

Athlete Name \_\_\_\_\_ Grade \_\_\_\_\_

Athlete Email \_\_\_\_\_

Parent 1 Name \_\_\_\_\_ Email \_\_\_\_\_

Parent 2 Name \_\_\_\_\_ Email \_\_\_\_\_

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# 2017 Brookwood Boys Cross Country

A Tradition of Excellence

*State Champs: 1989, 1994, 1995, 1997, 1998, 2001, 2002, 2003, 2009, 2010, 2011 & 2013*

Head Coach: Ben Dehnke

Email: [ben\\_dehnke@gwinnett.k12.ga.us](mailto:ben_dehnke@gwinnett.k12.ga.us)

Assistant Coaches: Joel McLendon, Joe Carter

[www.brookwoodxc.com](http://www.brookwoodxc.com)

## 2017 Booster Club Fees/Order Form:

	Quantity	Size(s)	\$	Amount
<b>Booster Club Dues</b> – Choose one of the following:				
<b>\$170</b> (includes: team shirt, long-sleeved dri-fit shirt and magnet, <u>NO</u> uniform)		S M L XL		
<b>\$215</b> (includes: a <u>uniform</u> , team shirt, long-sleeved dri-fit shirt and magnet)		S M L XL		
<i>*Athletes who already have a uniform from xc or track and field only need to purchase a new one if they don't have a blk/white uniform</i>				
Amanda Riley Foundation – Voluntary Donation (suggested: <b>\$5</b> to <b>\$20</b> )				
Uniform – <b>\$50</b> (for athletes not joining the booster club)		S M L XL		
Nike Team Backpack – <b>\$55</b> (embroidered with first and last name)				
Yard Sign – <b>\$20</b> (First Name on Sign: _____)				
<b>TOTAL:</b>				
Make checks payable to "Brookwood Cross Country"      Check# _____ Cash _____				

**\*\* Booster Club Treasurer keeps this page as record of order \*\***

***Booster club membership dues are non-refundable***

**BROOKWOOD BOYS CROSS COUNTRY**

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**Rules and Regulations – Behavior Contract**

Athlete Name \_\_\_\_\_

By signing below, I am indicating that I understand all rules, regulations and potential consequences for the Brookwood boys cross country program. As an athlete, by signing below I pledge to follow these rules or be subject to these consequences, and I pledge to represent my teammates, this cross country program and Brookwood High School honorably.

\_\_\_\_\_  
Athlete Signature \_\_\_\_\_ Date

As a parent, by signing below I indicate that I have read and understand the policies and rules set forth by the Brookwood boys cross country program, and that I have received a copy of the GHSA Heat Policy. My signature also acknowledges that I have read and understand the Gwinnett County Public Schools Athletic Participation Code of Conduct and agree to comply with it.

\_\_\_\_\_  
Parent Signature \_\_\_\_\_ Date

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**TRANSPORTATION FORM**

Athlete Name: \_\_\_\_\_

I understand that the Gwinnett County Board of Education may not be able to provide transportation to all of the boys cross country meets and agree to the following arrangements:

PERMISSION FOR MY STUDENT TO RIDE WITH COACH/SPONSOR/PARENT

I agree for my son to participate in all of the cross country meets for which he is eligible. I understand that from time to time he will ride in a privately owned vehicle, rental vehicle, or chartered vehicle driven by Coach Dehnke, Coach Carter, Coach McLendon or designated parent chaperones and will not be covered by Gwinnett County Board of Education insurance.

Signed: \_\_\_\_\_  
Parent \_\_\_\_\_ Date

AGREEMENT TO TRANSPORT STUDENTS

I agree that I will drive other students to participate in cross country meets and practices. I am aware that I am liable for passengers in my automobile. I understand that I must maintain liability insurance coverage on my automobile for my own protection and possess a valid driver's license.

Signed: \_\_\_\_\_  
Parent \_\_\_\_\_ Date

## BROOKWOOD BOYS XC: GENERAL INFORMATION

**Coaches:** Ben Dehnke (Head Coach), Joel McLendon (Assistant), Joe Carter (Assistant)  
Coach Dehnke: [ben\\_dehnke@gwinnett.k12.ga.us](mailto:ben_dehnke@gwinnett.k12.ga.us), 404.358.6071 (for emergency contact)  
Coach McLendon: [joel\\_mclendon@gwinnett.k12.ga.us](mailto:joel_mclendon@gwinnett.k12.ga.us)  
Coach Carter: [joedebcarter@bellsouth.net](mailto:joedebcarter@bellsouth.net)

### Participation Requirements

- You must have a current school physical to participate in cross country.
- You must have passed 5 high school classes during the last semester, plus be on track to graduate. (This does not apply to upcoming 9<sup>th</sup> graders)
- There are no cuts in cross country as we try to encourage as much participation as we can. You must understand that even though no cuts are made, we expect all of our athletes to commit their efforts and time to this sport.
- You must abide by team rules at all times.

### Daily Practice

We will practice every school day, regardless of weather, from 2:30 until roughly 3:45. In cases of inclement weather, we will practice inside the building but we will not cancel practice.

### Team Rules

1. Smoking and alcohol consumption—1<sup>st</sup> offense-1 meet suspension. 2<sup>nd</sup> offense-dismissal
2. Drug abuse—One year suspension from all sports
3. Behavioral problems—Behavior not up to Brookwood standards (generally behavior that would not be tolerated at school). If on a road trip, parents will be called and athlete will not run in that meet. In other cases, disciplinary action will be decided upon by the coaches, and if necessary, the athletic director and administrators. Parents will also be notified. School rules apply to all cross country practices and meets.
4. Uniformity—In competition, all athletes are expected to wear the uniform issued by the school, running/racing shoes, and plain socks. Exceptions to this policy must be approved by Coach Dehnke prior to competition. 1<sup>st</sup> violation - 1 meet suspension, 2<sup>nd</sup> violation – dismissal.
5. In order for 10<sup>th</sup>-12<sup>th</sup> graders to attend overnight trips during the season, those athletes must have run as fast or faster than the previous year's personal best, or have at least done the beginning summer mileage.

\*Situations may arise which are not covered by these rules. In these situations, coaches will make decisions and consult with parents if the situation warrants it. We will always make every attempt to be fair and consistent.

### Attendance

1. Absences because of schoolwork – student-athlete must produce a **note** from the teacher. **Always** come to practice immediately following after-school work – check in with coach before practice concludes to be excused.
2. Excused absences – student has dental/doctor appointment, school work to make up, or family emergency and produces a note explaining the absence. Excuse must be submitted **in advance** to be counted.  
1<sup>st</sup> 3 offenses-no penalties.  
4<sup>th</sup> offense-time is added to next race in 30-second increments—30 sec. For 4<sup>th</sup> time, 60 for 5<sup>th</sup>, etc.
3. An unexcused absence—coach calls roll and receives no communication as to where athlete is.  
1<sup>st</sup> offense-30 sec. Penalty. 2<sup>nd</sup> offense-1 min. time penalty. 3<sup>rd</sup> offense-dismissal. **A student-athlete who finishes the school day must attend practice or he will be counted unexcused.**
4. AWOL – student leaves practice early or at any time without notification or is not where he is supposed to be during practice. 1<sup>st</sup> offense-one meet suspension, ranked last for that meet, and no overnight trips for that student (which may result in a second meet suspension). 2<sup>nd</sup> offense-dismissal.
5. Once an athlete has missed 5 or more practices (excused or unexcused), he must attend **5 consecutive practices leading up to each competition** in which he is to compete.
6. Morning practices for varsity only – athletes who will compete in varsity races (top 7 or top 10, depending on the meet) must attend 5:45 AM practice on Tuesdays and Thursdays. If an athlete fails to do so, he will be assigned to JV races in the future.

## Meet Attendance

In order to compete in a meet or time trial, a student-athlete must...

1. meet eligibility and physical requirements for participation
2. meet the attendance requirements
3. not have an injury that would put the runner at risk
4. be able to run 3 consecutive miles without stopping

Meet absences — Runners may miss 1 meet with prior permission of the coaches with no penalty and be excused. However, if the current #13 runner misses a meet, he will be ranked with the #13 time for that meet; likewise, our #22 runner who misses would be ranked with the #22 time, etc. The only exception is the time trial – for those athletes who missed the time trial, the athlete's time for his first 5k race will be used for the time trial in the rankings.

If a second meet is missed, the runner will be counted as coming in last and his ranking will be affected accordingly. A 3<sup>rd</sup> miss will mean dismissal from the team. An unexcused miss will result in that runner being ranked last in that meet. A 2<sup>nd</sup> unexcused miss will mean dismissal. In cases of injury or discipline, coaches will determine how to handle the ranking of the athlete.

## Perfect Attendance Awards

At the banquet, a plaque will be awarded to any athlete who attends all required practices and meets for which he is eligible. To qualify, athletes must have no absences, excused or unexcused. The plaque will include the athlete's name, a photograph, and statistics for the season.

## LETTERING

### To earn a letter:

1. Finish in the top 20 in the final team rankings
2. Depending on your grade, run one of the following times:  
Senior-18:00; Junior-18:15; Sophomore-18:30; Freshman-19:00
3. Run cross country for 3 years
4. Come to 20 practices over the summer (must be there at 8:00 a.m. & stay until the session is over to be counted present) and run one of the following times:  
Senior-19:00; Junior-19:30; Sophomore-20:00; Freshman-20:30

### To earn a letter with recognition and a plaque:

1. Qualify for the State meet
2. Finish in the top 25 in the varsity region or county meets, top 12 in B-Team county or region meets, or in the top 10 in the 9<sup>th</sup> grade county or region meets.
3. Run one of the following times based on your grade:  
Senior-17:45; Junior-18:00; Sophomore-18:15; Freshman-18:30

### To letter with recognition and get a huge plaque:

Meet criteria for lettering with recognition & be 3 or 4-year letterman.

## RANKINGS

We will use a ranking system to decide the top 20 award winners at the end of the season, who will go to meets that limit the number of runners that may participate, etc. Beginning with the Time Trial in August, the cumulative time of each runner in each race will be kept. The runner with the lowest cumulative time at the end of the season will be ranked #1, the runner with the second lowest cumulative time will be ranked #2, etc. This system rewards consistency. Runners may miss 1 meet with prior permission of the coaches with no penalty. However, if the current #13 runner misses a meet, he will receive the #13 time for that meet; likewise, the #22 runner would be ranked with the #22 time, etc. (NOTE: Rankings will be manipulated so that an athlete missing a meet cannot move up as a result of that substituted time.) If a second meet is missed, the runner will be counted as coming in last and his rank will be affected accordingly. A 3<sup>rd</sup> miss will mean dismissal from the team. An unexcused absence will result in that runner being ranked last in that meet. A 2<sup>nd</sup> unexcused miss will mean dismissal.

## SHOES

1. A pair of training shoes should last for **400-500 miles**. When logging your miles at [www.running2win.com](http://www.running2win.com), assign the miles you run to a pair of shoes to keep track. Too many miles on a pair of shoes can risk injury.
2. There are three basic types of running shoes: neutral-cushioned, stability and motion-control. **To get fitted for shoes right for you**, visit a running specialty store such as Fleet Feet in downtown Lawrenceville.

## NUTRITION AND HYDRATION

1. Eat carbohydrate and protein-rich foods within an hour of running, especially hard workouts and long runs.
2. Carbohydrates, as much as possible, should be whole-wheat and eat lots of green vegetables (the darker, the better – romaine, spinach, etc.).
3. **Hydrate** with water and electrolyte sports-drinks (Gatorade), especially when battling the heat.
4. A **multi-vitamin** supplement should be taken daily with vitamin C-rich fluids. Also, it's not a bad idea to take some magnesium (400 mg) and glucosamine.
5. **Iron intake is crucial for distance runners**. Consider taking an additional iron supplement, and eat iron-rich foods – spinach, red meat, etc. (combine with some vitamin C and fat, avoid taking with dairy).
6. Remember: **"Garbage in...garbage out."** What you eat fuels your training and racing, so be intentional about eating lots of good foods. Runners need more calories than a normal teenager!

## SUMMER TRAINING

The team concept at Brookwood is complex. At some schools, a runner meets his teammates in August when they start a competitive schedule. Here at Brookwood, we have a different and unique opportunity as well as responsibility. The "team" to a Bronco runner is much more advanced. As an individual, a Bronco runner uses the team as a motivator, a challenger and a re-enforcer of positive ideals and training goals. A Bronco understands that his ultimate potential depends not only upon him, but also upon the relationship he develops with teammates. Understand what is expected of you as a member of a long line of championship performers. The opportunity: train with the best, and you will be the best. Work together; have fun together; dream together.

## Reminders...

1. **Log 100% of your miles at [www.running2win.com](http://www.running2win.com)!** All of the running you do counts.
2. We use mileage to measure the work we do, especially in the summer. **Keep up with the schedule.**
3. We train hard every other day (workouts are together at practice on Mondays, Wednesdays and Fridays during the summer). Build endurance by running easy and longer in between harder practices.
4. Do one **long run** each week – approximately 20-25% of that week's mileage.
5. **Set goals for yourself...**work-related goals are great: "run 6 days this week" or "total 25 miles this week"
6. For weekend long runs and non-practice day runs, get together as much as possible – get off the roads (go to parks with soft trails: Yellow River, Little Mulberry, Stone Mountain, Tribble Mill, etc.).
7. As you head out of town to vacations and camps, stay on track with your training...consistent hard work pays off in the fall. Follow the schedule prescribed for you. You can run almost anywhere...no excuses.
8. Recruit others; encourage your teammates; invite them to run. We will all be better for your leadership.

## SUMMER CAMP

We will invite the top 20 overall plus our top 4 freshmen from the summer time trial to our team camp in the Smoky Mountains, **July 10-14**. Please leave those dates open on your calendar and plan ahead. The approximate cost will be **\$330** per athlete (includes room, board, transportation, rafting, etc.).

## TRAINING RULES

1. Do not increase your weekly total from one week to the next by more than **one mile for each day of running**.
2. The run on a day after a workout or long run should be run at "recovery pace," so keep it slow.
3. Monitor the age of your **shoes!** Record shoe information (running2win) and know exactly how many miles are on your shoes. This is a key to avoiding injury. Know when they are worn out and plan ahead.
4. Run on trails and grass often. The softer the surface, the better.
5. **Listen to your body**. When you begin to have acute pain, back off the volume for a day or two. A little caution now can save you from a long-term injury.
6. In small quantities, you can run **barefoot**. This can help strengthen some of the lower leg muscles, but should be done minimally. Do too much and you may risk injury.  
**Tip:** run some barefoot strides after regular runs. Start with 3 or 4 barefoot strides, 2 or 3 times a week.
7. **The harder you train, the harder you must recover** (at least 8 hours of sleep per night, nutrition/hydration, slow, easy running). When training at a high level, there is little margin for error.

## Brookwood XC Running Log – [www.running2win.com](http://www.running2win.com)

Instead of using a paper mileage log system, we use an online site, which enables coaches to monitor mileage. Please see the directions below, as athletes **MUST** use this system in order to be eligible for summer awards. Record each day's mileage by the following Wednesday for it to be counted. After that time, it will not be counted. Let me know if you've got questions or if you need help.

-Coach Dehnke

Here are **directions**, telling you how to **register and join** the Brookwood Boys Distance team within the running2win community.

1. Go to this website: [www.running2win.com](http://www.running2win.com).
2. Click on the red "Login" button near the top of the page and "Sign up." Create a username and password (I recommend using your first initial and your last name: jsmith for John Smith), and fill in the information requested.
3. Under the menu, click on "Find/Browse Teams."
4. Click "Find a team," type in "Brookwood Boys Distance," and click the "Request to join."
5. I'll receive an email, and I'll add you to our "team" – it's that easy!

Once you've registered and joined our team:

1. Daily, **enter your mileage** run or your workout totals, with as much detail as you want.
2. **View team** running totals, notes, messages, forum posts, etc. by clicking on "Teams" along the top, then "Brookwood Boys Distance" under the heading, "Teams I'm on."

REMEMBER to keep up with this regularly: record all mileage here often, and **NO LATER** than the following Wednesday, if you want it to count for awards and meet eligibility. Questions? Trouble getting signed up? See Coach Dehnke for help!

### Brookwood Boys XC - Booster Club Budget – 2017

<b>Expenditures</b>	
Coaching stipends	\$3500
GACA Coaches' Membership	\$90
Booster Club Bonding	\$160
Team t-shirts (80 x \$10.00)	\$800
Team long sleeved shirts (80 x \$19.00)	\$1520
Car magnets (100 x \$3.00)	\$300
Summer mileage shirts (40 x \$18.00)	\$720
Award T-shirts (Top 20, SOW, FR/SO)	\$690
End-of-season awards	\$2800
Ice cream (goal awards)	\$400
Scholar-athlete awards	\$300
Banquet (meals for booster club athletes)	\$800
Photo printing	\$200
Meet supplies	\$110
Website	\$180
Entry fees – meets	\$150
Transportation – gas, van rentals	\$380
Rooms/meals for coaches/drivers	\$500
	<b>\$13,600</b>
<b>Income</b>	
Booster club dues (80 x \$170)	\$13,600

*\*Athletes who do not join the booster club will pay need to pay separately for **uniforms, ice cream goal awards, banquet meal and end-of-season awards.***

# A Parent's Guide to Cross Country

## What is Cross Country?

- Long distance running; a team sport.
- Not held on a fixed track like athletics, AKA track and field.
- Athletes usually race across open terrain; golf courses, steeplechase courses; most often through a combination of woods, fields and always a hill or two, or three, etc.
- Course distances and terrains differ for each race.
- There are no national or world or Olympic records for this sport.

## What Distances are normally run?

- The National Federation of High School Associations has set a minimum distance of 2.5K and a maximum of 5K for cross country races, not to be confused with training distances that can be greater.
- Most of Brookwood's races will be 5Ks, or 3.1 miles.

## Scoring

- Cross country scoring is different from most sports, that is, the lowest score wins.
- A cross country team usually consists of seven athletes. As each athlete finished the race, he/she is given a place card while in the chutes. This card is given to the coaches as soon as possible after the race, to be turned in to the judges.
- The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the team with a higher-finishing 6<sup>th</sup> place runner is the winner.
- It is important for the team to run as close together as possible. For example, a finish of 1, 3, 4, 6 and 83, a score of 97, will lose to a team finishing 16, 17, 19, 21, 23, with a score of 96.

## Training

- Practice sessions are scheduled at school after dismissal from classes. Check the schedule provided for specific details.
- Practice runs are comprised of conditioning drills and runs of different distances through school neighborhoods.
- Training is always supervised by the Cross Country Coaching Staff, assisted by upper classmen.
- If an athlete has not been training on a regular basis, he will probably experience muscle soreness and various aches and pains. Feel free to discuss these cases with the coach. His experience is invaluable in addressing these problems and your concerns.

## Nutrition

- There are two main things to remember, WATER, lots of it, and foods, which are EASY to digest, primarily carbohydrates. Experienced athletes often speak of carbo-loading prior to a race, with foods such as pasta, rice, pancakes, etc.

## Cross Country Meets

- Cross country meets are normally scheduled after school and on Saturday mornings. Meets may last a few hours or all day, depending on the organization and number of entries. Please check the schedule that will be provided for specific meet locations and times.
- Races are often divided by age group or divisions:
  - V Boys – Varsity Boys – Top 7
  - V Girls – Varsity Girls – Top 7
  - JV Boys – Junior Varsity Boys – Unlimited
  - JV Girls – Junior Varsity Girls – Unlimited
  - 9<sup>th</sup> Grade Boys – 9<sup>th</sup> grade Boys – Unlimited
  - 9<sup>th</sup> Grade Girls – 9<sup>th</sup> grade Girls - Unlimited
- Transportation to and from meets will be provided in some instances; in other cases, parents will need to provide it.
- Cross Country is not the typical spectator sport, because you cannot see the entire race from one location. Spend a few minutes prior to the start of the race to pick your "spot," and remember: cheering for Brookwood is required!

## 1. BY-LAW 2.67 – “Practice Policy for Heat and Humidity

Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
3. The heat/humidity level that will result in practice being terminated

A scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) reading must be utilized at each practice to ensure that the written policy is being followed properly.

<b>WBGT READING</b>	<b>ACTIVITY GUIDELINES &amp; REST BREAK GUIDELINES</b>
<b>UNDER 82.0</b>	Normal activities --Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
<b>82.0 -86.9</b>	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each.
<b>87.0 – 89.9</b>	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each
<b>90.0--92.0</b>	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
<b>OVER 92</b>	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

### **GUIDELINES FOR HYDRATION AND REST BREAKS**

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved
2. For football, helmets should be removed during rest time
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WBGT reading is over 86:
  - a. ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
  - b. Cold immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.

### **DEFINITIONS**

1. **PRACTICE:** the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the field until they leave.
2. **WALK THROUGH:** this period of time shall last no more than one hour, is not considered to be a part of the practice time regulation, and may not involve conditioning or weight-room activities. Players may not wear protective equipment.

**PENALTIES:** Schools violating the heat policy shall be fined a minimum of \$500.00 and a maximum of \$1,000.00.



# Brookwood Boys Cross Country Team Booster Club By-Laws



**ARTICLE 1. NAME AND PURPOSE OF THE ORGANIZATION:** The name of the Organization shall be the Brookwood High School Boys Cross Country Booster Club with the purpose of promoting and supporting the Brookwood High School Boys Cross Country program.

## **ARTICLE 2. MEMBERSHIP, BY-LAWS, & TEAM RULES**

**Section 1.** Requirements: Membership of the Booster Club shall consist of people who pay the yearly dues set at the beginning of each year. Dues shall be determined and published prior to each season.

**Section 2.** Athletes who join the cross country team but who elect not to join the booster club are still bound to abide by all booster club by-laws and team rules & regulations.

## **ARTICLE 3. DUES**

**Section 1.** Annual dues for each season, or any part of the season, shall be determined by the head coach at the beginning of each season. Dues and the budget for the current season shall be published and available to all parents & athletes. Booster club dues are non-refundable.

**Section 2.** Members who fail to pay their dues within fifteen days from the time they come due, shall be notified by a booster club officer. If dues remain unpaid, that athlete will cease to be a booster club member (and will not receive the benefits available to booster club members) until dues are paid, or until alternate arrangements are made.

**Section 3.** Athletes & parents who elect not to join the booster club will not receive the benefits available to booster club members unless alternate arrangements are made. Athletes & parents who elect not to join the booster club are still bound to abide by all booster club by-laws and team rules & regulations.

## **ARTICLE 4. OFFICERS**

**Section 1.** The officers of this Booster Club shall be Treasurer and Secretary. There may be additional positions assigned at the discretion of the head coach based on need.

**Section 2.** Officers will be designated by the head coach. The head coach retains the authority to remove officers for any reason, should the need arise.

**Section 3.** Term of officers: The term of office shall be one year, beginning in July. At the completion of each officer's term, the head coach will contact the next season's officers. Officers may serve more than one term at the discretion of the head coach.

## **ARTICLE 5. DUTIES OF OFFICERS**

**Treasurer:** It shall be the duty of the Treasurer to be responsible for the accounting (entry fees, paying spirit wear invoices, etc.) of the Booster Club Account. The Treasurer will make a written report to the Head Coach at the completion of each season or when requested by the head coach or Athletic Director.

**Secretary:** It shall be the duty of the Secretary to assist the Treasurer in the responsibility for the accounting (entry fees, paying spirit wear invoices, etc.) of the Booster Club Account.

**ARTICLE 6. COMMITTEES:** Committees will be established as necessary by the officers or head coach to handle the functions of the Booster Club.

**Gwinnett County Public Schools**  
**Code of Conduct for Athletes**

Participation in interscholastic athletic competitions is a privilege extended to the students by the Board of Education. Students participating in Georgia High School Association (GHSA) extracurricular athletic activities act as representatives of Gwinnett County Public Schools (GCPS). All students are expected to conduct themselves in such a manner as to meet the highest standards of GCPS at all times.

The Code of Conduct is designed to establish high expectations and standards for all students participating in GHSA sanctioned athletic activities. All students, parents, and coaches understand that the top priority is academic achievement. The Code of Conduct establishes high expectations regarding behavior and consistent consequences when violations occur.

The Code of Conduct goes into effect on the first day a student joins a GCPS high school athletic team. The Code remains in effect for the entire calendar year, including time when school is not in session.

The offenses and consequences listed below are in addition to (not in lieu of) any school or criminal consequences associated with the student misconduct.

All consequences listed in this Code of Conduct are minimum standards. The coach has the discretion to set consequences over and above the minimum standards.

**CODE OF CONDUCT VIOLATIONS AND CONSEQUENCES**

**Violation A: Students given Long-Term (exceeding ten days) Suspension (With or without GIVE option)**

Consequence: Ineligible to attend or participate in any athletic or extracurricular activity during time of suspension

**Violation B: Arrest for, or charged with the commission of any act that is a felony or would constitute a felony if committed by an adult.** (regardless of location or time of the alleged act; in or out of school)

Consequence: 1. Immediate suspension from all participation until such time as:

- a. School officials determine that the student did not commit the act(s) or other felony conduct; or
- b. Local prosecutors dismiss or drop all pending charges and; or
- c. The student pleads guilty to a misdemeanor charge, in which case refer to Violation D listed in this Code; or
- d. The student is convicted and sentenced to a felony or is adjudicated delinquent in the Juvenile Court of conduct which if committed by an adult could be charged as a felony and serves any and all portions of the sentence including all periods of probation.

For the following violations (C, D and E), the school administration must have valid evidence and/or verification of the violation as defined in the following:

1. Self-admitted involvement by the student
2. Witnessed student involvement by the sponsor, coach, or any staff member
3. Parent admission of their student's involvement in tobacco, alcohol or other drugs
4. Verified by official police report given to the school
5. Evidence of violations through investigation by school officials

**If the offense occurs at school or on school property (at any time), off school grounds, at a school-sponsored activity, function, or event or en route to and from school, the student will be subject to the actions described in the Student Conduct Behavior Code (Policy JCD) and the following consequences for extracurricular activities.**

**Violation C: Tobacco (any type)**

Consequence: 1<sup>st</sup> Offense - Consequence determined by approved local school athletic / extracurricular policy

2<sup>nd</sup> Offense - Suspension from athletic extracurricular competition for a minimum of 10% of the remainder of the season

3<sup>rd</sup> Offense - Dismissed from team but allowed to try out for subsequent athletic extracurricular activities after that sport/activity has completed season

**Violation D: Alcohol/Other Drugs (Possession and/or Use)/Misdemeanor Criminal Law Violations**

Consequences: Coach/Sponsor and Administrator will meet with the student and parent(s) or guardian.

1<sup>st</sup> Offense – Consequence determined by approved local school athletic/extracurricular policy

2<sup>nd</sup> Offense - Suspension from athletic extracurricular competition for a minimum of 20% of the remainder of the season

3<sup>rd</sup> Offense – Suspension from all athletic extracurricular activities for remainder of the school year

**Violation E: Violations of school rules that result in ISS or OSS**

Consequences: In-School Suspension - Participation may resume when student is released from ISS. Student cannot participate on the day s/he is released from ISS. Out-of-School Suspension (Short Term – not exceeding 10 days) – Participation may resume after suspension is served – Policy JDD

**Violation F: Hazing**

Consequences: Coach/Sponsor and Administrator will meet with the student and parent(s) or guardian.

1<sup>st</sup> Offense - Suspension from any athletic extracurricular activity for a minimum of 10% of the remainder of the season.

2<sup>nd</sup> Offense - Suspension from all athletic extracurricular activities for remainder of school year.

## Brookwood Boys XC - Summer Mileage and Workouts

NOTE: **V-A** is for experience, varsity athletes, **V-B** is for inexperienced varsity athletes

\*\*We use a **Monday-Sunday** week. Log everything (summer and fall) at [running2win.com](http://running2win.com)

In order to be eligible for varsity level meets, athletes must run at least TopJV mileage during summer/fall

\*\*For **mileage and long runs**, run for time when in doubt (V: 1 mi = 7:30, JV: 1 mi = 8:00, Beg: 1 mi = 9:00)

**TEMPO/LT:** run at near 90% effort, controlled but hard pace, about :30/mile slower than current 5k pace

**HILLS:** near-sprint up hill, walk or jog down and repeat, or **FARTLEK:** hill surges w/in longer run

**Workouts** will be done at practice (subject to change of course)...when away, do your best to simulate workouts

Week of	Group	Mileage	Long Run	Workout 1	Workout 2
<b>May 29-June 4</b>	V-A	63	12	2 mile tempo	5 miles w/hill surges
	V-B	56	12		
	TopJV	46	8	2 mile tempo	4 miles w/hill surges
	Beg	26	5	1 mile tempo	4-5 hill repeats
<b>June 5-11</b>	V-A	66	13	2 mile tempo	5-6 x hill repeats
	V-B	58	13		
	TopJV	49	9	2 mile tempo	3-4 x hill repeats
	Beg	29	5	1 mile tempo	
<b>June 12-18</b>	V-A	69	14	3 x LT miles	5 miles w/hill surges
	V-B	61	13		
	TopJV	52	9	2 x LT miles	4 miles w/hill surges
	Beg	32	5	1 mile tempo	4-5 hill repeats
<b>June 19-25</b>	V-A	55	13	3 mile tempo	2 mile time trial
	V-B	50	13		
	TopJV	42	10	2 mile tempo	
	Beg	20	5	2 x LT miles	
<b>June 26-July 2</b> Weds. Time Trial	V-A	67	15	3 mile tempo	5-6 hill repeats
	V-B	59	14		
	TopJV	50	10	2 mile tempo	4-5 hill repeats
	Beg	29	5	1 mile tempo	4-5 hill repeats
<b>July 3-9</b> (no practice)	V-A	70	15	4 x LT miles	5 miles w/hill surges
	V-B	63	14		
	TopJV	53	11	3 x LT miles	4 miles w/hill surges
	Beg	32	6	2 x LT miles	4-5 hill repeats
<b>July 10-16</b> team trip	V-A	72	15	4 mile tempo	6 hill repeats
	V-B	64	14		
	TopJV	55	12	3 mile tempo	5 hill repeats
	Beg	35	6	2 mile tempo	4-5 hill repeats

<b>July 17-23</b>	V-A	60	14	4 mile tempo	7 hill repeats
	V-B	55	13		
	TopJV	48	12	3 mile tempo	6 hill repeats
	Beg	26	6	2 mile tempo	4-5 hill repeats
<b>July 24-30</b>	V-A	70	15	5 x LT miles	5 miles w/hill surges
	V-B	62	14		
	TopJV	53	12	4 x LT miles	5 miles w/hill surges
	Beg	35	6	2 x LT miles	5-6 hill repeats
<b>July 31-Aug 6</b>	V-A	72	16	4 mile tempo	8 hill repeats
	V-B	64	15		
	TopJV	55	13	3 mile tempo	6 hill repeats
	Beg	38	7	2 mile tempo	5-6 hill repeats

**Aug 7-13**

School starts this week, daily practice begins: 2:30-3:45 required attendance

Saturday Time Trial: Aug 6

\*\*Want to do more or unsure of where you fall on this chart? Talk to your coach...ask questions!

**Coach Dehnke: [ben\\_dehnke@gwinnett.k12.ga.us](mailto:ben_dehnke@gwinnett.k12.ga.us)**