

Cross Westview Country

Cross Country Parent FAQ's

What equipment is required?

A good pair of RUNNING shoes is the most important item of equipment for a runner. Your athlete will need a good, basic, well-cushioned pair of shoes that fit well. Tennis, basketball or cross-trainers are not the same. They do not have to be the most expensive or the latest model but shoes designed for running that fit properly are a must! Running shoes should not have to be "broken in" but should feel right from the beginning. Employees at Movin' Shoes (Encinitas, Pacific Beach, and San Carlos) and Road Runner Sports (in Kearny Mesa) can help ensure a good fit. Be sure to say that you have a Westview runner as both stores offer a small discount for high school runners. The best way to prolong the life of a pair of running shoes is to wear them only for running. Also, if they are more than a year old or have been through a season of training and racing (a general rule of thumb is no more than 500 miles of wear), they should be replaced or the risk of injury is greatly increased. Once you know your runner is serious about racing, a pair of light weight racing flats is also desirable.

What is the best way to communicate with the coaches?

The coaches prefer email or phone calls before 9 p.m. Please try to limit these contacts, however, as there are over 70 athletes on this year's team. Race day is generally not the time to discuss individual issues with the coaches unless they are available after ALL races are completed. A face to face meeting with a coach can be arranged if necessary after practice.

What if my runner is going to miss practice?

Every effort should be made by all athletes to attend 100% of the scheduled practices. If a practice must be missed, please have a written note signed by a parent, teacher or doctor. Please try to give written advance notice of planned absences. This is especially important if missing races.

What is a "Pasta Party?"

The Pasta Party is a Westview team-building tradition. It is a pasta dinner hosted at the home of a runner the night before most meets. The host family supplies the location, pasta and sauce and 3-5 other families bring the salad, breadsticks and drinks as well as help supervise the evening. We ask that each family sign up to help or host one dinner and the schedule will be posted on the website. Transportation is not provided so please be sure to arrange transportation to the dinner and home. The dinners usually start at 5:30 and end by 7:00 p.m.

How can I find the race schedule and directions to the meets?

The race schedule and directions to the meets can be found on our website:

www.westviewwolverines.com

Click on "Programs", then "Athletics" and then "Cross Country" in the fall sports. Then save this link in your favorites!

Is transportation to meets provided?

Bus transportation is provided to all dual meets by the Poway Unified School District. Also, bus transportation will be provided to Invitational competitions held on a school day. Because of budget cuts each family is asked to contribute \$100 to the PUSD transportation fund. You must provide transportation to and from invitational meets which are held on Saturdays. Please do not hesitate to let the coach know if your athlete has a problem with transportation. There are many families on the team so it will never be a problem to arrange a ride for an athlete. Also, we will be providing a roster for your convenience in arranging carpools when necessary. **If your athlete is transported by a PUSD bus, they must travel both to and from the competition by bus.** An alternate transportation request (available on the website) must be filled out and approved by the Coach and Athletic Director 48 hours prior if your athlete cannot ride the bus.

How can I help prepare my runner for race day?

Make sure that your athlete drinks plenty of water, eats well, and rests prior to race day.

What foods and when should my runner eat on race day?

Small portions of easily digested foods eaten at least 3 hours before competition are best but water intake should not be limited. Most athletes feel best when they race a little hungry. Each individual is different but some good pre-race foods are pancakes, waffles, peanut butter and jelly sandwiches and bananas. Runners should not drink a lot of water immediately before the race, but rather stay hydrated every day. Soda pop, chips and other “junk” food should be discouraged as they tend to dehydrate and cause wide fluctuations in blood sugar.

What can I expect on race day?

Please make sure your athlete arrives 1 hr and 15 minutes prior to the start of their competition. Runners have a warm-up routine. Do not expect your child’s attention before the race. Athletes need time to warm up with their teammates, be briefed by their coaches, and prepare physically and mentally for the race. At the finish of a race, the runners file through a chute. It’s okay to greet them, but please do not distract them or remove them from the chute as they may need to provide information so that team scores can be tabulated. Also, after their races runners are expected to cool-down as a team and actively support their teammates who have not yet raced.

Some runners are more tired than others after a race. They may have rubbery legs, they may be panting and gasping for air or their faces might be red and eyes glassy. Occasionally some are nauseated or appear faint. These symptoms are fairly common, especially in new runners, and usually pass quickly. Please do not take your runner away to take care of them! The coaches are experienced in dealing with these symptoms, trained in first aid, and responsible for their care. The best way you can help is to bring them to the attention of the coach and have water readily available. The very best way for the athlete to recover after a race is to remain upright and continue moving. Do not let them lay down. Keep them moving.

How can I find the race results?

We will attempt to post results on our website. Result for Invitationals can be found by clicking on the link to San Diego Track Magazine at the bottom of the page. Additionally, there is generally a results table or posting area at each meet where the results are posted after each race is tabulated. Please respect the fact that results tabulations take time and if errors in the results occur, the coaches are the ones who need to communicate with the race officials.

How do you score a Cross Country race?

Just like golf, the lower the score, the better! At a minimum, there must be 5 runners on a team who finish the race. If any less, then there is no team score. Basically the top 7 runners on the team are the only runners involved in the scoring. The top 5 runners to finish are assigned the number of points equal to their place in the race. For example, if a runner finishes in 4th place, then the team gets 4 points for that runner. If he or she finishes 20th, the team gets 20 points. The places or points of these top 5 are then added together to determine the team score. If there is a tie with the team score, the 6th place runner’s points are then added to break the tie. In addition to breaking ties, the 6th and 7th runners also play a critical role in the race because they can “displace” one or more of another team’s top 5 runners. For example, if the 6th runner for Westview beats the 5th runner for another school, that school has a higher score added to its team total. Although this 6th runner’s place does not figure in Westview’s total score, the opponent’s score is higher because of him or her.

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Cross Country Vocabulary (no test for parents!)

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. At certain meets, athletes may need to check in with the clerk to receive their bibs, tags, etc. Failure to check-in may result in the inability to compete.

Course – The marked and measured route of the race.

Cool-down – Jogging after the race to allow the muscles to purge themselves of lactates, to lower the body temperature to normal and to restore normal respiration rate. Cool downs also help minimize muscle tightness and soreness.

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

Exercise Heart Rate (HR) – The rate the heart beats during exercise measured in beats/minute as opposed to resting HR the rate ht heart beats at rest.

False Start – Leaving the starting line before the gun sounds or when a runner falls at the start of a race. Either situation results in a re-start.

Fartlek – Swedish term meaning “speed play” which is a type of workout involving alternating running speeds.

Invitational Meet – A multi-team meet.

One to Five Gap (1-5 Gap) – The time spread between a team’s 1st and 5th place runners.

Pace – Running speed over a particular distance.

Pack – A group of runners in close proximity. The shorter the time between the 1st runner and the 5th the better!

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

Place – Where an athlete finishes in the race relative to the other athletes on his team.

Racing Flats – Special, lightweight shoes designed for racing, rather than daily training. Termed “flats” because they have no metal spikes on the bottom. Spiked shoes are not allowed for high school cross country competition in California.

Surge – A tactical increase in pace during the race.

Tempo Run – A type of workout involving even pace throughout over a fixed distance or time span. The desired pace is set by the coach based on estimates of the athlete’s fitness level. The pace is designed to sustain a Heart Rate that is 80-85% of the runner’s maximum.

Trainers or Training Flats – Running shoes designed for long wear in daily training.

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

Workout – A daily training session.