successful in a vacuum. The support of families is essential as well. The commitment being made to become an effective member of team requires the help and contributions from virtually every member of the family. If we can come together as a team around a set of values that are aimed at becoming a great team, then we will quickly move this program back to where it belongs, graduating athletes who have a love of running and hard work, as well as on the podium at the state meet.

#### **FAQ's**

##### **1. What do I need to participate:**

- A current physical on file with the school. Go to the team website [www.Lassitertfcc.org](http://www.Lassitertfcc.org), click on the post titled and review the procedures for this. Take care of it ASAP. Do not wait until the week of tryouts. There will not be doctors appointments available. Anyone without a current physical on file will not be allowed to try out.
- Good shoes: Go to Big Peach Running Company on Johnson Ferry Rd or West Stride on West Paces Ferry Rd. Do not just buy the shoes that look cool at a general sports store. Go to Big Peach or West Stride. They are the best around and know how to help you better than anyone else.
- A running watch: Don't buy a high end watch for \$150. Just get a good Timex ironman watch with at least 8 lap splits in it at Target.
- The desire to work hard, listen to coaches, and work with teammates to become a better team and individual runner.

2. **Are there tryouts for cross country?** Yes. There are minimum standards to be a part of the team. In order to make sure that we are all on the same level of commitment we will be keeping our minimum standards for participation this fall. My goal here is not to remove anyone who isn't an elite athlete. The goal is to have as large a team as possible made up of serious runners who are willing to work to get better as a team. To that end, I have come up with what I think are very basic, reasonable standards in order to be a part of our team in the fall. These are the equivalent of being able to dribble a basketball swing a baseball bat in the running world. Anyone who follows the summer training program will have no problem meeting these standards. Here is the program for the first week of school with what will be tested on each day. Attendance at these practices is mandatory for all athletes.

- Monday July 27: Long Run Ability—Returning runners must be able to maintain a basic pace (10:30/mile for girls, 9:00/mile for boys) for 60 minutes without walking on a flat observed course on campus. Athletes new to cross country must maintain that pace for at least 45 minutes.

- Tuesday July 28: Recovery run and core strength workout.

- Wednesday July 30: 12 minute Run Test. Athletes will see how far they can run in 12 minutes. Returning Girls must run 6 laps/ 8:00 per mile. Returning Boys must run 7 Laps/ 6:52 per mile. New Girls must run 5.5 Laps/ 8:32 per mile. New Boys must run 6.5 Laps/ 7:24 per mile.

- **Please Read This!** Anyone who misses both of these standards will not have a place on the team. Athletes who make the log run standard but miss the 12 minute run standard by half a lap or less will be allowed to stay with the team in a developmental capacity. No one will be allowed to race who cannot meet both of these standards. These standards are very forgiving and represent what the coaches feel is the bare minimum of ability needed to be a successful runner in the future. Other schools in the area have similar, although less forgiving, policies of their own. If we make this our starting point then our end result in November will be much better.

3. **What dates do I need to know about?** Like all things these are very much TBD. Be ready for changes, they will happen.

- Summer Practices: The guidelines on these are evolving. We will communicate with you when we have information. For now runners are to work out on their own.
- Monday July 27<sup>th</sup>-Wednesday July 29<sup>th</sup>: Tryouts from 7-9pm. You are expected to be here during this week. End all trips so you can be here for these workouts.
- July 30-31: Practice from 3:00-5:00 for everyone who makes the team.

- August 3<sup>rd</sup>: First day of school. Once school begins we have practice every day from 3:45-5:45pm Monday-Friday.
- August 8: Team Pictures and Work Day.
- Meets: Keep your Saturdays open. At this time we do not know what will happen with the calendar. I will send out a possible meet schedule but I can't promise anything.

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3. **How do I stay connected with the team over the summer?** We are using the Final Surge app to keep track of summer running. Go make an account for yourself there [www.finalsurge.com](http://www.finalsurge.com). Once you fill out the google form on the web site to let us know you are interested in running, I will add you to the team group on Final Surge. From there you will be added to a training group and connected with a team captain who will help you stay disciplined and on track.

#### 4. Are there any team rules I need to know about? Yes

##### Attendance Policy

Cross Country is a varsity sport just like all of the others. It comes with an expectation of commitment by those who make the free choice to be a part of it. There has been confusion in the past about how this relates to attendance at practice. Here is how things will work in the fall so we are all in agreement. Excused absences include issues cleared by a coach beforehand that are out of the athlete or their family's control. These include doctor's appointments and major family events or religious holidays. Outside of this, all absences are unexcused. An athlete may miss practice twice during the season for preapproved academic issues such as tutoring or being swamped. Make all other academic appointments at times that do not conflict with the commitment to the team. In the case of unexcused absences here are some examples that we had problems with in the past: elective non-mandatory club activities, concerts, birthday parties, pregame football tailgating, and friends visiting from out of town. Any absence that is not preapproved is unexcused regardless of the reason.

- A first unexcused absence will result in an athlete dropping down a level in a race. If the next meet is a varsity only meet, the athlete in question will not be attending that meet.
- A second unexcused absence or a no call no show for any reason will result in the athlete missing the next meet. We will also discuss how the athlete can fit cross country into their lives give their difficulties.
- A third unexcused absence will result in a two meet suspension.
- A fourth unexcused absence will result in the athlete being removed from the team.

Again, join the e-mail group and social media tools for more information as the summer nears. Our success in the fall depends entirely on our work in the summer. I look forward to meeting you all and working together to make Lassiter Cross Country one of the most respected programs in the state.

All other rules and regulations stick to the [Cobb County athletic handbook](#).

If you have any other questions feel free to reach out on email and I will answer them for you.

Go Trojans!

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