

**2017  
RIDGE HIGH SCHOOL  
BOY'S  
CROSS COUNTRY  
GUIDE**



For Athletes and their Parents/Guardians

- ❖ Please return the “permission slip” page to Coach Gilhuley by June 9
- ❖ Physicals for all grades are due July 6 to the Athletic or Health Office!

**TO: TEAM MEMBERS AND THEIR PARENTS/GUARDIANS**

**FROM: NICOLE GILHULEY - BOYS HEAD COACH**

**SUBJECT: RIDGE HIGH SCHOOL BOYS CROSS COUNTRY PROGRAM**

This guide has been prepared to provide information on the Ridge High School Boys Cross Country team. The specific expectations of each athlete (as well as program objectives) will be addressed.

The guide should be read by the student athlete and their parent's/guardians. The athlete will not be allowed to participate in the program until the permission slip in the guide is completed and returned to the coaching staff.

### **WHY COMPETE?**

Interscholastic athletics are a very demanding and rewarding experience for the high school student. There is much to be said for making a commitment, setting goals, and experiencing both team and personal improvement in a unique sport such as Cross Country. Both winning and losing allow for opportunities for a person to grow.

The sport of Cross Country is both an individual and team sport. Members often develop emotionally as they gain confidence in themselves through work habits, peer support and the achievement of goals.

### **TIME COMMITMENT**

Next to the student athlete's academics, Cross Country will probably consume the greatest amount of his/her time. It often involves sacrifices by the athlete's family as well. In order for the athlete to improve and attempt to attain their personal goals, **attendance at all practices and meets is mandatory.**

**The 2017 season begins with practice on August 16.** Practices generally run in the morning starting at 8:00 or 9:00 am till noon during the first weeks of practice. Once school begins (Sept. 5 for teachers) practice is from 2:45 - 5:15, Monday - Friday and 9:00 - Noon on Saturday.

**Members are required to be at every scheduled practice Monday - Saturday.** Practices are held at Pleasant Valley Park. Occasionally a practice will be held at Ridge High School or a local park such as Natirar or River Rd. When practice is at Pleasant Valley, there will be a bus after school to transport the students. The bus will not return to Ridge High. All students should bring their books etc. with them to the park. Practice will be dismissed from there. All team members will practice and/or compete up to and including Friday, November 3. After this only those team members competing or training as Varsity alternates will be required to attend practices. A schedule will be available on the web site and is attached here as well. The NJ State Frosh/JV Championship serves as the last meet for our runners who are not competing or training with the Varsity team.

**Please note that the schedule is tentative and changes may occur!**

Home meets are held at Pleasant Valley Park. Saturday meets are larger "Invitations" and

“Championship” meets. These meets will include runners chosen to compete on a Varsity level as well as some junior varsity and freshmen events. All team members will not necessarily compete in all invitations. Athletes will earn this privilege based on attendance, ability, work habits, and improvement to attend these meets.

Transportation (buses) will be provided for all away meets.

The Skyland Conference switched to a new system last year to determine divisional championships. In place of dual or tri meets we will hold one “Batch” meet in which all teams in the division will race up to 12 individuals. Each team will score each opponent separately and the best overall record is the divisional winner. It is our hope as coaches that this will limit the number of races we are obligated which in turn allows more flexibility in a schedule and hopefully fewer overuse injuries.

### ACADEMICS

The Ridge High School Cross Country Team is proud of its history of attracting a large number of quality student athletes. Every year many members of our teams are enrolled in Honors Courses. Many team members are on the Principals and Regular Honor Rolls. We have had a history of fine performance in the classroom as well as in athletic competition and our goal as educators and coaches are for this to continue. Along with strong parental support, we will continue to promote the development of Student Athletes.

The ultimate responsibility to stay “on top” of their studies rests with the students. History indicates most of our athletes have learned to budget their time and perform well through self-discipline while in season. Often student’s grades are higher “In-Season” than “Out-of-Season” due to the way they structure their time.

Occasionally a student may need to do school work immediately after school. In that case the student should communicate this to the coach who will arrange a workout at the conclusion of the school assignment.

Academic problems should be addressed immediately. It is important that the coaches be alerted to the problem and be given a chance to help.

As a member of the Cross Country program, the student has made a commitment to the team for the entire season. Athletics can be an important part of the student’s maturation process. It may not be wise to “fix” a negative by taking away a positive. We have found many times that the program can provide the avenue and support needed to work through the difficulty at hand.

## **TRAINING**

All of our training is based on solid scientific research principles. As coaches, we pride ourselves on obtaining the knowledge necessary to deliver a quality program to every athlete on our team. As life-long learners of our sport and educators we strive to find the best way to yield the highest results while never sacrificing the health or welfare of any individual on our team. Our program varies workouts based on ability, age, health history and training age. We look at long term goals, not just short term, and always consider the volume and intensity of each and every workout. Each workout is a stimulus designed to produce a specific result as the body adapts.

In order for coaches to be successful we need the help of parents and guardians. You have an enormous impact on each student athlete. Being “on the same page” and allowing the coaches to do their jobs is vital to the success of this program. Please remember the role each of us play and consider the impact on your child when discussing training and competition. Club and private coaches have become a common existence in many youth sports. Please remember that only the Board of Ed., approved high school coaches will decide workouts and race plans. Under no circumstance will we work with anyone outside of our staff to train our teams. We will be available as coaches to discuss training with any parent or guardian who has questions or concerns.

## **CODE OF CONDUCT**

Throughout the entire season your son will be a representative of both Ridge High School and specifically, the Ridge H.S. Cross Country Team. In order for each and every athlete to reach their individual potential, it is vital that all put forth their best effort both physically and emotionally. Cross Country is a sport that gives the opportunity to bring out the best qualities in all. As we practice and compete we must remember that our attitudes and efforts affect others. Inappropriate behavior will not be tolerated and will be met with disciplinary action.

## COMMUNICATION

It is always the **athlete's responsibility** to communicate directly to his/her coach. **Part of the maturation process involves the ability to communicate.** It is expected that our student athletes will develop the ability to discuss any problems personally with the coaches. One of the goals of this program is to aid this process and develop strong communicators.

If an emergency should arise and the athlete cannot communicate personally with the coach, he/she may leave a note in the coach's mailbox or email the coach.

[ngilhuley@bernardsboe.com](mailto:ngilhuley@bernardsboe.com)

**The athlete should never fail to communicate!**

In the event of a bad weather cancellation on a non-school day, call and check the team website to receive information. **There will not be a phone chain.**

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

## Physicals

All athletes must have a completed physical on the provided form. **No athlete may practice/compete on August 14 or after without having a completed Physical form handed in and reviewed by the school physician.**

**FULLY COMPLETED PHYSICALS (ON THE STATE FORM) ARE DUE JULY 6!!!**

**Do not send the physical to the coaches. It is to be turned in to the Athletic Dept.**

**"In-House" Physicals will be given at the school on June 6 and 8 by the school physician for a nominal fee. You may register online. Please see the Ridge Athletic website or contact the Athletic Trainers for further information.**

## INJURIES

Any injuries incurred should be brought to the coaches' attention immediately.

The Athletic Trainers, **Scott Hoagland or Aimee Mitchell**, will communicate directly with parents when necessary.

The Athletic Trainer will also communicate directly with your physician if necessary. **Except in extreme emergencies, we encourage our athletes to use the Trainer as their first source of treatment/rehabilitation.**

**Mr. Scott Hoagland 204-2585 ext. 249  
shoagland@bernardsboe.com**

**Ms. Aimee Mitchell 204-2585 ext. 250  
aimeemitchell@bernardsboe.com**

## AWARDS

An athlete must successfully complete their obligations/commitment to the team in order to be eligible for any awards. Awards will be given to all athletes based upon their efforts, performances, attendance and contributions to the team.

Awards given:

- 1) Varsity Letter or Pin
- 2) Junior Varsity Certificate
- 3) Freshmen Certificate
- 4) Statistician/Manager Certificate

All uniforms and warm-ups must be returned/paid for in order to receive any awards.

## TRANSPORTATION

Athletes will be given race time schedules and directions prior to all meets. Bus transportation will be provided to all away meets. It is preferred that the athlete travels with the team home as well however, when necessary, an athlete may be transported home after a meet with their parent.

No athlete may leave with another athlete's parent unless they have a note from their parent stating very specifically whom they are traveling with on that particular date.

No athlete may be transported by another student/friend.

## SUMMER TRAINING

Summer workouts will begin on June 26. These are completely optional however, those that begin to build their "base" mileage over the summer tend to avoid injuries as well as achieve greater improvement levels throughout the season. It is strongly suggested that all potential runners start to work during the summer months. Even if you cannot attend at most times, it is suggested that you try to attend sometimes so that the coaches can help to structure a plan for progress. **Workouts are more productive when completed with a group.** Summer workouts mainly involve easy runs to build endurance and weight training to both build strength and prevent injury.

**If running on your own produced the best results,  
we would not hold practice sessions!**

## BRIARWOOD

Briarwood is a summer camp located in Bucks County, Pennsylvania. Our team has attended for the last 29 years. Several upperclassmen and Varsity runners will attend this year as well. The best part about this camp is the camaraderie and team-building experience. It is, however, not for the brand new runner or someone who has not worked out consistently throughout the summer. Going to a camp that runs 2x/day without a base is a recipe for injury.

**Please consult with Coach Gilhuley if you are interested in attending. This is not necessary or recommended for any freshmen.**

## RIDGE RUNNERS

Ridge Runners is a Parent Sponsored Booster Club that supports the Cross Country program as well as Indoor Track and Spring Track & Field. Parents help to coordinate the awards program at the end of each season as well as organizing fundraisers. In addition, Ridge Runners provides scholarships to Senior athletes. Perhaps most important, Ridge Runners has shown the students involved that their efforts are noteworthy and appreciated within our community. Any interested parents should contact Coach Gilhuley.

Thank you in advance.

## 2016 SEASON

### **Fastest Team Time/ Average at Greystone:**

1:23:22.57 / 16:40.52 W. Phinney, P. Bayeux, R. Lindrud,  
M. Mychalowych, T. Martinson

Freshman: First Place at Randolph Invitational

Freshman Skyland Conference Champions

JV: First Place at Shore Coaches Invitational

Varsity 3<sup>rd</sup> Place at North II Group VI Section Championship

## Notes

-Be sure to purchase new running shoes this summer. Wear a lightweight trainer, not a cross trainer. Some local running stores provide discounts as well as expertise that you will not receive at the larger chain stores. If you have specific problems with your feet, tell them. They will or I will help you find an appropriate shoe. As we begin to race, spikes will be necessary. Some of the local stores are:

Sneaker Factory Basking Ridge  
25 Mountainview Blvd. Suite 108  
Basking Ridge, NJ  
(908) 542-1212

Morristown Running Co.  
31 South St.  
Morristown, NJ 07960  
(973) 401-1300

- Get involved as much as possible with the team workouts this summer. If you are working, on vacation etc., run on your own. **It makes all the difference!**

**Shoes, wristwatch with a stopwatch feature, water bottle!!! Eventually, spikes!**

- How is a Cross Country Meet scored/won? Good Question!

It's actually very simple. ADD! That's right, but Low Score Wins. The first five finishers from each team simply add up their places. There are a few things that we can add to this. If your team finishes 1st, 2nd and 3rd, it is an automatic win as long as two other runners finish. If your team finishes seven runners prior to the other team finishing five, you may displace them. It's pretty simple and the kids and parents will learn as we go along.

- Cross Country is a people sport. It is a spectator sport as well. You won't find any arguing with officials or other teams here. You will find kids congratulating the runner(s) from other schools who they battled for three miles. Respect is earned as well as displayed and their own self-esteem goes through the roof when they run their own personal record! (PR)

**RIDGE HIGH SCHOOL  
CROSS COUNTRY PERMISSION SLIP  
2017**

**NAME (PRINT)** \_\_\_\_\_

**GRADE** \_\_\_\_\_

**DATE** \_\_\_\_\_

**E Mail Address (Print Clearly)** \_\_\_\_\_

**I have read** the Ridge H.S. Cross Country Guide and understand the time commitment as well as responsibilities outlined. This includes the practice and meet schedule and I agree to have my son/daughter attend all practices and meets.

**(Practice begins August 16!!!)**

I give my son/daughter permission to become a member of the Ridge High School Cross Country program. I also understand that uniforms, warm-ups and any equipment issued must be paid for if not returned at the conclusion of the season. I understand that absences not within Board policy may affect my child's participation and possibly membership on the team.

\_\_\_\_\_  
Signature of Parents/Guardians

\_\_\_\_\_  
Parent/Guardian E-mail address

\_\_\_\_\_  
Please print neatly!

I am familiar with the training rules and commitments and will conduct myself at all times according to the rules and regulations of the Cross Country team and school. I have read the Cross Country Guide and understand and accept the responsibilities and time commitment involved including all practices and meets.

\_\_\_\_\_  
Signature of Athlete

**Return this page only to Coach Gilhuley by June 9 for those entering grades 10-12**