

# Harrison High School

## Cross Country

### Handbook 2015



August 1, 2015

Hoya Runners and Parents!!

Welcome to the 2015 season. The upcoming season is one that holds a great deal of promise and some huge challenges. We have been working hard all summer to get prepared for this season.

We want to build on our successes from last season. The girls are out to defend their region championship and the boys want to get that trophy back. Both teams also seek a top 5 finish at the State meet. On paper, we have a very good team. But on paper is simply about potential and success is achieved when hard work and potential come together. So be prepared to work hard this season.

In this handbook, you will find all the information about our team, our sport, and the upcoming season. Please make sure you read through it carefully and understand our policies and procedures.

We appreciate our booster club. They provide support to our program in so many ways. They organize our team building activities, set up our camp at meets, plan our out-of-town trips, purchase needed equipment, and provide financial support for our program.

Being a part of the HHS XC team is an honor. This is a challenging sport and our athletes are tough and dedicated. We train hard, work hard, compete hard, and play hard. So enjoy the journey and be ready for an exciting season. See you on the trails!!

Coach Scott

Coach Simmons



## Welcome From the Harrison XC Booster Club, Inc.!

We are looking forward to the upcoming 2015 season! Your booster club officers and coaches began planning for the season at the beginning of this year. With over 100 athletes representing our school, we pride ourselves in giving them the opportunity to compete with the very best in the country. This includes the unique privilege of out-of-state trips. The varsity team will compete in the Furman Invite in Greenville, South Carolina in October. The entire team will be traveling to the Alligator Invite in Lake City, Florida in September.

The booster club serves as a support system for the athletes and the coaches. What does that entail? We are involved in everything except coaching the athletes. Your booster club is unique in that we do not require our athletes to participate in fundraisers throughout the season. The revenue for the team comes solely from the booster club dues and the profit from the Hoya Jr Camp. The booster club membership dues are \$260 for the 1<sup>st</sup> athlete and \$190 for each additional sibling. These funds cover a variety of expenses including entry fees to the meets, management of the team and the coaches' salaries among other expenses. The team is fortunate that we own a trailer and tents that we take to each meet. These necessary items, among others, were purchased with booster club funds.

We need your help in continuing the Harrison Cross Country tradition of success. Our dedicated coaches have a reputation for building excellence in our athletes both on and off the trails. We are expecting great results this year! We look forward to working with your family this fall!

Sincerely,  
Scott Moody  
Booster Club President  
hoyaxclub@gmail.com

# General Cross Country Terms and Information

## Cross Country Terms

- **PR—Personal Record.** Running your fastest time on a distance, course, or at an age (for those of us older runners). “Jeremy McClung ran a PR at Region.”
- **Loop course**—a course that basically follows a large circle. Some courses are 2 or 3 loop courses. Carrollton is a double loop course.
- **Strides**—gradual acceleration to a sprint then a deceleration. These should be 75-100 meters in length and should be completed after a long run. They help with form and with speed.
- **Hydration**—ensuring your body has enough water so that you can perform at your best.
- **V-Dot**—This is a number that helps the coaches determine your fitness level and workout pace.
- **Drills**—Form drills that help athletes with proper form. Other drills are for injury prevention.
- **Rowbury**—our warm-up routine based on Shannon Rowbury’s routine.

## How to score a Cross Country Meet.

Cross Country is a unique sport in that you can have individual winners and team winners. Individual winners are obvious. Team scoring is a bit more complicated. In a typical meet seven runners will race and the top five runners score. To get the team score, you will add up the finish places for the top five runners. For example, a perfect score is a 15. The team with the lowest score wins. If there is a tie then you go to the 6<sup>th</sup> place finisher. Also the 7<sup>th</sup> runner is important in bumping other teams back a spot in the scoring. It is important to remember that each runner is important and that your spot could be the one to determine how the team finishes.

## Equipment: Shoes and Socks and a Watch

Cross Country is a sport that require very little in the way of equipment. Other than apparel there are 3 essential pieces of equipment each Hoya runner MUST have.

- **Shoes**—Make sure you have RUNNING shoes. You must take care of your feet. Cross-trainers or other non-running shoes will lead to injuries. A general rule of thumb for running shoes is they last about 5-6 months and about 400 miles (whichever comes first).
  - **Spikes**—some runners prefer to have racing spikes for their races. These offer lighter shoes as well as better traction in a race. They are not to be used for training.
- **Socks**—Socks are also important especially to prevent blisters. Use socks that have proper cushioning and help with moisture control. Socks come in shoe cut, ankle cut, and then normal length. We recommend ankle cut socks as we have seen numerous painful blisters arise with the shoe cut style.
- **Watch**—Our workouts require each athlete to have a watch with a chronometer (stopwatch). The Timex Ironman watches have everything you need and are inexpensive.

## Injury Treatment

Stretching is the most common form of injury protection. It is important to stretch both before and after running. Listed below are the most common injuries and how to treat them.

- **Sore muscles** are the most common injury runners face. Ice and Ibuprofen are the best remedies.
- **Blisters** are another common injury. Drain the blister (but don’t peel away the skin) then use a gel type skin to treat the blister. Ideally you want them to become a callous. Coach Scott is the blister guru and will help any athlete who has blisters.
- **Shin Splints** are one of many overuse injuries. Shin splints are the inflammation of the muscles around the shin. Exercise by pointing your toes on the affected leg and draw the alphabet. Ice also helps reduce the pain.

- **Stress Fractures** are typically the result of too much too fast. Be patient with your body and pay attention to your sore spots. Proper training in the off-season is the best way to avoid stress fractures.
- **Dehydration or heat exhaustion** can be avoided by proper hydration. Pay attention to the warning signs such as dizziness, cold sweats, and nausea.
- **Overhydration/Hyponatrimia** can occur by drinking simply water. Your body needs electrolytes to provide energy so we recommend that you mix or alternate water with a sports drink. Look at the label for sodium/salt content. Pedialyte, Accelerade, Gatorade, Powerade all provide electrolytes.
- **Anemia** is a common problem for cross country athletes. The symptoms are general fatigue and listlessness. Typically females are susceptible to anemia but males can experience it also. It is caused by a lack of iron in the diet. Make sure you eat some red meat each week and/or taking a vitamin supplement with iron in it. PLEASE SEE ADDITIONAL INFORMATION ON IRON INTAKE>
- **Plantar Fasciitis** is general foot soreness that is related to either overuse or improper shoes. Make sure your shoes support your feet properly. A general rule is 300-500 miles or 5-6 months.
- **Sore Knees** typically occur when you have new shoes. Please make sure you get shoes that properly fit your feet and that match your running style.
- **Other Overuse injuries** are sore knees, joints, and stress fractures. It is important to communicate with the coaches about any soreness or injuries you may be experiencing.
- **TALK TO YOUR COACHES ABOUT INJURIES:** Keep us informed about what is hurting you so we can adjust your workouts accordingly.

## How to be a spectator

- Bring a comfortable chair. Find a spot where the athletes run by numerous times.
- Yell like crazy when they pass. They love all the cheering and excitement.
- Get a watch and time splits. You can see how well an athlete is doing by looking at their splits.
- Do not run beside the athletes. This is considered pacing and can result in the disqualification of the athlete from the competition.
- Do not touch the athletes during a race. (Obviously someone in need of medical attention is already out of the race so it is ok to help at that point.)

## DIET

A proper diet is critical to the success of a cross country athlete. It is important that you provide your body with the proper type of fuel it will need for our workouts. Carbohydrates are ideal for the cross country athlete. It helps you reserve water.

Good items: Fruits—especially bananas, bagels, red meat (to avoid anemia), pasta, vegetables, water, chickpeas, spinach (another good iron source).

Things to avoid: Soft drinks, candy, junk foods, fried foods.

## Uniforms

Uniforms are the responsibility of the athlete. A uniform can be purchased for \$45, which includes a singlet and a pair of shorts. All athletes must get a new singlet this year. Prices are prorated.

## Cross Country on the WEB

<http://www.hoyatfxc.com> The HHS Cross Country and Track and Field Website

<http://www.facebook.com/hoyaxc> our facebook fan page

<http://ga.milesplit.com/> Georgia Track and Field and Cross Country Website.

<http://www.dyestat.com/> The Internet home of high school track and cross country

[www.flotrack.org](http://www.flotrack.org) Great website with information, videos, and tips.

<http://letsrun.com/> Information about the world running scene

## **Parents Guide to HHS Cross Country**

It is HOT in Atlanta in August and September so we do our best to take precautions regarding the heat. At practice, we use a Wet Bulb according to the guidelines established by the Cobb County BOE. If necessary, we will either cancel practice or adjust the workout according to the conditions. The athletes need to also be aware of their own hydration and how their body is reacting to the heat. We practice in the heat so the athletes are prepared for the competition in the heat. We do provide water and Gatorade at practice and the meets.

There are to be no private coaches of our athletes during the season.

The athletes must conform to GHSA rules regarding uniforms, sportsmanship, and fair competition.

The booster club provides funds that help support the HHS XC program in many ways. The booster club funds team shirts, incentive shirts, the banquet, Gatorade, supplements the coaches, supplements the out of town trips, and numerous other social activities and functions. Please join ASAP.

We encourage you to take photos of the athletes in action. You can share any photos you take with the team by getting them to Coach Scott.

HHS XC has a reputation for exhibiting good sportsmanship. As you watch a meet, encourage ALL Hoya runners and respect our opponents. XC runners generally have a mutual respect for each other and focus more on encouraging each other. If there is a problem or concern with the officials or other competitors at the meet then direct your concerns to the coaching staff and we will address it with the officials.

Pre-Race—The coaching staff requests that 20 minutes prior to a race is considered “coaches” time. Please do not come to the start line with your athlete. Allow the coaches to offer any last minute tips.

Please respect the decisions of the coaching staff regarding strategy for a particular race. We sometimes may try a different strategy or move people into different races in order to prepare us for our region or state competition. If you have any concerns about our strategy, then please direct your concerns to us.

Out of town trips. There is an additional cost for these trips.

- All qualified members of the team will travel to the Alligator Invite in Lake City, FL on September 26-27. Qualified members are those athletes who have demonstrated the ability to run 3 miles without walking and are in good standing on the team (related to tardies and absences from practices and meets).
- The top 8 (as determined by the coaches) varsity athletes will travel to Lake Buena Vista, FL to compete in the Disney Invite on Oct 10-12.

The coaching staff is very proud of our program and believes that it represents the best student-athletes at Harrison High School and in the state of Georgia. Our athletes are leaders on the field of competition and in the classroom. Being a member of the team is truly an honor

# DIRECTIONS TO MEETS

## CHEATHAM HILL

Take Dallas Highway East towards Marietta. Turn Right onto John Ward Road. Go approximately 1 mile then Turn Left onto Cheatham Hill Road. The parking lot is ¼ mile on the Right.

## LOST MOUNTAIN PARK

Take Dallas Highway West until you reach LMP on your left. Approximately 2 miles west of The Avenues.

## TRIBBLE MILL PARK

2125 Tribble Mill Parkway, Lawrenceville 30045

I-75 South to I-285 East. I-285 East to I-85 North. I-85 North to Hwy 316 East. Hwy 316 East 10 miles to Sugarloaf Parkway. Turn right. Go approximately 5 miles to New Hope Road. Turn Left on New Hope Road and the park is approximately 2 miles on the right.

## BERRY COLLEGE

Hwy 41 north to Hwy 411 (S) turn right. Drive about 17 miles then take a right at light onto East Rome Bypass, also called Rome Loop 1 (sign reads “to Highway 293” because you will later pass Highway 293). Drive about 8 miles then take a right at light onto Martha Berry Highway (US Hwy 27 North) (you will see Oak Hill and the Martha Berry Museum at the intersection). Drive about ½ mile then take a left into Berry College main entrance.

## BOLING PARK

I 575 north to Exit 16 (Highway 20) West. Follow road until it dead ends into Marietta Highway. Turn right and go across the bridge. The entrance to the park will be immediately on your left. Go to the very back of the park. You will pass soccer fields and ball fields.

## ALLATOONA CREEK PARK

From HHS, turn right from school. Turn right on Mars Hill Road. Follow for 3.5 miles and turn LEFT onto County Line Rd. Proceed to follow County Line for about 0.8 miles. Old Stilesboro Rd will be on your RIGHT. Turn onto Old Stilesboro. At the bottom of the hill will be a Hunting Parking lot on the RIGHT. Park and get ready to Run!

## MARIST

East on I-285 to exit 29 (Ashford Dunwoody Road). Turn right and Marist is about 1 mile down Ashford-Dunwoody on the right.

## NASH FARMS

Take I-75 south from Atlanta to Exit 221, Jonesboro Road (the second Jonesboro Rd located in Henry County). Turn off the Highway and go west approximately 6 miles. Nash Farms will be on your left

## CASS/CARTERSVILLE...DELLINGER PARK

Hwy 41 North to Cartersville. Turn left on Main Street. Drive through town and look for Indian Mounds sign. Bear left onto West Main...this becomes Etowah Drive. Follow signs to Indian Mounds and look for Pine Grove Rd on the right. There will be signs for the park. Follow that road until you see the park on your left (100 Pine Grove Rd).

## ALLIGATOR INVITATIONAL and FURMAN INVITATIONAL

Follow the Bus or vans ☺

## GAINESVILLE

I-85 North to I-985. Follow I-985 to Exit 16—Oakwood Exit. Turn left at the light and go under 985. You will go approximately 1 mile and take the second entrance into Gainesville College. Turn right and parking will be on the left approximately 1 mile.

## STATE MEET/CARROLLTON

I-20 West to Exit # 24 (Highway 61). Turn left onto Hwy 61 South. Hwy 61 merges into Hwy 166. As you approach the intersection you will see a shopping center with a Longhorn Steakhouse on the left. Turn left onto 166 bypass towards Bowdon. Go under US 27 and turn right onto Stadium Drive.

## 2015 Cross Country Expectations

Expectations, requirements, and policies. Effective August 1-November 14, 2015

- DRESS CODE (practice): All athletes are expected to follow our dress code.
  1. All shirts are to stay on during warm-up and stretches. You may remove your shirt once the workout has begun. Once you are done with the workout then you must wear your shirt.
  2. No rolling of shorts for any reason. If your shorts do not fit then get new ones.
  3. Consequences—you will not be allowed to practice off campus for one day and if it is a persistent problem then you will meet with the coaches to discuss your status on the team.
  4. NOTE: Rule #1 applies only at off campus practices. On campus practices require wearing shirts at all times. Rules 2 and 3 apply at all times.
  5. All athletes are **required** to have a watch with a chronograph and to wear it to practice daily.
- DRESS CODE (meets)
  1. Athletes will wear sweats/wind suits to all meets.
  2. Athletes will wear Harrison XC spirit wear at meets and during any award ceremonies.
  3. No compression shorts may be worn underneath uniforms.
  4. NFHS rules state that no uniform shorts can be rolled.
  5. Consequences—you may not be allowed on the bus to the meet or to participate in any of the meet activities.
- PRACTICE:
  1. Athletes are expected to be at ALL practices ON TIME.
  2. If you are absent from school for over ½ the day then you cannot practice.
  3. All athletes are expected to clean up any discarded cups and trash after practice.
  4. Athletes who are unable to participate in practice due to injury or disciplinary action must report to the designated location.
  5. Athletes must properly stretch, do drills, and strides before dismissal from practice.
  6. Any athlete who has allergies is responsible for letting the coaches know and for their epipens.
  7. **WALKING: Hoyas don't walk. All team members are expected to run during the entire practice. If an athlete has an injury or a concern then they must talk to the coaches BEFORE practice. If you are caught walking during practice then you will be sent to a specific location and the coaches have the option of holding you out of the next meet. If it is a persistent problem then you will be dismissed from the team.**
- ATTENDANCE PROCEDURES
  1. **Attendance will be taken at all practices, meets, and meetings.** If you are unable to attend you are expected to inform Coach Scott or Coach Simmons BEFORE practice. The only excused absence is illness that causes you to miss school. All doctor appointments (unrelated to XC injuries) and extra-curricular activities are unexcused absences.
  2. **ATTENDANCE: You are expected to be at every practice (including morning practice unless you have been approved by the coaches). If you miss a practice then the coaches have the option of holding you out of the next meet.**
  3. Three (3) unexcused absences from practice may result in dismissal from the team.
  4. In order to run a meet, you must have NO unexcused absences on the week of the meet.
  5. Athletes are expected to be at practice on time (3:45 on campus/4:15 off campus). Excused tardies only relate to academic issues...make up tests, extra help, etc. These MUST be communicated to Coach Simmons/Scott PRIOR to practice that day (in writing or in person) otherwise it will be considered unexcused.
  6. Athletes are expected to be at the full practice. Leaving early will count the same as being tardy. Please communicate with the coaches when you have to leave early. Three unexcused early departures will count as an unexcused absence.
- BEHAVIOR: Athletes are expected to behave properly at school, practice, meets, and at home.
  1. Athletes are expected to eat properly, keep themselves and their bodies in top shape. The use of drugs, tobacco or alcohol impairs an athlete from competing at their highest level and hurts the team. Cobb County School District adopted a policy regarding behavior for extra-



- curricular activities (Rule JICDD—Code of Conduct). Parents and athletes have received this and signed for it. Cobb County policy will be followed in these circumstances.
2. Athletes are expected to be leaders in the classroom. They must maintain good grades and exhibit appropriate behavior in the classroom. If a teacher expresses concern about behavior or grades to one of the coaches then the athlete will be disciplined. Any athlete who is struggling academically (any Ds or Fs) will not participate in the out of town trips without the permission of the teacher AND the coaches.
  3. A suspension from school for inappropriate classroom behavior towards a teacher, administrator, or another student will result in disciplinary action.
  4. All athletes are expected to conduct themselves properly during practice, meetings, while traveling, in competition, and at meets. This includes displaying good sportsmanship towards competitors, officials, and fellow teammates. If you are not running, then you should be cheering the team on to victory. Treat coaches, captains, officials, bus drivers, and chaperones with proper respect.
  5. Since we practice off-campus, all athletes are expected to drive safely both to and from practice. Any reckless driving witnessed by the coaches, parents, or other athletes is subject to disciplinary action or dismissal from the team.
  6. Any inappropriate behavior that occurs at a meet or a cross country function will result in disciplinary action including suspension from the team.
  7. SOCIAL MEDIA: Any posting on social media that is vulgar, unsportsmanlike, inappropriate, or in any way reflects poorly on our team will result in disciplinary action.
  8. Hazing is not tolerated on our team.
- GENERAL INFO: All athletes are expected to be well rested, properly hydrated (drink a minimum of one bottle of water during the day), and prepared for each meet and practice.
    1. All athletes are a part of a team. During a competition, you are expected to give your best until your race is over. That means NO QUITTING!!! If you quit, then you have let down yourself, your team, and your coaches. Quitting does not necessarily mean dropping out of a race. It could be settling for a spot rather than pushing through and making other competitors work harder. Remember you represent the Hoyas. It is an honor to wear the uniform so you should expect the best out of yourself, your teammates, and your coaches.
    2. In order to run your first meet, you must have attended practice for at least one week and be in decent enough shape to compete as judged by the coaches.
    3. **Any athlete participating in a winter sport (Basketball, Swimming, Wrestling) must complete their season with Cross Country before they will be allowed to start practicing the winter sport. They will have tryouts for Fall Sports Athletes.**
    4. Remember you are a STUDENT-Athlete so watch your grades and classes.
  - MISCELLANEOUS INFORMATION
    1. We practice every day rain or shine. If weather dictates a cancellation, the coaches will make that call at practice.
    2. Practice starts on campus at 3:45 each day...off campus at 4:15. Please have your transportation home by 6:15 so the coaches can get home to their families.
    3. If while running you hear thunder or see lightening, immediately head back to the starting point of your run.
    4. Captains are Bradley Schramm, Evan Brock, Andie Whitfield, Caroline Pepper and Kelly Anne Palfrey.
    5. No road-racing during the season without approval from the coaches.
    6. All athletes ride the bus to the meets. You may ride home with your parents at the conclusion of the meets AFTER cooling down with your team, AFTER checking out with a coach, and AFTER fulfilling your clean-up responsibilities.
    7. We communicate through email, the XC webpage ([www.hoyatfxc.com](http://www.hoyatfxc.com)) and the captains relay information via the HHS Facebook page. We also use Twitter and Remind 101 as ways to communicate. On Sunday nights, we send a team email outlining the plans for the week. Please check your email on Sundays and visit the webpage regularly.

Feel free to contact the coaches about anything you need. Listed below is our contact information. Use it respectfully.

## 2015 HHS XC Team Qualifying Guidelines

1. All athletes will be given an equal opportunity to qualify for the team.
2. Coaches will determine the number of athletes of each gender that will be selected for the 2015 HHS XC Team.
3. 1 Time Trial will be held. All who wish to try out for the team will run the Time Trial:
4. In order to run the time trial, you must have given Coach Scott a summer running log.
  - i) Friday August 14<sup>th</sup> at the Cobb County Corps Property
    - (a) Top 15 athletes of each gender will automatically qualify
    - (b) Qualifying for the final spots for each gender on the team will be determined by:
      1. At least 50% of the team will be comprised of Freshman and Sophomores
      2. Coaches Discretion based upon, but not limited to:
        - a. Previous Year's Individual Ranking within the team
        - b. Commitment to team
        - c. Potential for improvement and contributions to team. NO ONE RIDES FOR FREE.
        - d. Work Ethic in practice
        - e. Performance at the Time Trial.

The HHS XC Coaching Staff holds the right to select the team that will best represent the quality of competitiveness and integrity of the HHS XC Program. It is the Coaching Staff's goal to create a Competitive atmosphere to compete at the highest possible level while teaching our athletes the rewards of individual hard work and commitment.

# Letters and Incentives

## Cross Country Letter Requirements 2015

Earning a varsity letter represents accomplishment in the sport. In order to receive a Varsity letter in cross-country, you must participate in at least five (5) competitions and meet one of the following requirements.

1. Any athlete who runs as a Varsity runner in either the region or state cross-country meet.
2. An athlete who meets a time standard in a cross-country meet (5K--3.1 mile course) and also shows team spirit, a strong work ethic, proper behavior, and is a member in good standing. For boys, achieve a time of 18:45 on a 5K (3.1 mile) cross country course. For girls, achieve a time of 22:15 on a 5K (3.1 mile) cross country course.
3. A varsity letter can be earned by finishing in the top 10 overall finishers at the JV Region meet.
4. A varsity letter can be earned by finishing in the top 15 overall team rankings at the end of the season. Please note that if the coaches hold out the top runners in a particular race...the rankings will start with the number held out. For example...if the top 7 are held out then the rankings will start with 8. JV races are combined with varsity in determining team rankings.
5. The coaches reserve the right to award a varsity letter to an athlete based on their contributions to the team.
6. All varsity lettering athletes must display a strong work ethic, proper behavior, and team spirit along with their participation and be in good standing in all practices and meets.

\*\*\*Any athlete who is unable to finish the season due to injury yet has met the time standard MUST attend all meets, events, and practices AS DESIGNATED BY THE COACHES.

### Time incentive T-shirts

Time incentive T-shirts will be given to athletes based on their best competitive time during the season. For boys, the T-shirts will be given for 17:00, 16:00 and 15:00 minute club. For girls, the T-shirts will be given for 20:00, 19:00, and 18:00 minute club.

### **RAN MY PLAN Summer incentive**

Athletes who

- Successfully ran their plan (June-August) and
  - Have documentation in the form of a running log (either paper or on-line)
  - Demonstrated fitness by successfully running the time-trial without walking
- will receive a special "Ran My Plan" summer T-shirt.

## **XC 101: How to Prepare for A Cross Country Meet**

### The Night Before

1. Eat a good dinner
  - Don't try anything new, it might upset your stomach.
  - Carbo Load – pasta is great for a pre-race meal; add some protein as well
  - Drink plenty of water!
2. Pack your bag
  - Spikes & racing flats (if you have them); wear your training shoes
  - Extra socks & t-shirt
  - Sweats (it is cold before the sun comes up) – wear them over your uniform
  - Band-aids or Advil (if needed)
  - **Towel, Water bottle, dry clothes, money for meals or t-shirts**
3. Get rest (at least 8 hours)
  - Go to bed early, because you will be getting up early.
  - Think positive thoughts about your race before going to sleep. Visualize your goals.

### Race Day

1. Wake up with plenty of time. Being rushed causes unnecessary stress.
2. Eat breakfast!
  - You can't race well on an empty stomach & you have at least 2 hours for your food to digest.
  - Suggestions: whole grain cereal, bagel, peanut butter, fruit (especially bananas)
  - Avoid Milk and OJ. It can really upset your stomach.
  - Drink both water and sports drinks!
3. What to wear
  - Uniform with sweats (or pants & an XC t-shirt) over it.
  - Training shoes (don't forget to pack your spikes)
4. Be on time! The bus leaves promptly from the Harrison busport.
5. Arriving at the meet
  - Help the team carry stuff from the bus & set up the campsite.
  - Learn the course
  - Warm-up & stretch with the team (wear sweats & training shoes during warm-up).
  - Get to the bathroom with plenty of time to spare.
  - Get your racing numbers/chips from the coaches.
  - Stay out of the sun.
6. The Pre-race Warm up
  - You should start your warm-up 45 minutes before your race.
  - A minimum of 10 minutes warm-up and you should run the last ½ mile of the course if possible.
  - Go to the bathroom
  - Do your dynamic stretches (Rowbury)
  - Talk to your coaches about any questions you have

7. Race time (15 minutes until start)

- Put on your racing shoes (SPIKE UP) and double knot them.
- **Make sure your racing chip is securely fastened to your shoe(s).**
- Be at or near the start 10 minutes before your race.
- Make sure you are properly warmed up.
- Do some long strides to get your heart rate and breathing prepared.
- Do drills and last minute stretches.
- Make sure you have broken a sweat.
- Do your best & have fun!

8. Race Strategy

- **Get out cleanly, fast but under control. Make sure you are in the race.**
- When passing someone...do so with authority.
- If someone is passing you...make them work hard. You may not impede them but you can hold your spot and make them earn the pass. (But don't get passed!!!)
- **High knees and arm pumps up hills (Hips to heart!!!)**
- Down hills...lean forward, butt kicks, on your toes...not heels.
- Around curves are easy times to pass people. Look to sling shot around them or cut inside if it is open.
- When it starts to hurt...push harder...everyone else is hurting also.
- Be aware of the race...don't get boxed in, pay attention to the people around you. Look for the next person you can pass.
- **Don't fall asleep in the race. Stay focused and mentally tough. Get tough.**
- Close gaps...it is easier to stay with someone than to try and catch up!!
- With about 800 meters to go...think about your kick and who you plan to pass. Make sure you are aware of who is trying to pass you.
- Run through the finish line....don't stop at the finish

9. After your race

- Give your finish card to the designated Coach or manager.
- Put your team t-shirt on.
- Cool down with your teammates (with training shoes on, not spikes)
- Cheer on other teammates during their races & rehydrate
- Check out with coaches, if you are leaving with your parents
- Varsity Athletes complete your post-race assessment.

## XC State Championship Meet Times from Carrollton by Class

### Freshman Boys

Rolf, Grayson	17:52	2013
Watt, Adam	17:58	2010
Parrish, Carter	18:26	1997
McClung, Lee	18:39	2005
Grier, Jason	19:11	1992
Gladstone, Ben	20:10	2010

### Sophomore Boys

Sharp, Austin	16:49	1992
Rolf, Grayson	17:42	2014
Watt, Adam	17:47	2011
Davenport, John	17:49	1997
Wilson, Cory	17:57	1995
Brunson, Derek	17:58	2007
Borchelt, Spencer	17:58	2012
Delgrazio, Danny	18:01	1994
Porter, Chris	18:02	1999
Gladstone, Ben	18:07	2011
Paynter, Michael	18:13	1993
Parrish, Carter	18:14	1998
Davidson, Jeremy	18:18	1993
Rennie, Rex	18:21	2009
Fronk, Stewart	18:21	2014
Banes, Brendon	18:26	2003
Machan, Ryan	18:34	2005
Montante, John P	18:43	1998
Woods, Drew	18:47	2001
O'Brien, Kevin	18:48	2014
Dumas, Jimmel	18:52	1998
Roedel, Jakob	18:54	2005
Freud, Alex	19:12	2005
Loerke, Jason	19:13	2001
Glantzberg, Jon	19:20	2003
Deas, Jeremy	19:29	2001
Ravenscraft, Eric	20:30	2014

### Junior Boys

Estes, Nat	16:52	2009
Cooper, Jacob	17:09	2013
Burruss, Ryan	17:14	2007
Borchelt, Spencer	17:22	2013
Olsen, Doug	17:26	2008
Ennis, Conner	17:30	2011
Parrish, Brian	17:35	1992
Parrish, Carter	17:36	1999
Sharp, Austin	17:39	1993
Ryan, Dan	17:40	2008
Close, Rusty	17:40	1992
Wilson, Cory	17:41	1996
O'Connell, Austin	17:44	2009
Cappadona, Nick	17:46	2008
Lyons, Davis	17:52	2009
Brock, Ryan	17:52	2012
Drew Woods	17:53	2002
Montante, JP	17:54	1999
Paulk, Drew	17:54	1996
Brunson, Derek	17:55	2008
McClung, Jeremy	17:56	2010
Bohn, Tyler	17:57	2010
O'Malley, Garrick	17:59	1995
Davenport, John	18:02	1998
Robert Loerke	18:03	2002
Dumas, Jimmel	18:04	1999
Ely, JC	18:04	2005
Butler, Brad	18:06	1997
Brock, Evan	18:09	2014
Paynter, Michael	18:10	1994
Peterson, Marc	18:10	1992
Norden, Zach	18:11	2007
Grier, Jason	18:12	1994
Gladstone, Ben	18:15	2012
Lawire, Brett	18:17	1997
Schramm, Bradley	18:18	2014
Harper, Brian	18:20	1999
Jason Loerke	18:23	2002
Watt, Adam	18:36	2012
Deeter, Nathan	18:39	1996
McClung, Lee	18:40	2007
Davidson, Jeremy	18:53	1994
Elmy, Dylan	18:55	2012
Riley, Alan	18:59	1997
Zach Olsen	19:11	2002
Todd Brown	19:22	2002
Norris, John	19:22	2001

### Senior Boys

Loerke, Robert	16:07	2003
Pipia, Giovanni	16:18	1994
Brock, Ryan	16:41	2013
Estes, Nat	16:42	2010
Burruss, Ryan	16:46	2008
Delgrazio, Danny	16:48	1995
Parrish, Carter	17:02	2000
Woods, Drew	17:03	2003
Roedel, Jakob	17:05	2007
McClung, Lee	17:05	2008
McClung, Jeremy	17:05	2011
Sharp, Austin	17:07	1994
Banes, Brendon	17:08	2005
Elmy, Dylan	17:16	2013
Hanratty, Sean	17:19	1993
Ryan, Dan	17:19	2009
O'Connell, Austin	17:19	2010
Raymond, Chris	17:20	2008
Cappadona, Nick	17:21	2009
Zinnerman, Derrick	17:25	2002
Loerke, Jason	17:25	2003
Peterson, Marc	17:26	1993
Ingalls, Robbie	17:28	1995
Borchelt, Spencer	17:29	2014
Watt, Adam	17:31	2013
Davenport, John	17:32	1999
Montante, JP	17:34	2000
Bohn, Tyler	17:36	2011
Olsen, Zach	17:37	2003
Deeter, Nathan	17:44	1997
Davidson, Jeremy	17:45	1995
Foley, Kevin	17:45	2000
Goodman, Jake	17:49	2010
Brown, Garrett	17:53	1996
O'Malley, Garrick	17:55	1996
Lawrie, Brett	17:58	1998
McCord, Jacob	17:58	2013
Gettinger, Robby	17:59	2009
Wenk, James	17:59	2011
Knight, Josh	18:10	2000
White, Justin	18:14	2012
Cain, Matt	18:15	2000
Harrell, Casey	18:15	1995
Dumas, Jimmel	18:16	2000
Smith, Andy	18:18	2001
Paynter, Michael	18:31	1995
Porter, Robbie	18:31	1999
Martin, Eric	18:32	2007
Close, Rusty	18:32	1993
Fruend, Ian	18:33	2001
Mori, Kenji	18:33	2000
Igyarto, Pete	18:39	1997
Hoffman, Scotty	18:40	2005
Halbrook, Tyler	18:40	2007
Deas, Jeremy	18:42	2003
Ennis, Conner	18:46	2012
Figlewicz, Kevin	18:47	2011
Brown, Morgan	18:48	1998
Johnson, Bobby	18:48	1996
John Norris	18:49	2002
Steadman, Dan	18:57	1994
Porter, Chris	19:02	2001
Parrish, Brian	19:26	1993
Kirchner, John	19:59	1998

### Freshman Girls

Velasco, Kari 19:23 1992  
Bray, Elyse 19:42 2009  
Miliani, Veda 19:44 1993  
Foley, Kylie 19:59 2003  
Lammers, Jillian 20:07 2000  
Issacs, Kaylee 20:08 2008  
Oshust, Caroline 20:25 2005  
Sorge, Kennedy 20:25 2010  
Rountree, Mattie 20:40 2013  
Wells, Anna 20:55 1996  
Kalafut, Meaghan 20:58 2009  
Boff, Maria 20:59 2008  
Long, Lindsey 21:03 1992  
Duvaris, Emily 21:11 2012  
Dunn, Becky 21:26 2004  
Tull, Jennifer 21:26 2013  
Stanley, Kira 21:28 2014  
Moody, Kayli 21:29 2014  
Welker, Emily 21:42 2004  
Whitehead, Jaclyn 22:03 2003  
Wells, Amy 22:05 1999  
Wilson, Carrie 22:10 1996  
O'Brien, Liz 22:33 2002  
Ciomek, Nicole 22:33 1995  
Whitfield, Andie 22:44 2012  
Dunn, Liz 23:12 2002  
Ott, Adrienne 23:23 1998

### Sophomore Girls

Foley, Kylie 19:44 2004  
Isaacs, Kaylee 19:47 2009  
Rountree, Mattie 20:06 2014  
Lammers, Jillian 20:16 2001  
Bray, Elyse 20:21 2010  
Maria Boff 20:22 2009  
Oshust, Caroline 20:23 2006  
Lacy, Alex 20:46 2014  
Gerke, Natalie 20:48 1995  
Kalafut, Marrion 20:49 2008  
Welker, Emily 20:55 2005  
Dunn, Becky 20:57 2005  
Sorge, Kennedy 21:04 2011  
Waterson, Ali 21:06 2007  
Wells, Amy 21:08 2000  
Duvaris, Emily 21:14 2013  
Subasavage, Alex 21:21 2014  
Bickley, Katherine 21:28 2005  
Whitfield, Andie 21:40 2013  
Tull, Jennifer 21:42 2014  
Wells, Anna 21:53 1997  
Norris, Whitney 21:54 1997  
Wilson, Carrie 22:01 1997  
Bruner, Bethany 22:02 1997  
Ott, Adrienne 22:04 1999  
Goett, Kendall 22:05 1999  
Goett, Allison 22:05 2006  
Dunn, Liz 22:15 2003  
Bayles, Joanna 22:30 1999  
Abraham, Julie 22:37 1995  
Ciomek, Nicole 22:42 1996  
Whitehead, Jaclyn 22:56 2004  
O'Brien, Liz 22:59 2003  
Lindsey, Erin 23:01 1997  
Lawrie, Kristy 23:18 1998

### Junior Girls

Isaacs, Kaylee 19:37 2010  
Brewer, Michelle 19:43 2000  
Lammers, Jillian 19:45 2002  
Foley, Kylie 19:46 2005  
Boff, Maria 19:49 2010  
Waterson, Ali 20:04 2008  
Bray, Elyse 20:04 2011  
Taylor, Amy 20:21 1992  
Dunn, Liz 20:32 2004  
Thompson, Jackie 20:32 2010  
Flewellyn, Katie 20:40 1996  
Brewer, Jessica 20:49 2000  
Kalafut, Marrion 20:58 2009  
Tucker, Margaret 21:08 2007  
Gerke, Natalie 21:10 1996  
Oshust, Caroline 21:11 2007  
Houlihan, Megan 21:11 2008  
Goett, Kendall 21:18 2000  
Bickley, Katherine 21:21 2006  
Jessica Smith 21:40 2002  
Hughes, Jenna 21:40 2005  
Kansol, Anna 21:45 2012  
Norris, Whitney 21:52 1998  
DeFietas, Ashley 21:54 2004  
Greenwood, Jesse 21:55 2010  
Goett, Allison 21:57 2007  
Ott, Adrienne 21:59 2000  
Kalafut, Meaghan 21:59 2011  
Whitfield, Andie 22:00 2014  
Kozlars, Rachael 22:02 2007  
Lawrie, Kristy 22:12 2000  
Sorge, Kennedy 22:18 2012  
Hall, Mary 22:21 2012  
Harter, Lindsay 22:35 2003  
Wells, Amy 22:41 2001  
Abraham, Julie 22:45 1996  
Wilson, Carrie 22:45 1998  
Adams, Leah 23:03 1998  
Duvall, Andrea 23:27 1992  
O'Brien, Liz 23:37 2004  
Lindsey, Erin 23:48 1998  
Montante, Nicole 24:27:00 1992  
Bruner, Bethany 25:18:00 1998

### Senior Girls

Isaacs, Kaylee 19:01 2011  
Waterson, Ali 19:16 2009  
Velasco, Kari 19:20 1995  
Lammers, Jillian 19:23 2003  
Smith, Jessica 19:37 2003  
Brewer, Michelle 19:39 2001  
Brewer, Jessica 19:56 2001  
Boff, Maria 19:56 2011  
Smith, Audrey 20:05 2013  
Sorge, Kennedy 20:22 2013  
Thompson, Jackie 20:27 2011  
Goett, Kendall 20:33 2001  
Ciomek, Summer 20:36 1995  
Bickley, Katherine 20:36 2007  
Flewellyn, Katie 20:40 1997  
Dunn, Liz 20:42 2005  
Kalafut, Marrion 20:50 2010  
Hughes, Jenna 20:59 2006  
Dunn, Becky 20:59 2007  
Maeder, Alex 20:59 2011  
Grove, Katie 21:01 1995  
Amy Wells 21:09 2002  
Caitlin Birckhead 21:11 2002  
Ott, Adrienne 21:13 2001  
Taylor, Amy 21:13 1993  
Houlihan, Megan 21:13 2009  
Bray, Elyse 21:16 2012  
Clay, Melissa 21:17 1993  
Westerfield, Catherine 21:40 2008  
Banes, Kelsey 21:48 2006  
Johnston, Natalie 21:51 2013  
Midgett, Alisia 22:03 2001  
Brittany Cranford 22:06 2002  
Tucker, Margaret 22:08 2008  
Adams, Leah 22:11 1999  
Norris, Whitney 22:31 1999  
Long, Lindsey 22:35 1995  
Flewellyn, Emily 22:52 1996  
Wells, Anna 22:55 1999  
Duvall, Andrea 23:00 1993  
Forester, Mary 23:09 1993  
Johnston, Kolayna 23:20 2006  
Chewning, Sarah 24:09:00 1997



## BOARD ADMINISTRATIVE RULE

Return to "J" Section

<b>Student Conduct: Interscholastic/Extracurricular Activities</b>
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<b>JICDD</b>
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<b>4/14/10</b>
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### **RATIONALE/OBJECTIVE:**

Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders. They are role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these high standards, the District may withdraw the privilege to participate in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior.

### **RULE:**

#### **A. PROCEDURES:**

##### **1. Time in Effect:**

Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds.

2. Parents/guardians and/or students must report any arrest of a student or behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest or behavior will result in the student's consequences for the behavior in question being doubled and possible additional consequences for failure to report the behavior.

##### **3. Provisions:**

- a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate.
- b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension the student cannot have contact with the team during any team activities.
- c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count.
- d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this Rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public school systems.

##### **4. Notification:**

###### **a. Elementary/Middle Schools:**

In addition to providing students with copies of Administrative Rule JICDA-E



(Student Code of Conduct [Elementary]) or JICDA-M (Student Code of Conduct [Middle School]), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule.

**b. High Schools:**

In addition to providing students with copies of Administrative Rule JICDA-H (Student Code of Conduct [High School]), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

**B. ALCOHOL/ILLEGAL DRUGS/INHALANTS:**

The District believes very strongly that using/possessing over the counter drugs or products to get high; using/possessing alcohol; using/possessing illegal drugs; or using/possessing prescription drugs in an unauthorized manner at any time is a serious offense. Such use or possession by extracurricular participants is banned. **All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level.**

• **1st Offense:**

- Suspension from extracurricular activities, including practice and regular season, a minimum twenty-five (25) calendar days; plus
- Suspension from a minimum of 30% of the regular season contests/performances; plus
- Enrollment in the Gaining Results in Intervention and Prevention Program (GRIP) or comparable alcohol/other drug education program.
- The first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated.
- If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity.

• **2nd Offense:**

Suspension from extracurricular activities for a minimum of one calendar year. The student will not be permitted to participate in preseason activities or practice.

• **3rd Offense:**

Permanent suspension from extracurricular activities, including preseason activities and practices.

**C. TOBACCO [IN-SEASON USE]:**

• **1st Offense:**

Suspension from all extracurricular activities for two (2) school days.

• **2nd Offense:**

Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performances/competitions.

• **3rd Offense:**

Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performances/competitions.

• **4th Offense:**

Suspension from all extracurricular activities for ninety (90) calendar days.

**D. FELONY:**

**1. Guidelines:**

- a. A student who is arrested for, or charged with a felony or charged with an act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities;
- b. Students will not be permitted to participate in preseason activities;
- c. **DUI:**

All felony DUI offenses will be dealt with according to this section.

**2. Duration:**

- a. The student shall remain suspended from extracurricular activities until:
  - (1) The charges are completely dismissed;
  - (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section E, below, or Section B, for alcohol offenses;
  - (3) The student is found not guilty; or
  - (4) The student serves his consequences as outlined below.
- b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.
- c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**E. MISDEMEANORS:**

1. A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section F(7) below.
  - **1st and Subsequent Offenses:**  
Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.
2. **Drug/Alcohol/DUI:**  
Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above.
3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. These circumstances may not be sufficient to lift the student's consequences.

**F. OTHER OFFENSES:**

A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following:

1. **Hazing:**  
School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative Rule JJ [Student Activities: School Clubs/Organizations and Student Organizations]);
2. Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor);
3. Truancy and/or skipping classes;
4. Acting in an unsportsmanlike manner when representing the school;
5. Violating curfew as established by the coach;
6. Any act at school or away from school, which results in any discipline by school administration; or
7. Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity.

Adopted: 9/28/00; 8/11/04  
Reclassified an Administrative Rule: 9/1/04  
Revised: 8/10/05; 6/10/09; 4/14/10

**My signature below indicates my understanding of the Cobb County School District Code of Conduct (Board administrative rule JICDD)**

**Print Student's Name** \_\_\_\_\_

**Student's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

# HOYA CROSS COUNTRY HISTORY AND HONORS

## STATE RESULTS

### Individual Boys Top Ten

Austin Sharp 9<sup>th</sup>--1992  
 Giovanni Pipia 4<sup>th</sup>--1994  
 Robert Loerke 9<sup>th</sup>--2003  
 Ryan Brock 8<sup>th</sup> 2013

### Individual Girls Top Ten

Kari Velasco 2<sup>nd</sup>—1992, 7<sup>th</sup>--1994, 5<sup>th</sup>--1995  
 Veda Milani 3<sup>rd</sup>--1993  
 Michelle Brewer 3<sup>rd</sup>—2000, 1<sup>st</sup>--2001  
 Jessica Brewer 2<sup>nd</sup>--2001  
 Jillian Lammers 5<sup>th</sup>—2000, 5<sup>th</sup>—2001, 6<sup>th</sup>—2002, 3<sup>rd</sup>—2003  
 Kendell Goett 7<sup>th</sup>—2001  
 Kylie Foley 6<sup>th</sup>—2005  
 Kaylee Isaacs 1<sup>st</sup>--2011

**Individual State Champion:** Michelle Brewer 2001, Kaylee Isaacs 2011

### State Team Result

Year	Boys	Girls	Year	Boys	Girls	Year	Boys	Girls
1992	6 <sup>th</sup>	6 <sup>th</sup>	2001	16 <sup>th</sup>	1 <sup>st</sup>	2010	12 <sup>th</sup>	5 <sup>th</sup>
1993	9 <sup>th</sup>	4 <sup>th</sup>	2002	9 <sup>th</sup>	5 <sup>th</sup>	2011	14 <sup>th</sup>	2 <sup>nd</sup>
1994	7 <sup>th</sup>	6 <sup>th</sup>	2003	10 <sup>th</sup>	6 <sup>th</sup>	2012	13 <sup>th</sup>	11 <sup>th</sup>
1995	8 <sup>th</sup>	5 <sup>th</sup>	2004	DNQ	10 <sup>th</sup>	2013	3 <sup>rd</sup>	8 <sup>th</sup>
1996	8 <sup>th</sup>	6 <sup>th</sup>	2005	13 <sup>th</sup>	2 <sup>nd</sup>	2014	14 <sup>th</sup>	5 <sup>th</sup>
1997	13 <sup>th</sup>	??	2006	DNQ	12 <sup>th</sup>			
1998	15 <sup>th</sup>	13 <sup>th</sup>	2007	14 <sup>th</sup>	10 <sup>th</sup>			
1999	8 <sup>th</sup>	8 <sup>th</sup>	2008	6 <sup>th</sup>	5 <sup>th</sup>			
2000	5 <sup>th</sup>	1 <sup>st</sup>	2009	15 <sup>th</sup>	5 <sup>th</sup>			

## REGION RESULTS

**Boys Region Champs (7 times):** 1992, 1994, 1997, 2000, 2001, 2010, 2011

**Girls Region Champs (16 times):** 1992, 1993, 1994, 1995, 1999, 2000, 2001, 2003, 2005, 2008, 2009, 2010, 2011, 2012, 2013, 2014.

**Individual Region Champions:** Kaylee Isaacs 2011 Nat Estes 2010  
 Caroline Oshust 2006 Austin Sharp 1992  
 Kylie Foley 2003  
 Michelle Brewer 2000, 2001  
 Kari Velasco 1992, 1994

## INDIVIDUAL RECORDS

Certified 5K cross country course

Boys	Ryan Brock	15:52.02	2013 Gene Mullin Invitational	Furman University
Girls	Kaylee Isaacs	18:35.32	2011 Great American	Wake/Med Soccer park

### Atlanta Track Club All-Metro Team

Kylie Foley 2004, 2005	Robert Loerke 2003
Jillian Lammers 2000, 2001, 2002, 2003	Carter Parrish 2000
Michelle Brewer 2000, 2001	Ali Waterson 2009
Jessica Brewer 2000, 2001	Kaylee Isaacs 2011
Kendell Goett 2001	

### Harrison High School Hall of Fame Selections

Michelle Brewer 2011  
 2000 and 2001 Girls State Champions team 2012

**TEAM MVR**

Year	Boys	Girls
1992	Austin Sharp	Kari Velasco
1993	Austin Sharp	Vita Milani
1994	Giovanni Pipia	Kari Velasco
1995	Danny Dellegrazio	Kari Velasco
1996	Clay Moore	Anna Wells
1997	Nathan Deeter	Anna Wells, Katie Flewellyn
1998	John Davenport	Whitney Norris
1999	John Davenport	Amy Wells, Adrienne Ott
2000	Carter Parrish	Michelle Brewer
2001	Andy Smith	Michelle Brewer
2002	Derrick Zinnerman	Jillian Lammers
2003	Robert Loerke	Jillian Lammers
2004	Brendon Banes	Kylie Foley
2005	Brendon Banes	Kylie Foley
2006	Jakob Roedel	Caroline Oshust
2007	Jacob Roedel	Katherine Bickley
2008	Ryan Burruss	Ali Waterson
2009	Dan Ryan	Ali Waterson
2010	Nat Estes	Kaylee Isaacs, Maria Boff
2011	Jeremy McClung	Kaylee Isaacs
2012	Ryan Brock, Adam Watt	Elyse Bray
2013	Ryan Brock	Audrey Smith
2014	Spencer Borchelt	Mattie Rountree

**Ray Buckley Award for Outstanding Female Cross-Country Athlete (ATC)**

Michelle Brewer 2001

**Paul Koshewa Award for Outstanding Dedication Women's Coach (ATC)**

Bob DeMenna 2001

**Marietta Daily Journal Cross Country Athlete of the Year**

Jillian Lammers 2003

Michelle Brewer 2000, 2001

Kaylee Isaacs 2011

**ATC Patty Foell Scholarship Award Winner**

Kaylee Isaacs 2011-2012

**Marietta Daily Journal All County 1<sup>st</sup> Team 2014**

Mattie Rountree

**NCAA or NAIA Scholarship Recipients (current)**

Kaylee Isaacs	Georgia Tech	Kennedy Sorge	Kennesaw State
Maria Boff	GCSU	Audrey Smith	Lee University
Jackie Thompson	The Citadel		

**Hoya alumni who are participating as walk-on athletes**

Conner Ennis	Valparaiso	Ryan Brock	Univ of Georgia
Spencer Borchelt	Kennesaw State	Danielle King	Lee University

## Harrison's All Time Best XC State Meet Performances at Carrollton

Boys			Girls		
Name	Time	Year	Name	Time	Year
1 Loerke, Robert	16:07	2003 *	1 Isaacs, Kaylee	19:05	2011 *
2 Pipia, Giovanni	16:18	1994	2 Waterson, Ali	19:16	2009 *
3 Brock, Ryan	16:41	2013 *	3 Velasco, Kari	19:20	1995
4 Estes, Nat	16:42	2010 *	4 Lammers, Jillian	19:23	2003 *
5 Burruss, Ryan	16:46	2008 *	5 Smith, Jessica	19:37	2003 *
6 Delgrazio, Danny	16:48	1995	6 Brewer, Michelle	19:39	2001
7 Sharp, Austin	16:49	1992 %	7 Bray, Elyse	19:42	2009 *
8 Parrish, Carter	17:02	2000	8 Foley, Kylie	19:44	2005 *
9 Woods, Drew	17:03	2003 *	9 Milani, Veda	19:44	1993 %
10 Roedel, Jakob	17:05	2007 *	10 Boff, Maria	19:49	2010 *
11 McClung, Lee	17:05	2008 *	11 Brewer, Jessica	19:56	2001
12 McClung, Jeremy	17:05	2011 *	12 Smith, Audrey	20:05	2013 *
13 Banes, Brendon	17:08	2005 *	13 Rountree, Mattie	20:06	2014 *
14 Cooper, Jacob	17:09	2013 *	14 Taylor, Amy	20:21	1992 %
15 Elmy, Dylan	17:16	2013 *	15 Sorge, Kennedy	20:22	2013 *
16 Hanratty, Sean	17:19	1993 %	16 Oshust, Caroline	20:23	2006 *
17 Ryan, Dan	17:19	2009 *	17 Thompson, Jackie	20:27	2011 *
18 O'Connell, Austin	17:19	2010 *	18 Dunn, Liz	20:32	2004 *
19 Raymond, Chris	17:20	2008 *	19 Goett, Kendell	20:33	2001
20 Cappadona, Nick	17:21	2009 *	20 Ciomek, Summer	20:36	1995
21 Borchelt, Spencer	17:22	2013 *	21 Bickley, Katherine	20:36	2007 *
22 Zinnerman, Derrick	17:25	2002	22 Flewellyn, Katie	20:40	1996
23 Loerke, Jason	17:25	2003 *	23 Lacy, Alex	20:46	2014
24 Olsen, Doug	17:26	2008 *	24 Gerke, Natalie	20:48	1995
25 Peterson, Marc	17:26	1993 %	25 Kalafut, Marrion	20:49	2008 *
26 Ingalls, Robbie	17:28	1995	26 Wells, Anna	20:55	1996
27 Ennis, Conner	17:30	2011 *	27 Welker, Emily	20:55	2005 *
28 Watt, Adam	17:31	2013 *	28 Dunn, Becky	20:57	2005 *
29 Davenport, John	17:32	1999	29 Kalafut, Meaghan	20:58	2009 *
30 Montante, JP	17:34	2000	30 Hughes, Jenna	20:59	2006 *
31 Parrish, Brian	17:35	1992 %	31 Maeder, Alex	20:59	2011 *
32 Bohn, Tyler	17:36	2011 *	32 Grove, Katie	21:01	1995
33 Olsen, Zach	17:37	2003 *	33 Long, Lindsey	21:03	1992 %
34 Close, Rusty	17:40	1992 %	34 Wells, Amy	21:08	2000
35 Wilson, Cory	17:41	1996	35 Tucker, Margaret	21:08	2007 *
36 Rolf, Grayson	17:42	2014 *	36 Birkhead, Caitlin	21:11	2002
37 Deeter, Nathan	17:44	1997	37 Houlihan, Megan	21:11	2008 *
38 Davidson, Jeremy	17:45	1995	38 Duvaris, Emily	21:11	2012 *
39 Foley, Kevin	17:45	2000	39 Ott, Adrienne	21:13	2001
40 Goodman, Jake	17:49	2010 *	40 Clay, Melissa	21:17	1993 %
41 Lyons, Davis	17:52	2009 *	41 Subasavage, Alexa	21:21	2014
42 Brown, Garrett	17:53	1996	42 Tull, Jennifer	21:26	2013 *
43 Paulk, Drew	17:54	1996	43 Stanley, Kira	21:28	2014
44 O'Malley, Garrick	17:55	1996	44 Moody, Kayli	21:29	2014
45 Brunson, Derek	17:55	2008 *	45 Westerfield, Catherine	21:40	2008 *
46 Lawrie, Brett	17:58	1998	46 Whitfield, Andie	21:40	2013 *
47 McCord, Jacob	17:58	2013 *	47 Kansol, Anna	21:45	2012 *
48 Gettinger, Robby	17:59	2009 *	48 Banes, Kelsey	21:48	2006 *
49 Wenk, James	17:59	2011 *	49 Johnston, Natalie	21:51	2013 *
50 Porter, Chris	18:02	1999	50 Norris, Whitney	21:52	1998
51 Dumas, Jimmel	18:04	1999	51 DeFreitas, Ashley	21:54	2004 *
52 Ely, JC	18:04	2005 *	52 Greenwood, Jesse	21:55	2010 *
53 Butler, Brad	18:06	1997	53 Goett, Allison	21:57	2007 *
54 Gladstone, Ben	18:07	2011 *	54 Wilson, Carrie	22:01	1997
55 Brock, Evan	18:09	2014	55 Bruner, Bethany	22:02	1997
56 Paynter, Michael	18:10	1994	56 Koziara, Rachael	22:02	2007 *
57 Knight, Josh	18:10	2000	57 Midgett, Alisia	22:03	2001
58 Norden, Zach	18:11	2007 *	58 Whitehead, Jaclyn	22:03	2003 *
59 Grier, Jason	18:12	1994	59 Cranford, Brittany	22:06	2002
60 White, Justin	18:14	2012 *	60 Adams, Leah	22:11	1999
61 Harrell, Casey	18:15	1995	61 Lawrie, Kristy	22:12	2000
62 Cain, Matt	18:15	2000	62 Hall, Mary	22:21	2012 *
63 Smith, Andy	18:18	2001	63 Bayles, Joanna	22:30	1999
64 Schramm, Bradley	18:18	2014	64 Ciomek, Nicole	22:33	1995
65 Harper, Brian	18:20	1999	65 O'Brien, Liz	22:33	2002
66 Rennie, Rex	18:21	2009 *	66 Harter, Lindsay	22:35	2003 *
67 Fronk, Stewart	18:21	2014	67 Abraham, Julie	22:37	1995
68 Porter, Robbie	18:31	1999	68 Flewellyn, Emily	22:52	1996
69 Martin, Eric	18:32	2007 *	69 Lindsey, Erin	23:01	1997
70 Mori, Kenji	18:33	2000	70 Leitske, Lori	23:09	1992 %
71 Freund, Ian	18:33	2001	71 Forester, Mary	23:09	1993 %
72 Machan, Ryan	18:36	2005 *	72 Johnston, Kolayna	23:20	2006 *
73 Igyarto, Pete	18:39	1997	73 Duvall, Andrea	23:27	1992 %
74 Hoffman, Scotty	18:40	2005 *	74 Chewning, Sarah	24:09:00	1997
75 Halbrook, Tyler	18:40	2007 *	75 Montante, Nicole	24:27:00	1992 %
76 Deas, Jeremy	18:42	2003 *			
77 Foglewicz, Kevin	18:47	2011 *			
78 Johnson, Bobby	18:48	1996			
79 Brown, Morgan	18:48	1998			
80 O'Brien, Kevin	18:48	2014			
81 Norris, John	18:49	2002			
82 Steadman, Dan	18:57	1994			
83 Riley, Alan	18:59	1997			
84 Freud, Alex	19:12	2005 *			
85 Glantzberg, Jon	19:20	2003 *			
86 Brown, Todd	19:22	2002			
87 Baker, Doug	19:23	1992 %			
88 Kirchner, John	19:59	1998			
89 Ravenscraft, Eric	20:30	2014			

% Al Bishop 1992-93  
 \* Carrollton 2003 to Present