The Creekside Cross Country Survival Guide

2017

Dear Parents and Athletes,

The 2017 cross country season is in full swing. The boys and girls worked very hard this summer and are ready to have an amazing season. We are excited to see many new faces and ready to get them into shape! The cross country season is very challenging, but with hard work, humble attitudes, dedication, and determination we will all make it to the end smiling! (HaD2) It is great to be a parent of a cross country runner and you will share in your son's and daughter's success! Please read through this information packet, it should prove valuable as you encounter questions along the way.

Being a parent of a runner or being a runner can sometimes be an overwhelming experience. Early morning meets and practices will be a staple for the next few months and stories of sore muscles, blistered feet, and tough but fair coaching will probably be the subject of many dinner time stories. Through it all, your children will want you to be at the cross country meet, whether they admit it or not. Parents are the backbone to any successful high school program, and we look forward to working with you. As a help to your son/daughter and our team, please gladly accept your son's/daughter's cell phone at 9:00pm the night before every race. He or She will want to turn his/her mind off from the crazy and stressful world that his/her cell phone brings! ☺

This packet is designed to assist you and your athlete through the upcoming season. In it you will find:

- An explanation of Cross Country
- Information on equipment and injuries
- Team expectations
- Practice and Meet Schedule

If you have any question throughout our season please do not hesitate to ask. The coaching staff is looking forward to working with both student-athletes and parents this season. So lace up your running shoes and let's hit the ground running.

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Phone Number: (614) 327-3452
Email address: mandyccrnr@hotmail.com

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What is Cross Country?

1. Cross Country is a messy, rugged, tough, mentally challenging, physically demanding TEAM sport where competitors race for a little over three miles over grass fields, up grassy hills, on golf courses, through parks and other tough terrain. The runners race for time as well as for place. It's not easy! I think cross country is the most challenging sport there is and you have to be #hardcore to be a runner.

2. The Varsity squad consists of the top seven-ten runners. They are selected based on their times each week. All remaining runners will run in the Junior Varsity race. If a JV athlete runs a faster time than a Varsity runner, on the same day, then they may be selected to run on the Varsity squad for the next race. The coach reserves the right to have the ultimate authority to choose the best seven teammates to run in the varsity race each week. Some Varsity races allow up to 10.

3. The top five runners for each team in the Varsity and JV races will score. Their places will be added up and the team with the lowest total score wins.
Example: Creekside places = 1,2,3,4,+5=15 (lowest possible score, referred to as a sweep) If there is a tie, then they will go to the 6th runner. Sometimes the scoring will even go to the 7th runner. As with golf scoring, you want to lowest possible score!

4. All team members who meet the minimum fitness requirements and team requirements and who do not run in the Varsity race will run in the JV race, regardless of year in school. This means that everyone who is healthy and meets our team expectations will compete on race day. Occasionally, we will attend meets where only the JV or only the Varsity will race.

Why should you choose to run Cross Country?

Running Cross Country provides a unique experience outside the classroom. The student athletes learn how hard they can push themselves each day, how to set goals and achieve them, understand what it means to both fail and succeed, and how to be a good teammate and friend. Cross Country also teaches the athlete time management skills and responsibility. We also focus greatly on character. Plus, who doesn't want an instant 30+ friends?

Equipment and Uniforms

1.Uniform Singlets will be issued to each runner. The singlet must be returned in good condition or the athlete will be responsible for its replacement. Any non-return of program or school property or return of damaged property will result in a charge to the student/athlete Each athlete will be responsible for purchasing a team shirt and a warm up team shirt. The girls will also purchase a team polo to be worn on Fridays before races. Each Athlete must also have approved racing shorts and black warm up pants.

2. Runners will need at least one pair of good quality running shoes. They do not need to be expensive. More money does not correspond to higher quality training shoes. You can get quality running shoes at a local running store such as 1st Place Sports. Good quality shoes will help prevent injury during the season.

3. Each athlete will need a pair of racing spikes, but will not need them until the racing season begins. They do provide a significant advantage to racing for the fastest athletes. All shoes and spikes can be purchased at a sporting goods store, 1st Place Sports or online. Purchasing from a

running shoe store gives you access to qualified staff who can assist in the purchase of shoes/spikes. If you tell them you run for Creekside High School they will give you a discount!

4. Each runner will also need a digital wristwatch, with split capabilities, a Safety Light, and a water bottle every day.

Injury Prevention

Injuries are a fact of life in the world of sports, and Cross Country is no exception. The most common type that your student athlete may suffer from is an overuse injury. We will all suffer from these every once in a while. HAVE NO FEAR. Most of your athletes will experience soreness at some time. Shin splints are common and knee and hip joint tenderness is not rare. The best formula for avoiding and reducing these injuries is running in proper shoes and stretching properly. Ibuprofen is the best pain medicine because it is an anti-inflammatory, however an athlete should not get to the point were taking a pain medicine is a daily occurrence. Icing sore joints and shins after ANY workout does wonders for the next day.

Please call if you have any concerns. All injuries can get worse and we will monitor them closely, but most can be handled with a little rest and/or some cut back in training.

Nutrition

1. Runners need to drink plenty of water. Living in Florida there is no way around it. I recommend they drink at least eight 16 oz water bottles full each day. Notice that this amount is double the average person. Gatorade is great for after workouts, but water is better before and during workouts. Bring a water bottle to school and practice every day.

2. Caffeine is a diuretic, which means it actually pulls water out of our system. When we drink a 12 oz Coke, we have to drink 24ozs of water to get to our desirable level of hydration. Caffeine and carbonation are big no-no's to serious Cross Country runners.

3. Runners should be eating a diet rich in carbohydrates (for energy), protein (for muscle development), calcium (for bone strength), and iron (for oxygen transport). Oxygen is the most important food for our working muscles. There is very little nutritional value in junk food. Also, don't worry about counting calories; our bodies are magnificent machines that will burn anything if the furnace is hot enough.

Eligibility and Forms

Creekside Athletics is going paperless. All student athletes will register with the online paperless eligibility system, RegisterMyAthlete, thus making printing forms and turning them into the school obsolete. The physical form (EL2) form will still need to be printed and signed by the physician, but instead of bringing it to the school, you will simply upload it to the site. The concussion certificate will also be uploaded. In the event of an emergency, medical staff will have immediate access to this vital information. The EL3 consent form and insurance information will also be filled out online utilizing digital signature.

Please follow the action steps located on the Athletic Website under Forms or below link

http://www-chs.stjohns.k12.fl.us/athletics/forms-2/

Creekside High School Athletics

Creekside Athletics is going paperless! All student athletes will register with the online paperless eligibility system, **RegisterMyAthlete,** thus making printing forms and turning them into the school obsolete. The physical form (EL2) form will still need to be printed and signed by the physician, but instead of bringing it to the school, you will simply upload it to the site. The concussion certificate will also be uploaded. In the event of an emergency, medical staff will have immediate access to this vital information. The EL3 consent form and insurance information will also be filled out online utilizing digital signature.

If you have already turned in your student's EL2 physical form, we will upload it to the site as soon as you create the account for your student.

Although easy to navigate, please do not hesitate to contact us if you have any questions or hardship. We believe you will appreciate the fact that this new eligibility system is much more efficient than the old paper system. Our expectation is that all student athletes will be cleared prior to their tryouts or first competition.

Instructions for Parents: (Register using any computer, tablet, or smart phone device.)

1. **Find Your School:** Find Creekside by going to http://registermyathlete.com/schools/, select Florida Select **Creekside**.

2. **Create an account:** Now begin creating your account by clicking the "Create An Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms of use.

3. **Add a new athlete:** The next step is to add an athlete. You can do so by clicking the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. This only needs to be done once during your athlete's entire career at a school. The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information.

4. **The athlete's profile:** After you've created your athlete you will be brought to their Profile page. This page is a summary of their info and involvement.

5. **Register for a sport:** Click "+ Register For A Sport" to begin registration, you will be asked to choose which sport your athlete is registering for.

Creekside High School Athletics

6. **Your registration checklist:** This page shows the status of your athlete's registration. You will be asked to complete several steps to complete registration including agreeing to documents, and completing the physical.

7. **Physicals:** Physical documents should be completed by the parents (or medical professionals as needed). Parents have the ability to upload these physical documents to the system. Uploaded documents will need to be verified by the admin at the school prior to be accepted as complete. (If a document upload is rejected for any reason, the parent will receive an email with the rejection reason. After the error has been corrected, parents will be able to re-upload the document for verification.)

8. **Complete registration:** Your registration is complete once all items on the checklist have been completed.

9. **After registration:** After registration is complete, you can login at any time to view the Status of your athlete and their participation on the team.

Additional Athletes
Under the same account, repeat steps 3-9 to register additional athletes.

Future Seasons & Years
Once your athlete has been added to your account, you only need to follow steps 5-8 to register them for another sport.

For technical Support:

Register My Athlete Tech Support
Email Support: support@registermyathlete.com
Phone Support: 435-213-1601
Phone Support Hours:
Monday – Friday: 8:00am – 5:00pm

2017 Boys and Girls Cross Country Schedule

Date	Event	Place
Fri. August 11th	**Run-a-thon & Time Trial**	**CHS**
Sat. August 19th	*PV Bridge practice*	*PV Bridge*
Sat. August 26th	**Spurs and Spikes**	**Flagler**
Sat. Sept 2nd	**Bale and Trial**	**Bartram**
Sat. Sept. 9th	*PV Bridge practice*	*PV Bridge*
Sat. Sept 16th	**Ponte Vedra**	**PV**
Sat. Sept. 23th	*PV Bridge practice*	*PV Bridge*
Sat. Sept 30th	**Alligator Lake**	**Lake City**
Sat. Oct. 7th	**Pre-state (top 10)**	**Tallahassee**
Sat. Oct. 14th	**Bronco Bob**	**Middleburg**
Sat. Oct. 21st	**JV CHAMPS**	**BishopKenny**
Sat. Oct. 28th	**Districts Meet (Varsity Only)**	**Ponte Vedra**
Sat. Nov. 4th	**Regional Meet (Varsity Only)**	**Lake City**
Sat. Nov. 11th	**State Meet (Varsity Only)**	**Tallahassee**

All meets are subject to change.

Act dates – 9-9 (no conflict), 10-28 (conflict), 12-09, (no conflict)
SAT dates – 8-26 (conflict), 10-7 (top 10 conflict) 11-4, (top 10 conflict), 12-2 (no conflict)

Creekside Cross Country 2017

The Fees Collection Sheet

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Bill Day

Bill Day is Friday August 18th @ practice

Pay to Participate- the cost per sport is $80 dollars. The Pay to Participate must be completed online. Go to the Creekside Athletic Page, click fall sports, boys/girls cross country and look for link that says: Online payment - Bring a copy of receipt on bill day.

Boys - https://www.schoolpay.com/pay/for/-Boys-Cross-Country-Athlete-Registration-Fee--/IdBBl

Girls - https://www.schoolpay.com/pay/for/-Girls-Cross-Country-Athlete-Registration-Fee--/IdBBm

Bring copy of receipt

Booster Club – this is paid per family per year. Please see Booster Club form for amount. Form must accompany the check. You can also visit http://creeksideknights.com/ to join the boosters.

Check made out to: CKABC

Run-a-thon Money Due – Please bring all money and a completed run-a-thon form.

Bill Day is Friday August 18th @ Practice. Please do not send checks or forms early or late. Thanks.

Coach Frank and Coach Yates

CREEKSIDE HIGH SCHOOL ATHLETICS

The purpose of the **Athlete Registration Fee** is to help combat the rising costs associated with operating a high school athletics department. This fee will help cover the following expenses:

- Transportation to regular season athletic events
- Game officials
- FHSAA and other fees
- Uniforms, quipment, supplies, and awards
- Field and facility maintenance and rental
- Sports Medicine

The 2017-18 fee structure will be as follows:

1st sport: $80 fee

Each additional sport: $60.00

This fee must be paid prior to the student athlete participating in his/her first interscholastic contest. Your understanding and support of this fee is greatly appreciated. Creekside High School has the responsibility of maintaining high levels of excellence in athletics. Your financial commitment will play a tremendous role in making the athletic program at Creekside High School one of the finest in the North Florida area.

If you have any questions or concerns, please call (904) 547-7331.

Please make all checks payable to Creekside High School

Student Name:_____Grade:_____

Phone Number:_____Date of Birth_____

Parent's Name:_____

Parent's #1 Email:_____#2 Email:_____

Current Sport:_____ *(Circle one)* 1st Sport $80 2nd Sport $60 3rd Sport $60

Check Number:_____Cash:_____

We now offer convenient online payment through SchoolPay.
Visit www.schoolpay.com to login or set up a new account.

100 KNIGHTS LANE | ST. JOHNS, FL 32259 (P) 904.547.7331 (F) 904.547.7305

CREEKSIDE KNIGHTS ATHLETIC BOOSTER CLUB
MEMBERSHIP APPLICATION 2017-2018

The Creekside Knights Athletic Booster Club (CKABC) is a nonprofit organization of parents, coaches, student athletes, faculty, and community members committed to promoting excellence in Creekside High School (CHS) interscholastic athletics by voluntarily helping to enrich the high school experience and foster success in the classroom for all students by building "Knights Pride" through all athletic programs.

How does the Booster Club Support Student Athletes?

- Collects membership fees to help support CHS athletic programs.
- Raises needed funds to supplement district allotments to improve indoor/outdoor facilities, equipment and supplies, and to fulfill approved team "wish list" requests.
- Sells Creekside Knights apparel and merchandise to boost school and team spirit.
- Recognizes team and individual achievements.

Membership Information

Your Name:		Cell Phone:
Spouse Name:		Cell Phone:
Address:	City:	Zip Code:
Email:		
List all of students in your household that play a sport/activity		
Student Name	Grade	Type of Sport/Activity

All memberships listed on the back of this page are annual and non-refundable.
Note: The fair market value of benefits received from your membership donation, which is not deductible as a charitable contribution under IRS regulations, equals sales price of items included in membership package.

Make checks payable to: Creekside Knights Athletic Booster Club or CKABC

Mail completed form and payment to:

Creekside High School
100 Knights Lane
c/o CKABC – Deena Poole, Membership
St. Johns, FL 32259

Membership Options

Packages

☐ **Basic CKABC - $50:** Includes CKABC Membership and Magnet

☐ **Level 1 - $95: I**ncludes CKABC Membership, Magnet, and 10 game admission vouchers*

☐ **Level 2 - $135:** Includes CKABC Membership, Magnet, and 20 game admission vouchers, one(1) $5 discount for Running of the Knights 2018* ***(Running of the Knights discount code will only be valid Jan 2018 thru May 11, 2018. Not valid during early registration events Aug 2017 thru Dec 31, 2017)***

☐ **Level 3 - $210:** Includes CKABC Membership, Magnet, and 50 game admission vouchers, one(1) $10 discount for Running of the Knights 2018* ***(Running of the Knights discount code will only be valid Jan 2018 thru May 11,2018. Not valid during early registration events Aug 2017 thru Dec 31, 2017)***

☐ **Royal Knight - $350:** Includes CKABC Membership, Magnet, VIP Parking (FB only), and (2) season pass to all home competitions, two(2) $10 discounts for Running of the Knights 2018* ***(Running of the Knights discount code will only be valid Jan 2018 thru May 11,2018. Not valid during early registration events Aug 2017 thru Dec 31, 2017)***

☐ **Mega Knight - $500:** Includes CKABC Membership, magnet, VIP Parking (FB only), and (5) season passes to all home competitions, five(5) $10 discounts for Running of the Knights 2018* ***(Running of the Knights discount code will only be valid Jan 2018 thru May 11,2018. Not valid during early registration events Aug 2017 thru Dec 31, 2017)***

**Vouchers allow admission to regular season home competitions ONLY.*

A La Carte Items

☐ **Student Knight All Inclusive - $100:** This option can be added to any membership package and allows one student free admission to all home competitions

☐ **Parking Pass- $100** (based on availability)

Early Bird Football Fan Pack

The following membership packages are available for purchase until ***August 15, 2017***

☐ **Level 1 - $90:** Includes CKABC Membership, Magnet, and a season pass to all home Football games (Varsity and JV) for one person

☐ **Level 2 - $125:** Includes CKABC Membership, Magnet, and a season pass to all home Football games (Varsity and JV) for two people.

☐ **Level 3 - $190:** Includes CKABC Membership, Magnet, and a season pass to all home Football games (Varsity and JV) for four people.

Volunteer Opportunities

We need your help! Please select from the options below if you are interested in volunteering for the Creekside Knights Athletic Booster Club.

☐ Fundraising ☐ Concessions ☐ Team Liaison ☐ CKABC Board ☐ Business Sponsor ☐ Running of the Knights

Run-a-thon Schedule

6:15am – Time Trial (normal practice)

5:30pm – All boys, girls, and coaches meet at the Creekside Track

6:00pm – Team run

7:45pm – Dinner

8:15pm – 9:45pm – Games/Dance-Off

9:45pm – 10:00pm – Clean up

What to bring

-Chair
-Water bottles
-Change of Clothes
-Good attitude
-Smile
-Be Ready to have FUN!!!

First Name:_____ Last Name: _____

Dear Potential Sponsor,

I am participating in the Creekside Cross Country Run-a-thon. All proceeds will help fund the 2017 Cross Country Season. You can sponsor me for the amount of laps my team completes in a 2 hour period or you make a flat donation. After the run-a-thon, I will return to tell you how many laps my team completed and collect your contribution; my coach will record the amount of laps at the bottom of this sheet. You can make checks to out to Creekside Cross Country. Thank you!

	Name -	Pledge per lap	Flat Donation		Total
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					

Amount of Laps Completed:_____ Total amount of money collected:_____

CREEKSIDE KNIGHTS

Creekside High School Athletics

TO: Creekside Parents

FROM: Creekside Athletics

RE: Volunteer Information

Creekside Athletics is very grateful for the volunteers who tirelessly offer their valuable time and talent to make a difference with our athletic teams. Volunteers make a huge difference, creating a positive and fun environment. Volunteers not only assist our teams, but make success possible!

All parents who will have school access (for meetings, etc.), and those who wish to volunteer must register for clearance. If you are not certain whether you have volunteered, please do not register again. Once you have registered, you should never have to register again! Instead send an email to our Athletics Volunteer Coordinator, Linda Grossman and she will check your clearance, and transfer your status to Creekside if necessary: chsathleticsvol@gmail.com

If a parent is certain they have never registered, please follow the link below to register:

https://stjohns.keepntrack.com/apply/