



2009 Cross Country Handbook



Revised: August 2009



Club Contacts

Officers

Co-Presidents	Debbie Phillips (Cross Country) and Linda Sullivan (Track)	president@cascadestridders.com
Vice President	Anita Manns	vicepresident@cascadestridders.com
Registrar	Jennifer Helliker	registrar@cascadestridders.com
Treasurer	Leo Ahearn	treasurer@cascadestridders.com

Support Staff

Uniform Manager	Naomi Panian	
Meet Director	Debbie Phillips	
Web Site	Dave Laidler	
Awards Banquet	OPEN	These are great opportunities to help out!
Trainer	Vicky Donnell	trainer@cascadestridders.com

Website: www.cascadestridders.com



Cascade Striders Program

Communications

We strive to keep our club members informed. This sounds like an easy task, but with all the information that needs to be distributed, it is more difficult than it sounds. So, we have four main ways to communicate with you:

1. **In Person:** We will verbally communicate information about our program and answer your individual questions at practices, track meets, and the parent meeting.
2. **Printed Material:** We distribute important printed material, such as handouts, flyers, etc. at practices.
3. **Internet:** The Cascade Striders web site: <http://www.CascadeStriders.com> will have current information, forms, links to meet results, email links to the president, registrar, and head coach.
4. **Email:** Any last minute information regarding meets or practices will be sent to an email distribution list. Please provide us with an email where we may send important team messages. This is the fastest way to communicate last minute information to all athletes. Please do not reply directly to the list as that will flood everyone's inbox and we'll need to close the list if it gets out of hand.

Volunteers

The Cascade Striders is a non-profit club run by volunteers. Without parent volunteers, the club would not exist. If you are interested and willing to help with the club, please contact the club President or Head Coach and let them know. We can always use an extra hand!

Cascade Striders Meet

The Cascade Striders Meet is the club's one fund-raiser. We don't ask you to sell candy, but it is mandatory for all families to help in this event in some way. This year our meet will be held on Saturday, October 10, 2009.

Weather

Practices will rarely be cancelled. The only time we would cancel practice is if the weather is such that it is dangerous (e.g. lightening storms). When in doubt, come to practice. Please be prepared for the weather. Wear sweats (top and bottoms) to all practices and add hats, gloves, coats, and head lamps as needed.



Club History

A Long Track Record

Cliff Nixon started the running club which was to become the Cascade Striders in 1972. It was the first local club to allow opportunities for both boys and girls to compete in age group Track & Field and Cross Country. In its 30+ years of existence, it has helped thousands of kids achieve more of their potential in running and probably in life. We have developed into one of the Northwest's finest running programs. The Cascade Striders have trained numerous young All Americans in both Track and Cross Country over the years. Additionally, many of Western Washington's top prep runners started their running careers with the Striders.

Cascade Striders Program

The Cascade Striders is a USA Track and Field affiliated youth running club. USATF is the organization which ultimately trains and sponsors the US National and Olympic Track and Field Teams. The goals of youth cross country are many. The main goal is to provide an opportunity for young athletes (ages 8-18) to be exposed to an organized running program and given an opportunity to train and compete with other athletes of similar ages and abilities in a supportive, fun environment. Our club operates under the supervision of USATF certified coaches and under the training and competition guidelines of USATF. We, however receive no external funding or support of any kind. We are entirely self-supporting and volunteer operated. Whether your athlete is highly competitive with his or her sights on a national title or just out to stay in shape, we have a place for anyone who truly wants to run.

Club Philosophy

First and foremost, we place the emotional and physical well being of the athletes ahead of all other considerations. We are here to help the individual athlete enjoy our sport rather than simply promote the club. We want a fun and enjoyable experience for all our kids, no matter what level they achieve. We encourage athletes to set goals for themselves so they can experience success when they achieve those goals. And, we challenge them to be their best. But we let the athletes participate at the level they choose. We don't push them beyond where they are ready to perform. When they want to work hard, we are ready to work with them.

Club Goals and Mission

The objectives of the CASCADE STRIDERS RUNNING CLUB are to encourage and help young people develop:

- **Physically** by learning skills related to the sport of cross country running and track and field; improving their physical conditioning and developing good training and health habits.
- **Emotionally** by building their feelings of self-esteem by recognizing their individual achievements.
- **Socially** by having fun, forming bonds of friendship, and learning good sportsmanship.



Practice Schedule

Practices

Monday, Wednesday, and Saturday of non-meet weekends. Check the team calendar/e-mail announcements for up to date detail. The season will begin on Wednesday, September 9th at 5:30pm at Wilburton Hill Park. There will be a parent meeting at the beginning of practice.

Location

Wilburton Hill Park in Bellevue (unless otherwise noted)
(Main St and 124th Ave NE, Bellevue, WA)

What to Bring to Practice

1. Sweats: Every athlete should wear sweats (top and bottom) to practice. These will be worn through our dynamic stretching routine and warm-up run. The coaches will instruct the athletes when to remove their sweats.
2. Running apparel: When it's warm, this will consist of shorts and a t-shirt. When it is cooler, this can be "under armour" type long sleeve top and full length bottoms. It is helpful if the bottoms are the kind that have zippers or snaps up the legs. This makes it easier for kids to remove the sweats without removing their shoes. When it is raining, athletes should have a waterproof coat and pants. When it is cold, athletes should plan on running the entire workout in their sweats and should also have hats and gloves. When it is dark, athletes should bring a headlamp that will stay on their heads when they run.
3. Water: Each athlete should bring a water bottle to every practice. It is helpful if the water bottle is labeled with their name
4. Running Shoes: Talk to your coach about the type of running shoe that would be best for your athlete. Athletes wear their training shoes during practice. Spikes are only worn for meets, NOT for practices.
5. Parent: If the athlete is 9 or younger, a parent must remain at the park for the entire practice. If the athlete is 8 or younger, a parent must either run with their child's group or walk the course so they are always available if needed.



Age Groups

AGE GROUPS

The USA Track & Field Youth Athletics program is divided into five two-year age divisions for boys and five for girls to help insure that young athletes generally compete against others of comparable physical maturity. In addition to the USATF divisions, local teams typically offer a Mini-Bantam and Sub-Bantam division at most meets.

Athletes compete in age groups with their "age" being the age they will be at the year-end (December 31). For example, a child that is 12 years old during the track season, but has their 13th birthday on November 22nd will compete all year in the 13-14 age bracket.

It is allowable for a child to "run up", which is to compete in an age group older than the child's own group. It is not allowable for a child to compete in a younger age group.

<u>Group Name</u>	<u>Abbrev.</u>	<u>Ages</u>
Mini-Bantam	MB	6 & Under
Sub-Bantam	SB	7-8
Bantam*	B	9-10
Midget*	M	11-12
Youth*	Y	13-14
Intermediate*	I	15-16
Young Men/Women*	YM/W	17-18

*USATF Divisions

COURSE DISTANCES

Mini-Bantam	800 m
Sub-Bantam	1500 m
Bantam	3000 m
Midget	3000 m
Youth	4000 m
Intermediate	5000 m
Young M/W	5000 m



Nutrition

Nutrition

SNACK HINTS

These high-carbohydrate foods can be packed and taken along for midday snacks, long workouts, or competitions:

- Breads, bagels and muffin
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Fruit juices, or tomato or V-8 juices
- Fruit yogurt
- Frozen yogurt
- Cereal and milk

PRE-COMPETITION MEALS SHOULD BE:

- Eaten 3-4 hours before the event.
- High in complex carbohydrates like whole grain breads, vegetables and fruit
- Low in simple sugars like soda pop, sugar and candy bars.
- Moderate in protein
- Low in fat
- Adequate in fluids

ALL-DAY EVENTS

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events.

Suggested pre-event foods include the following:

One hour before competition:

- fruit and vegetable juices such as orange or tomato juices, and/or
- fresh fruit such as bananas, raisins, grapes, oranges, peaches, or watermelon

Two to three hours before competition:

- fruit juices and fresh fruit, and/or
- breads, bagels or muffins, with a small amount of cream cheese

Three to four hours before competition:

- fruit juices and fresh fruit, and
- breads, bagels or muffins and
- a light spread of peanut butter or 1 slice of cheese for breads, or a light
- spread of cream cheese for bagels, and or
- a bowl of cereal, with milk or yogurt

Four hours or more before competition:

- sandwich with 2 slices of bread and 2 ounces of lean meat, and
- fresh fruit, and
- fresh vegetables, and
- milk or yogurt

DON'T FORGET WATER-Try to stay away from pop or carbonated beverages



Coaching Staff

Head Coach:

Joe Johnson: Joe has maintained a completely irrational enjoyment of running since he starting competitive running at the age of twelve. He has run on two state championship teams, raced at the Division 1 level, and has survived a pair of super fun marathons.

Assistant Coaches:

Kirk Devine: Kirk began coaching when his children joined the club in 2001. His skills for working with young athletes were recognized by the coaching staff and he was asked to become the lead sprinting coach in 2006. He continues to improve his own running skills in both the 400m and 4000m races. He is also an avid bicyclist, touring both Europe and the Pacific Coast.

Maria Laidler: Maria has been running cross-country and track since the 6th grade. Through the years, she has successfully completed 5K's, 10K's, and, in 2002, the Seattle Half Marathon. She has been with the club since 2001 when her oldest daughter first joined the track team. Her youngest daughter began running with the team at a young age and continues to run both track and cross country. In December 2007 Maria earned her USATF level 1 Track and Field Coaching certification.

Paul Melrose: Paul has been a track and field coach with Cascade Striders since 2002 and a cross country coach since 2004. He has been an avid runner for ten years, beginning as a varsity runner in both track and cross-country at Hazen High School.

Donna Valentine: Donna competed in high jump in her Junior High and High School Track teams. Donna became involved with the Cascade Striders in 2001 when her son joined the club. Donna has been the club Treasurer, and in 2004, she began running with the Super Bantams as a parent helper and soon started coaching.

Scott Phillips: Scott began running track and field in junior high focusing first on sprints, hurdles and jumping events. His senior year in high school, he switched to distance and also started running cross-country and continued both through college. Since college, he has run many races of all distances including a number of marathons and triathlons. He has been coaching with the Cascade Striders since 2006.

Anita Manns: Anita began participating with the club when her 11 year old daughter, Alexis, joined cross-country in 2007. Anita's 7 year old daughter, Erica, joined cross-country in 2008. Anita helped coach the Midgets during the 2008 and 2009 track & field season and worked with various age groups during the 2008 cross-country season. Anita ran Jr. High and High School Track. In the

last few years, Anita has participated in several 5k races and a few triathlons. One of Anita's greatest joys is watching Alexis' love for running blossom and the friendships she has made in the club.

Debi Armstrong: I have been coaching and assistant coaching with the amazing Striders in Cross Country and Track/Field for three wonderful years. I have two boys whom I have also coach their soccer and flag football. I have been running since 9th grade. I am a coach who supports each athlete at their level. We want to have fun! Running teaches life-long skills. I am dedicated to help each of my athlete's progress beyond what they think they can do. I can't tell you how rewarding it is to see the progress of our athletes. I want teach the athletes to learn how to train, perform at meets, and take care of their bodies. I am surrounded by great coaches and parents. Go Striders!

Trainer:

Vicky Donnel: The Donnel family joined the club in the fall of 2008 where her children fell in love with distance trail running. Vicky works as a physical therapist and has many years of experience as an athletic trainer. Her willingness to evaluate injuries and make treatment suggestions helps keep our athletes healthy & running! She enjoys cheering and encouraging all the Cascade Striders to run their personal bests.



Uniforms & Equipment

Uniforms

Uniforms are required for competition. The Cascade Striders uniform consists of a:

- Royal Blue Cascade Striders Singlet
- Black Running Shorts

Uniforms are ordered from the Uniform Manager (Naomi Panian) and should be ordered 2-4 weeks in advance of the first meet. Please see the Uniform Order Form at the back of the handbook for additional details and costs

Equipment

Fortunately, not a lot of other equipment is required. The most important piece of equipment needed is a good pair of training shoes. These shoes need to have good support, be relatively lightweight, and be comfortable. We recommend that you purchase these shoes at a store that specializes in running shoes.

The Foot Zone in Redmond and Issaquah offers a 15% discount to all members of the Cascade Striders. Also, Super Jock 'N Jill in Seattle offers a 10% discount to members of our club.

Racing flats or spikes are recommended for those athletes, 10 and up. In addition to being much lighter and providing good traction on slippery or muddy surfaces, there is a psychological advantage to wearing dedicated racing shoes for racing. **Be aware to buy the appropriate spikes for the running surface.** Ask your coach for guidance.

Sweats (tops and bottoms) are required for each practice. It is helpful if the sweatpants are the kind that have snaps or a zipper down the leg so that they can be put on and taken off without the athlete needing to take his/her shoes off. Waterproof running coat and pants are needed during rainy practices. Hat and gloves are needed when the weather gets cold. A headlamp is needed when the time changes and it gets dark early.

A water bottle is needed for every practice and meet.



Your First Meet

- **Registration fees are handled by the club.** You DO NOT need to be at the meet at 8:00am for registration nor do you need to pay any meet entry fees. The Cascade Striders handles paying fees for all registered members who have paid their season fees in full.
- **Check your event time on the Meet Flyer.** You need to be there 1 hour before the scheduled time. Check in with your coach 45 minutes before your event. Events may run up to 30 minutes early and you need time to warm-up, check- in, and get to the starting line.
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we'd like for our athletes.
- **Bring a stopwatch and notebook.** You will want to record your child's performances over the course of the season, so bring a notebook and stopwatch.
- **Wear your Cascade Striders warm-up clothes and your singlet** Often we will have cold, wet, and windy weather. You need to stay warm.
- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. (See Handbook for nutrition suggestions)
- **Bring a water bottle.** You need to stay well hydrated to enable your body to work at its highest potential.
- **Be patient with the officials and meet organizers.** They are parent volunteers and are trying to do their best. (You'll be in the their position at our meet) If you have a major problem with the officials, contact one of the Cascade Striders coaches for help.



Meet Schedule and Locations

2009 PNTF Youth Cross Country Schedule

(subject to change – watch our website (www.cascadestridders.com) for the most up-to-date information)

Sept. 26 Seattle Speed xc meet (tentative, this meet has not been definitely confirmed yet)

Oct 3 Federal Way Track club x-c meet

Oct 10 Cascade Striders Home x-c meet

Oct 17 SCAA's x-c meet

Oct 25 Issaquah Gliders' x-c meet (please note this is a Sunday)

Oct 31 Rain City Flyers' x-c meet

Nov 14 Junior Olympics (JO) Association (Seattle)

Nov 21 Junior Olympics (JO) Regionals (Spokane)

Dec 12 Junior Olympics (JO) Nationals (Reno, NV)



2009 Application

Registration Checklist:

Please complete all of the following before turning in your application to our registrar, Jennifer Helliker.

- Obtain a 2009 USATF number at www.usatf.org. A current membership number is required for our liability insurance and sanctioning. The Cascade Striders USATF Club Number is 36-0108.
- Complete the registration form. Please make sure to include cell phone numbers for emergencies and an email address for distribution of team information.
- Sign the release.
- Write a check payable to "Cascade Striders"
- Both parent and athlete(s) sign the membership contract.
- Understand that parents of athletes aged 9 and younger **MUST** stay at the park for the entire practice. Parents of athletes aged 8 and under must run with their child or walk the course so they are available if the child or coach needs them.
- Both parent and athlete(s) sign the code of conduct.
- Fill out meet volunteer form.
- Fill out practice volunteer form.
- Complete the uniform order form.

Registration Form

Please complete all forms and return, along with your check, to the Cascade Striders Registrar, Jennifer Helliker, at practice.

Athlete/Family Information

Name (1) _____ Gender _____ Birth date _____

USATF Number (Required) _____

Name (2) _____ Gender _____ Birth date _____

USATF Number (Required) _____

Name (3) _____ Gender _____ Birth date _____

USATF Number (Required) _____

Address _____

City _____ Zip _____ Phone _____

Parent/Guardian _____ Cell Phone _____

Parent/Guardian _____ Cell Phone _____

Email address for team communication:

Medical Information

Physician _____ Phone _____

Address _____

Preferred Hospital or Clinic _____

Medical Conditions (e.g. asthma, diabetes, etc.) _____

Emergency Contacts (other than parent/guardian listed above):

Name _____ Phone _____

Name _____ Phone _____

Note: It is a requirement that all athletes age 9 and under have a parent or guardian at practice at all times. Unaccompanied children may not be allowed to participate in practice.

Release - All participants are required to sign the following release. Parents or guardian must sign for minors.

I/We assume all risks and hazards incidental to such participation, including transportation to and from the activities, and do hereby waive, release, absolve, indemnify and agree to hold harmless the Cascade Striders, coaches, club officers, assistants and persons transporting myself or my/our child, from any claim arising out of any injury to myself or my/our child. I agree to permit photographs taken during club activities to be posted on the club website (no last names posted)

Signature (Parent or Guardian if under 18)

Date

Fees (Make Check Payable to Cascade Striders)

Season Membership \$90 - bantam & older _____ # athletes = \$ _____
 \$80 - subbantam & minibantams _____ # athletes = \$ _____

TOTAL = \$ _____

Membership Contract

I, the undersigned, understand that I am committing to Cascade Striders, a USA Track & Field registered club. I understand that I may not run, jump, walk or throw with or for another USA Track & Field registered club for a period of 120 days following the last competition wearing this club's jersey, without the written permission from the president of this club and my parents.

Athlete Signature _____ Date _____

I, _____ understand that as a parent/guardian of a member of the Cascade Striders Cross Country team, I will be required to volunteer my time on behalf of the club. The volunteer opportunities include assisting at practice, working at the Cascade Striders meet, team planning and administration.

Signature

Date

I, _____ understand that a parent or guardian must remain at practice if my child is 9 years old or younger. If my child is 8 or younger, I agree to run with my child or walk the course so that I am available if my child or a coach needs me.

Signature

Date

Responsibilities - Code of Conduct

Athletes

- Do your best to make every practice on time.
- Arrive at practice ready to listen, work hard and learn.
- Be supportive of ALL athletes on your team.
- Show respect for coaches, officials, teammates and opponents.
- Learn the rules, and always compete by them.
- Remember, your opponents are necessary friends. Without them, you cannot compete.
- Use only appropriate language around the club events.
- No matter the outcome of the meet, you will always be a winner if you do your best.
- Have FUN!

Parents

- Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches and officials at every practice and meet.
- Place the emotional and physical well-being of your child(ren) above any personal desire that they win.
- Support coaches and officials working with your child(ren) in order to provide an enjoyable and fun experience. REMEMBER . . . coaches and officials are volunteers giving of their personal time and money.
- Demand a drug, alcohol and tobacco free environment for your child and assist by refraining from their use at all youth sporting events.
- Remember children are involved in organized sports for their enjoyment, not ours, and children need models, not criticism.
- Support the team by volunteering to help with practice, helping at a meet, with transportation or wherever else it would be helpful.

Athlete's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Cascade Striders Cross Country Meet

Saturday, October 10, 2009

Volunteer Sign-up

Cascade Striders depends on the participation and commitment of our families. Each family is required to volunteer during our meet. Please indicate your volunteer preference. If no job is indicated, we will assign you to a position based on need. Thank you.

Course Set Up: 8:00 – 10:00 am

Point Person –

**Set up tents, tables, signs, course, start line, finish chute, etc.*

Registration: 10:00 am – 2:00 pm

Point Person:

- Entry form must be completed and signed by athlete, parent or coach for each athlete
- *Enter name, club, age group, and gender on label tag*
- *Give scoring sheet to staging crew*
- *Tally money at the end of meet*

Staging: 10:30 am 2:30 pm

Point Person:

- *Get scoring sheets from registration crew*
- *Check in athletes*
- *Strike runners who don't show*
- *Inform Head Course Monitor of # of athletes for that event*
- *Lead runners to starting line prior to event*
- *Give scoring sheets to scoring crew right after start of race*

Course Monitor and course walk thru 10:30 am 2:30 pm

Point Person:

- *During each event, provide direction for runners to stay on official course*
 - *Monitor athlete safety*
 - *Observe & report violations (athletes off course) to Head Course Monitor*
- Head Course Monitor report violations to scoring staff promptly at end of race*

Starting Line

Point Person:

- *Confirm with Head Course Monitor that course is clear and monitors are in place*
- *Confirm that timing, placing, and scoring crews are ready*
- *Remind runners of course obstacles (tree roots, rocks, slippery surfaces, etc.)*
- *Remind runners of course to follow, course markings, and point out finish line*
- *Remind runners to double know shoelaces*
- *Use starting pistol to start race*

Finish Line

Point Person:

- _____ (back up timer)
- _____ (placer)
- _____ (Scorer)

- *Timers will record time for each athlete*
- *Placers will line up runners in finish order for scoring crew (by gender)*
- *Placers will pull label tags from athlete uniforms and adhere to tag board (by gender)*
- *Timers will give timing printouts to scoring crew*

Scoring and Awards

Point Person:

- *Scoring crew will record times on score sheets and tape timing printout to scoring sheet*
- *Scoring crew will calculate team awards for clubs with three person teams or larger*
- *Award crew will present awards near the finish line area prior to the start of the next race*
- *Individual awards:*
- *1st place trophy*
- *2nd – 3rd medals*
- *4-8th ribbons*
- *Scoring sheets will be posted after awards have been presented*

Concessions

Point Person:

- *Set up table and post price sheets. Sell concessions. Tally money at end of meet.*

Rabbit: 10:45 11:30 am

- *Lead runners on course for mini bantam and sub bantam race*

Tear down/Clean up
Everyone

Break down tents, pick up garbage, remove equipment from course, etc.



Practice Volunteer Form

The Cascade Striders team is run entirely by volunteers. All of the coaches, the administrators, and other people involved are volunteers. In order to help the practices run smoothly, we need parent volunteers.

Please sign up to help at practices. Here is the help we need:

1. I want to run!

We need parents to run with the athletes during practice. You will run the same workout as the athletes – a great way to get an extra workout for yourself!

Your name: _____ Approx. per mile pace: _____

2. I want to walk!

We need parents to walk the course we will be running for the workout. These parents help any kids who need to walk, walk with any young kids who have stopped running, help make sure all the kids are off the course at the end of the workout, and help any kids with injuries.

Your name: _____

3. I want to be a timer!

About once a week, we'll run a workout in which Coach Joe would like to record all the times for all the kids. We will need a volunteer who is comfortable using several different stopwatches, who can write times down quickly, and who can familiarize themselves with all the athletes so we'll know whose time belongs to whom.

Your name: _____

4. I want to sit in one place!

We need parents to stay at the field and help organize kids who are done running. Many times these will be younger kids who have a shorter workout. We will have supplies for you to organize relays, obstacle courses, and fun games. Your job is to make sure the kids have something active to do and that they remain in the field while they wait for the rest of the team to return.

Your name: _____

5. I want to help with bathroom trips!

We need parents to take athletes to the bathroom, particularly the younger kids. This involves walking them to the bathroom, waiting until they are finished, and then getting them back to their coach. This job may require that you have a background check performed by the USATF.

Your name: _____



Uniform Order Form

Dear Parents and Team Members:

Cascade Striders is excited to have you on the 2009 Cross Country team. Bantams and older are required to have a singlet (royal blue/white trim with our logo) and black shorts. The singlet has not changed since last season so if you are a returning runner, you do not need to purchase a new singlet. Sub-bantams and younger can wear the black Cascade Striders t-shirt.

SINGLET and SHORTS \$35

Singlet Only \$20

Shorts Only \$15

Hooded Black Sweatshirt \$20

T-shirts \$10

Please make check payable to "Cascade Striders".

Uniforms will be available at designated practices. Dates/times for uniform pick-up will be posted on our website in the future.

Athlete's Name: _____

Item	(circle one)	(circle one)	Quantity	Cost
Singlet	Youth Women's Men's	Small Medium Large		
Shorts	Youth Women's Men's	Small Medium Large XL(men's only)		
T shirt	Youth Adult	Small Medium Large XL(adult only)		
Sweatshirt	Youth Adult	Small Medium Large XL(adult only)		
				TOTAL: