



**2013 - 2014**  
**La Cueva Cross Country**  
**Student Athlete**  
**Handbook**

**Head Coach:**  
**Nicholas Martinez**

**Assistant Coaches:**  
**Jacquelyne Martinez – Boys & Girls JV/C Team**  
**Erika Firebaugh – Boys & Girls JV/C Team**

**LCHS Administrative Support:**  
**Todd Resch – Principal**  
**Leeann Moores – Athletic Director**

# Expectations & Regulations

## Student –Athlete

- Practice is mandatory, every single day.
- Be On Time and Ready to Run.
- Participate fully and to the best of your ability.
- Water bottle mandatory
- New running shoes every 6 - 8 weeks (injury prevention)
- Positive attitude & work ethic at practice
- Supportive of teammates and coaches

## Coaches

- Fair and supportive of all athletes, be great mentors
- Teach athletes to pursue victory with honor
- Clearly communicate directions and explanations with athletes
- Monitor workouts, demonstrate technical knowledge of sport
- Safeguard athletes from overtraining/injury
- Share insight, experiences, and goals
- Encourage thoughtful support for running confidence
- Emotional support during seasonal struggles

# Communication

- Check [www.bearscrosscountry.com](http://www.bearscrosscountry.com) for updates & info.
- Monitor Facebook Page (La Cueva XC) for updates
- Communicate with applicable coach at practice
  - JV & C Team – Coach Jackie & Coach Erika
  - Varsity – Coach Nick
- Email Coach Martinez with specific questions
  - nicholasmtz@hotmail.com
- Call Coach Martinez for specific answers
  - (505) 350-0690 (no calls/texts after 6 pm)
- Pay attention at practice
- Always respect chain of command and contact XC Coaching Staff before contacting LCHS Administration

# Key Rules

- **Adhere to LCHS Sports rules & policies**
  - Mrs. Moores has outlined all rules & policies.
- **Practice is Mandatory**
  - Multi Sport athletes can arrange separate practice schedules to avoid interruption with primary sport.
  - XC athletes do NOT have to attend winter sports preseason practices. Official Winter Season Practice Start is November 4, 2013.
  - If winter sport coach is unclear, LCHS Athletic Director Leeann Moores will enforce fall sport as priority.
  - If you quit a fall sport, you cannot participate in winter sport until the fall season has concluded.
- **Communicate with Coaches & Teammates**
  - Learn to constructively communicate with your coaches and teammates. Share your goals and expectations; actively pursue new ideas and guidance from your coaches.
- **Faithfully uphold our XC Standards for Success**
  - It is our mission to build you into a student-athlete of incredible conviction, honor, and integrity. Along the way we'll run fast & train hard.
- **Adhere To Training Principles**
  - Faith in your training, learning from coaches and team captains, and a thirst for improvement are vital to your athletic progression.
- **Support Your Teammates (Positive Attitude)**
  - Positive reinforcement can spur your teammates to new accomplishments. It can also help your coaches to be more encouraging and awesome!
- **Parent Expectations**
  - You are an instrumental level of support. You are not allowed to question coaching staff about V/JC/C team assignment, coaching strategies, or training plans.

# La Cueva XC Program

## History

Our La Cueva Cross Country program has a tradition of success. We are fortunate to have hard working student-athletes committed to their goals. It is a blessing to see their natural leadership flourish as they overcome seasonal struggles and achieve new accomplishments. Throughout the history of our XC program, we have accrued a long list of accolades:

### Team:

- 15 City Championships
- 31 District Championships
- 8 State Championships
- 5 Top 10 Nike XC Regional Rankings

### Individuals:

- 42 All-State Award Winners
- 4 City Champions
- 13 District Champions
- 3 State Champions
- 3 Footlocker National Qualifiers

Success can be achieved by honing several key characteristics and traits. These traits can be applied to any situation in your lifetime. It is my belief that we, as coaches, must instill and nurture these traits throughout the season:

**Supportive:** All student athletes must be supportive of one another. They struggle through hard workouts together, and develop bonds that are extremely tight knit. Our team fosters continual hard work, support, and camaraderie.

**Positive Attitude:** Every day presents a new challenge, and their commitment is only attainable with a positive attitude.

**Personal Belief:** Our trademark saying is, "Run with your heart." I absolutely believe in the power of self-motivation and self-belief. The intrinsic power to push yourself to new limits is a trait that anyone can learn, and LC XC athletes will master it.

# **XC Specifics**

## **Varsity, JV, & C Team Designation**

Each week, XC coaches will gather to determine the upcoming week's Varsity (7), JV (7), and C team assignments. The designation will be announced Tuesday at practice and posted online under the corresponding meet. Criteria method will include:

- Previous racing performance
- Practice attendance
- Attitude
- Running proficiency at practice (Workout Logs)
  - Understand that we log their performance every day
- Health/Injury-free status
- Head Coach's final decision, Assistant Coach's input

## **Meet Info**

Each Friday (or pre-race day), coaches communicate meet info to all runners and give final instructions. Athlete is expected to be at XC meet 90 minutes before the start of their race. Upon arrival, athlete must check in with coach. Warmup will occur 45 minutes prior to race start. If runner is not present for warmup, coach may exclude runner from race participation. All runners must:

- Wear XC Team issued gear (warmup uniform)
- Bring racing uniform and racing shoes
- Bring water bottle and post-race snack
- Team Check out: meet with coach at conclusion of race; review race performance, conduct cool down, & be dismissed.

## **Scoring an XC Meet**

In a Cross Country meet, each team member receives points equal to their respective placing. Of the 7 runners, the fastest 5 team members are assigned points, the sum of their scores determine the team's score. The team with the lowest score wins. In the event of a tie, the fastest 6<sup>th</sup> runner is used to break the tie.

- |              |                   |           |
|--------------|-------------------|-----------|
| 1. La Cueva  | 1,7, 12, 20, 24   | = 64 pts. |
| 2. Cleveland | 3, 6, 10, 23, 25  | = 67 pts. |
| 3. Eldorado  | 10,11, 13, 18, 19 | = 71 pts. |

# Varsity Lettering Criteria

Attaining a varsity letter is a prestigious honor within the La Cueva Cross Country program. Every varsity athlete has exemplified these characteristics, and we intend to uphold these stringent standards:

**Attendance:** regular attendance at practice, meets, and general punctuality.

**Attitude:** positive support during practice, respect towards teammates and coaches, and sportsmanship at meets.

**Work Ethic:** Intrinsic desire to improve, resiliency to overcome struggles, and continued effort in all facets of life.

**Seniors:** Seniors who have committed themselves to our program for three years and meet above criteria, regardless of race performance or classification.

**Metro, District, & State Meet:** These meets are high quality events that determine the seasonal success of our varsity program. Attendance at these meets is vital support for racing teammates.

**Multi-Sport Athletes:** Individuals with multi-sport duties must practice regularly & participate in 2 varsity meets in order to be considered for State XC participation. Participation must be agreed with Coach Martinez, Larry Waters, and alternate Sport Coach.

**Exit Season in Good Standing:** All varsity letters are under Coach Martinez's discretion and will be weighted with the above criteria. End of season evaluations will determine all borderline varsity athletes.

# Philosophy of Training

Our goal is to develop the long-term fitness plans of young runners. We also aim to capitalize on seasonal success by applying consistent training and goals. We are committed to these basic tenets, and they form our training philosophy:

- **Develop Overall Athletic Ability**
  - Overall leg and core strengthening improves running form, preventing overuse injuries due to less stress on tendon and ligaments. One main reason why runners get hurt is that they are inherently very weak. A program of “general strength” training will develop and maintain flexibility, muscular strength, and dynamic movements. General strength allows you to run farther and faster without getting hurt.
- **Decrease Injury Susceptibility**
  - The thing we all know intuitively when an athlete comes to us at practice with something wrong is that the thing bothering them is usually not the real problem, but rather a symptom.
- **Improve Running Consistency & Efficiency**
  - The frequency of running workouts enhances the rehabilitative process of physical breakdown and regeneration. Improved consistency leads to thorough conditioning, decreases injury risks, and bridges transition to faster training.
- **Implement Speed Training**
  - With proper oversight, speed workouts are the optimal way to develop optimal racing speeds. Speed work is demanding, and prepares runners with mental toughness. Training specific to goal performance is mandatory for successful athletes.
- **Master Racing Skills**
  - Racing simulation occurs during Tuesday & Wednesday workouts. These demanding workouts require mental tenacity, preparation, physical readiness, and a positive attitude. These workouts prepare your athlete for the race.
- **Enjoy Success, Discover New Goals**
  - Performances, good or bad, always provide vital feedback for coach and athlete. Self-awareness and realization occur when goals and expectations meet, and we are constantly reshaping training ideas and theories.
- **Develop Lifelong Passion for Physical Fitness**
  - Encouraging athletes to understand basic fitness principles is instrumental to enhancing a fit lifestyle. Our goal is to make every student athlete a fan of physical activity and its benefits.

# Training Specificity

We aim to implement a program that progressively builds athletes to a greater level of racing fitness, while also encouraging athletes to take the next logical step in training. Collaborative monitoring provides the framework for constant feedback and evaluation. Similarly, races provide amazing data in aiding our training model. For this reason, we ask all athletes to be at practice every day and race hard in order to reach their potential.

Monday, Tuesday, & Wednesday are the most important and strenuous days of our week. We focus on speed workout, general strength, long runs. Likewise, Thursday-Friday are the most important maintenance and recovery days for us. Without proper rest on Friday and Sunday, our training model will not work (causing injuries and/or sickness).

## Weekly Training Outline Example

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Speed Workout	Fitness Run	Long Run (Spain)	Tempo Run, Hills/ Strides	Easy Run, Strides	Race	Rest

As our season progresses, the overall fitness of the group improves, which leads to a progressive training model of harder runs, longer runs, and faster speed workouts. The general adaptation to stress enables athletes to break barriers to fitness, which leads to improved racing performances! This process is gradual and calculated, and it takes patience.

Reminder: All Wednesday runs will be at an off-site location: Michael Emery Trailhead (Spain & Tramway) Students are responsible for transportation to practice.



# Booster Club

The La Cueva XC Booster Club serves as the planning & stewardship branch for La Cueva XC. Our goal is to provide a well-rounded positive experience for all students, parents, and coaches. Their main method of fundraising is through participation fees. Fees pay for: Assistant Coach stipends, uniforms, equipment, insurance, coaches education, and end of year banquet for the athletes.

All Booster Club meeting minutes will be posted on LCXC website. If you are interested in joining next years Booster Club, please contact Coach Martinez to attend meetings.

## **2013 Officers:**

- President – Lynda Miller
- Vice President – Janie Rowe
- Treasurer – Gaylynn Stroupe
- Secretary – Lynn Weeks

## **Parent Volunteer Opportunities:**

- XC Meet Support – 12 volunteers needed
- Popsicle sign-ups – Each parents is asked to participate
- Pasta Dinners – Host & Dinner Support (6 people)
- Team Photographers – Needed for EOY picture books

## **Team Pasta Dinners: Team Gatherings at a family's house.**

**Directions are given to athletes at practice and posted online.**

- September 6 (UNM Lobo Invite)
- October 4 (La Cueva Invite)
- October 11 (Metro Championships)
- October 18 (Rio Rancho Jamboree)
- November 8 – (XC State Dinner - State Participants only)

# **Booster Club Fees & La Cueva XC Uniform Packet**

Each athlete will be issued a uniform packet, and will not be required to pay a participation fee. However, Booster Club fee payment ensures that you will be able to keep your uniform gear (except for uniform jersey), help pay our coaching stipends, and avoid additional fundraising activities.

## **Team Gear Packet Includes:**

- APS Provided Uniform Jersey
- Nike Short Sleeve Team Shirt
- Running Pants (B) or Capris (G)
- Hoodie Sweater
- Racing Shorts

APS has provided funds for our uniform jersey. Therefore, each uniform jersey is owned by LCHS and must be returned at the conclusion of our season. We have numbered each jersey for our inventory information.

If your uniform jersey is lost, stolen, or damaged, you will be assessed a replacement cost. If you fail to return your jersey, La Cueva HS can withhold your report card. This will make me very sad. Don't make me sad.

## **Uniform Jersey Replacement Cost: \$50**

Uniform jersey will be turned in at conclusion of regular season meet. Coach Jackie will have a collection bag for you to immediately drop off your uniform jersey. We will wash, inventory, and store all uniform jerseys for the upcoming season.

With prompt jersey return at season's end, you will receive your LCHS report card and a complimentary high five. Great success!