



# LNHS Cross Country

2018 Coaching Staff:

**Mike Reitmeyer** - [m\\_reitmeyer@yahoo.com](mailto:m_reitmeyer@yahoo.com) | 704.657.8938

**Alyssa Young** - [alyssa\\_young@iss.k12.nc.us](mailto:alyssa_young@iss.k12.nc.us)

text: @2018LNXC to 81010 or (805) 246-9474

# Summer 10 Week Mileage Challenge

72 members in the challenge -10 Achieved at least 200 Miles.

200 + Miles	300+ Miles	400 Miles
Mike Reitmeyer Tristan Catropa Takumi Fujita Sydney Cook Dalton Graves Declan Quinn	Carter Guerrin Kaleigh Stolberg Phinehas Hunter-Eldridge	Grant Weaver

# Practice Schedule

- ▶ July 30<sup>th</sup> to Aug 15<sup>th</sup> M-F 7:30 to 9:00 AM
- ▶ Aug 16<sup>th</sup> M-F 3:30 to 5:30 PM

# 2018 Schedule

## August

- 10 Fri - Pictures
- 15 Wed - Movie Night
- 18 Fri - Clash of Classes
- 25 Sat - Providence Invitational

## September

- 7 Fri - Friday Night Lights
- 11 Tue - Statesville Invitational
- 18 Tue - County Championship

## September

- 22 Sat - Hare & Hounds Invitational
- 29 Sat - Greensboro XC Invitational

## October

- 6 Sat - Wendy's Invitational
- 10 Wed - Mallard Creek
- 17 Wed - I-MECK Conference Championship
- 27 Sat - NCHSAA 4A Regional

## November

- 3 Sat - NCHSAA 4A State Championship

# Uniforms - Boys

- ▶ Nike Men's Fast 2" Short - Black
- ▶ Nike Men's Fast 4" Short - Black



[https://www.runningwarehouse.com/Nike\\_Mens\\_Fast\\_2\\_Short/descpage-NMFS2.html](https://www.runningwarehouse.com/Nike_Mens_Fast_2_Short/descpage-NMFS2.html)

[https://www.runningwarehouse.com/Nike\\_Mens\\_Fast\\_4\\_Short/descpage-NMFS4.html](https://www.runningwarehouse.com/Nike_Mens_Fast_4_Short/descpage-NMFS4.html)

LNXC Discount Code: LN15D

# Uniforms - Varsity Girls

## ▶ Nike Women's Power Race Day Boy Short - Black/White



[https://www.runningwarehouse.com/Nike\\_Womens\\_Power\\_Race\\_Day\\_Boy\\_Short/descpage-NIWPBS.html](https://www.runningwarehouse.com/Nike_Womens_Power_Race_Day_Boy_Short/descpage-NIWPBS.html)

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# Women's Junior Varsity option

## ▶ Nike Dri-FIT 3.5" Tempo Shorts Black/Black



<https://www.eastbay.com/product/model:273742/sku:31558014/nike-dri-fit-3.5-tempo-shorts-womens/all-black/black/>

Contact Coach Mike for a 20% Coupon Code

# Groups

- ▶ Boys and Girls will be assigned to 4 groups - (2 captains/group)
- ▶ will warm up together @ practice
- ▶ will be assigned to 2 meets to manage activities

Responsible for:

- ▶ Setting up/breaking down camp -  
(tents, tables, tarps and trash and water)  
expected to stay to the end



# Varsity Letter Requirements

- ▶ Attendance of group activities and
- ▶ Conduct yourself in an appropriate manner\* at ALL times and
- ▶ Participate in all meets (unless you are excused) and
- ▶ Participate throughout the entire season.
- ▶ Finish in the top 7 or 10 for the team in a race, or
- ▶ Win any JV race, or
- ▶ Girls finish a race in 22:29.59 or better
- ▶ Boys finish a race in 18:59.59 or better

# Appropriate Manner - LNHS Code of Conduct - Serious/Major

- ▶ Disrespect for authority
- ▶ No Drugs
- ▶ No Alcohol
- ▶ No Smoking/E-Cigs/Vaping

# Varsity Performance Selection

- ▶ 7 to 10 Athletes on varsity
- ▶ Initial varsity selection will be taken from the Clash of Classes (Aug 18<sup>th</sup>)
- ▶ Top 7 to 10 fastest times from the meet
- ▶ If a person misses the Clash of Classes, the athlete will run their first event in the JV ranks until they achieve a top 7/10 result.
- ▶ All but 2 spots based on best 3 performances (once we have run at least 3)
- ▶ Remaining 2 selected based on who will give the team the best chance to place at a competition.

# Multi-Sport

- ▶ If you are a multi-sport athlete (Club Sport) we need to know
- ▶ We will work with your schedule  
(need to leave early, modify workouts etc...)
- ▶ Do not cut your workouts on your own!  
Let a coach know so we can modify them for you.
- ▶ We may ask you to modify your workouts in your other sport during important races (i.e. Conference, Regionals and States)

# Fundraising

Attractions Books Fundraiser - July 30 to Aug 17<sup>th</sup>

Butterbraid Fundraiser - Sept 3<sup>rd</sup> to Sept 19<sup>th</sup>

Merchandise - Water Bottle, sticker, magnet

Goal is to raise 2,000.00

Where will the money go...

- ▶ Meet Fees (7 Invitational meets - 100 to 300 per team)
- ▶ Bus and driver fees (2 busses - 1.75 per mile / 10.00 an hour)
- ▶ Meet Snacks/Drinks
- ▶ End of year banquet, awards, giveaways, and senior gifts

# NCAA - The next step

- ▶ Juniors/Seniors must register with NCAA Clearinghouse if intend to run in college.
- ▶ Seniors must register ASAP
- ▶ Juniors register in spring

[www.ncaaClearingHouse.net](http://www.ncaaClearingHouse.net)

# NCHSAA - AMATEUR RULE

Do NOT accept any awards exceeding 20.00 per season

Money or awards having utilitarian value (Example: golf balls, clubs, tennis balls, racket, etc.) may not be given to students for participation in athletics except as noted in the following paragraphs. A student may receive merchandise, etc., if it does not exceed \$20 value per season. Students may not accept items by virtue of being on a “free list” or “loan list”.

Enforcement of this rule by the NCHSAA begins with a student’s entry in the ninth grade, so to participate as a member of a high school tennis team, for example, an athlete may NOT receive racquets, warm-ups, etc., by virtue of being on a free list or loan list.

**Note: Gift cards and running shoes fall into this category!**

# Parent/Student Opportunities

- ▶ (P) End of year banquet committee
- ▶ (P/S) Photography at meets/events
- ▶ (S) Journalist
- ▶ (P/S) Slideshow for banquet
- ▶ (P) Fundraising/Booster Representative
- ▶ (P) Logistics



# Resources

[www.LakeNormanXC.org](http://www.LakeNormanXC.org)

Facebook Page - LNHS Cross Country-

<https://www.facebook.com/groups/LNHSXC>

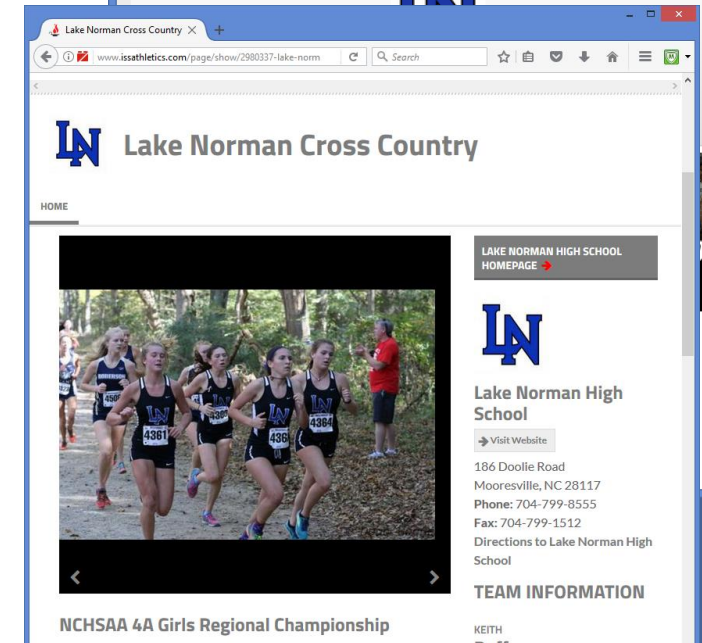
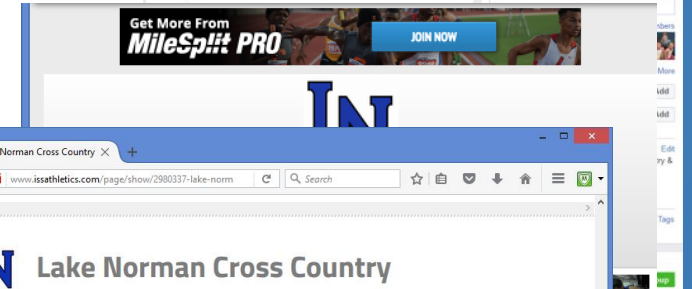
MileSplit -

<http://nc.milesplit.com/teams/7448>

AND

Remind 101

text: @2018LNXC to  
81010 or (805) 246-9474





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