

**ROME HIGH SCHOOL
2014 CROSS COUNTRY
GENERAL INFORMATION**

Leadership

Head Coach – Jared Hughes

- Coordination and supervision of team events: practices, meets, fundraisers, etc.
- Secures registration and volunteers for Ridge Ferry host meets
- Secures Ridge Ferry Park for all host meets
- Keeps track of athlete physicals/insurance/eligibility in accordance with Rome High and GHSA regulations
- Makes travel arrangements for any away site visits
- Relays information to other coaches about meets in a timely manner
- Discusses any team-related issues with parents

Assistant Coach – Hannah Nabors

- Assists with in-season and off-season team training guidelines
- Helps coordinate Ridge Ferry meets both on-site and during registration process.
- Coordinates any Booster Club efforts

Community Coach – Tom Tilton

- All assigned responsibilities given via the Head Coach

Middle School Coach – LeAnn Goya

- Maintains a positive relationship with high school program to assure a smooth transition from grades 8 to 9
- Responsible for scheduling all middle school XC events with middle school athletic director

Budget/Fundraising

Cross country is a non-revenue sport, meaning that we do not charge admission for events. However, our parental support has always been something Rome High Cross Country has been proud of. Our program is self-sufficient mainly due to our hosting of the Ridge Ferry meets. Parents will be expected to assist with the finish chute, parking, course monitoring, etc. We will also likely hold an annual team t-shirt sale. Parents may contribute a small team fee at the beginning of the season as well as providing water/Gatorade for all meets.

Communication

We will keep everyone informed of practices, meeting and changes to our schedule using the **athletics portion of the school website, www.romewolvesathletics.net**. Team Captains also maintain a Facebook page for the team to post informal group runs in the off-season. The best way to reach a coach is via his/her school email.

Program History

The Wolves cross country team has proven itself to be one of the most successful athletic programs at Rome High. The boys' team won the Region 7AAA title in 1993, 1994, 2000 and 2006. The Wolves placed a close second in 1992, 1997, 1999, 2001 and 2002. The boys placed third in the state in 1994 and fourth in 1992 and 1993. In 2000 and 2001 the Wolves finished a respectable eighth. The Wolves have won 48 major invitational titles in the last 19 years while Rome High runners have won 75 individual titles during that time. In 2002, David Herren won all of his regular season races in the state and went on to win the region and state championship. David went on to post a time of 15:26 in the Footlocker Regional Championships in North Carolina!!

Last year, the boys and girls were City-County Champions and finished 2nd at the All-Area Meet. The girls team finished third in Region 5-AAAAA, and Jenna Tilton claimed the individual region title. The girls went on to post a Top 20 finish at the state meet in Carrolton. The following runners were selected to the All-Area XC team for 2013: Mike Castellanos, Jenna Tilton (1st team), Kerveen Ruano, Isabella Schlitz, Alexandria Dickens (2nd team), Oswaldo Franco, Lizzy Bressette, Xena Mansoura (3rd team).

Training Schedule

Athlete-led practice will take place in the summer. Coaches will not be allowed to supervise per GHSA rules. Runners can communicate via the Facebook page to coordinate such events. Rising 9th graders are invited to participate. You will receive guidelines as to what I expect of you, it is up to YOU to do the work. Your season results will be a direct correlation to how hard you worked in the previous summer.

Cross country practice will be held every day after school between 3:50 and 6 p.m. Students will be required to suit up in the locker rooms and meet in the health classroom by 3:50. At that time, the coaches will make announcements about the day's schedule and upcoming events. The team will then board the cross country bus for transportation either to Berry College or Barron Stadium for the afternoon workout. **Runners should bring their own bottle of water or Gatorade each day.** All athletes are expected to attend practice on a daily basis. If there is a conflict with medical or other appointments, the athlete should contact Coach Hughes before practice to explain their conflict. Only sickness, family-related deaths, or other RHS activities are excusable. The team cannot be expected to make regular allowances for students with jobs and other after school obligations.

At the beginning of the season our goal is to slowly condition ourselves to the point that we are comfortable running between 20-25 miles per week. At this point we will begin a regular training cycle of alternating interval (speed, strength and endurance) workouts with longer recovery or "overdistance" runs. We will also give the students an opportunity to run one "long run" Sunday afternoons to improve our "running economy" and endurance. One of the keys to success in this sport is to get in mileage and this will help make you more competitive. All students will participate in a team stretching session at the end of each workout to preserve some flexibility thus reducing the possibility of injury. The type and intensity of interval workouts vary with the calendar. Typically, we will do two types of these workouts. The first type will improve strength and endurance. These are usually 800 to 1600 meter repeats at race pace. The second type is geared to improve leg speed these are usually 400 and 200 meter repeats that are run substantially quicker than a 5K race pace. During our competitive season, races will often take the place of the strength interval workouts during the week.

Team Rules (Grades 7 – 12)

Team rules have been established under the current Rome High Athletic Code. All

athletes will receive a copy of the code. It must be signed by the athlete and parent and returned to the coach. The following rules are in addition to the RHS Code:

- 1) All athletes will make their best effort to attend all workouts *on time*.
- 2) All scheduling conflicts must be discussed with the coach *in advance*.
- 3) All athletes must respect the fact that we are guests at Berry College and at no time will we enter buildings or use their facilities without the permission of Berry College officials.
- 4) All athletes will be expected to clean up after themselves at meets and workouts.
- 5) All athletes will aid the coaches in setting up and taking down equipment at meets.
- 6) All athletes will report injuries or other problems relating to their participation on the cross country team to the coach as soon as possible.
- 7) No athlete may leave practice early without the consent of the coach.

Shoes and Equipment

The most important piece of equipment for the cross country runner is proper shoes. Veteran runners already know what works for them. For those of you just starting out, you will need a lightweight training shoe that is comfortable and durable. Many serious cross country runners also have lightweight racing flats or spikes for competition as well. All of the following shoes will work fine. Choose the ones that fit and feel the best for you. Examples would include: **Nike:** Triax Series, Air Max Series, Air Pegasus, Air Terra Series. **Asics:** Gel Lyte Series, DS Trainer, Kayano. **Saucony:** G.R.I.D. series, Jazz. **New Balance:** 740, 760. **Adidas:** Response Trail, Response, Supernova, Boston. **Brooks:** Switch, Glycerine, Adrenaline. **Reebok:** DMX Series, Fusion, **Mizuno:** Wave Nexus. Go online to investigate the latest offerings of training shoes from the manufacturers. These change every few months! Check the Running World and Running Journal websites for the latest shoe reviews. In addition to shoes, all runners will need several pairs of *synthetic* socks (cotton socks cause blisters) and running shorts. It is also necessary to purchase a running watch. This does not have to be expensive. A cheap one with a push stopwatch mode will suffice. Please note that we will receive discounts on all apparel from JUST SPORTS & TENNIS on 2nd Avenue.

Physicals

All runners must have a physical to participate on the team. A physical will not be deemed complete until it is on a Rome High form complete with insurance information. Please get the proper form from Coach Hughes. Physicals must be completed BEFORE THE FIRST PRACTICE IN AUGUST!!

Running Camps

The simple truth is that participation in a running camp for a single week during the summer **will not** significantly improve the performance of an athlete. Best results come from a commitment to run your base mileage during the summer in preparation for the workouts in the fall. However, running camps can be fun and motivational. If nothing else, you will be around some people who have had some success in competition and you will learn that they are really not too different from yourself. If you would like to give camp a try, I suggest the Nike/Benson Camps in Asheville, North Carolina.

Lettering Criteria

Our lettering criteria will be based on individual times. It is my goal that this will guard against complacency and the simple satisfaction of being in a varsity race. Instead, we will strive to be competitive daily and improve ourselves individually as well as a team.

Girls – 22:30 (1st year), 22:00 (2nd year), 21:30 (4th year)

Boys – 20:00 (1st year), 19:30 (2nd year), 18:30 (4th year)

Any runner who is unable to meet these required times may substitute through a point system. An athlete must earn 7 points.

3 pts -- Top 30 in State

2 pts -- Top 10 individual at Region

1 pt each race – Scoring Top 5 for Rome High in a varsity race

1 pt – Completion of summer workout routine

Team Highlights:

City/County Champions - 1992, 1993, 1999, 2000, 2001, 2003, 2004, 2005, 2006, 2007 (B and G). 2008, 2010 (G), 2012 (Band G), 2013 (B and G), 2014 (B and G)
 Ridge Ferry Invitational Champions- 1999, 2000, 2005, 2006, 2008, 2010 (G).
 Cass/Cartersville Invitational Champions - 1992, 1993, 2006.
 Northwest Georgia Invitational Champions - 1992, 1993, 1994, 2002.
 Georgia Highlands (Floyd County) Invitation Champions - 1992, 1993, 1994, 1999, 2005, 2006, 2007, 2008 (G), 2009 (G), 2010 (G), 2011 (B and G).
 Darlington Invitational Champions- 2004, 2005 (G).
 Area Meet Champions- 2012(G).
 Region 7AAA(A) Boys Champions - 1993, 1994, 2000, 2006.
 Region 7AAA(A) Boys Runners-up- 1992, 1997, 1999, 2001, 2002.
 Region 7AAA Girls Runners-up 1994, 1995, 2006, 2008, 2012. (Region 5AAAAA).
 Georgia State Meet - Boys: 3rd Place 1994, 4th Place 1992, 1993, 10th 1999, 8th 2000, 2001. 10th Place 2002, top 25 2004, 2005, 2006, 2008.
 - Girls: 7th Place 1994, 9th Place 2008, top 20 2004, 2006, 2010, 2013
 Hannah Filligim- Region 7AAAA Champion 2007, City/County Champion 2005.
 David Herren- Region Champion 2001-2002, Runner-up 2000. State Champion 2003. Second Place State 2001, 8th Place State 2000. City/County, Ridge Ferry, Berry, Warpath, Floyd, Northwest Georgia, Cass-Cartersville Invitational Champion 2001, 2002.
 Shiona Jackson- Region 7AAAA Champion 1999, 2000, 2001. 6th Place State 1999, 3rd Place State 2000, 7th Place State 2001. Disney Cross Country Classic Champion 2001. City/County Champion 1999, 2000, 2001. Ridge Ferry Champion 2000, 2001. Floyd County Champion 2000, 2001. Northwest Georgia Champion 1999, 2000, 2001
 Dana Mangraviti - Region 7AAA Champion 1993, 6th Place State 1994.
 Jenna Tilton- Region 5-AAAAA Champion, City/County Champion 2010, 2013 All-Area 2011, 2012, 2013
 Gabrielle Whitney- Darlington Invite Champion 2005, City-County Champion 2006.
 Katherine Whatley - Region 7AAA Champion 1994, 1995, 1996, 1997, 7th Place State 1994, 9th Place State 1995, 6th Place State 1996, 1997.
 Frannie Wilson- City/County Champion 2011, 2012, Georgia Highlands Champion 2011, Ridge Ferry Champion 2012, Area Meet Champion 2012, All-Area 2011, 2012
 Sydney Champagne- Darlington Invite, Georgia Highlands Champion 2009.
 Brady Bennett- City/County Champion 2004.
 Andy Bishop - 2nd Place State 1993.
 Aaron Bishop - Region 7AAA Champion 1994, 2nd Place State 1994; City/County, Cass/Cartersville, Northwest Georgia & Floyd County Invitationals Champion 1993, 1994: Carrollton, McCallie and Last Chance Invitationals Champion 1994.
 Dustin Murphy- Region 7AAAA Champion 2006, City-County, Ridge Ferry Invitational, Georgia Highlands Invitational Champion 2006.
 Jessica Whatley - Scholarship to Samford University, 1994.
 Aaron and Andy Bishop - Scholarships to Samford University, 1995.
 Katherine Whatley- Scholarship to Samford University, 1997.
 Shiona Jackson- Scholarship to Reinhardt College 2002.
 David Herren- Scholarship to Georgia Tech-2003.
 Brady Bennett- Scholarship to Berry College 2006.
 Jenna Tilton – Scholarship to North Georgia, 2014

**ROME HIGH SCHOOL
2014 CROSS COUNTRY SCHEDULE
(Tentative)**

<u>DATE</u>	<u>MEET</u>	<u>PLACE</u>	<u>TIME</u>
8/23 (Sat)	Pickens Preview	Roper Park	TBA
8/30 (Sat)	Berry Invitational	Berry College	TBA
9/9 (Tue)	City-County Championships	Ridge Ferry Park	5:00 p.m.
9/18 (Thurs)	Ridge Ferry Invitational	Ridge Ferry Park	5:00 p.m.
9/27 (Sat)	Darlington Invite	Darlington	TBA
10/11 (Sat)	Georgia Highlands Invite	Georgia Highlands College	TBA
10/18 (Sat)	Area Championships	Berry College	TBA
11/01 (Sat.)	Region 7 AAAAA Finals	Creekview	TBA
11/8 (Sat)	Georgia State Cross Country Meet	Carrollton High School	TBA

Jared Hughes, Head Coach
Hannah Nabors, Asst. Coach
Tom Tilton, Asst. Coach
Phone: 235-9653 (School)