

Parents Guide to DHS Cross Country:

HOT Weather at practices and at meets. 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 Dekalb 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.

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 DHS XC program in many ways. The booster club funds team shirts, the banquet, supplements the coaches, and numerous other social activities and functions. Please join ASAP!

We encourage you to take photos of the athletes in action. If you are interested in being the team photographer, please contact Coach Chriszt.

DHS XC has a reputation for exhibiting good sportsmanship. As you watch a meet, encourage ALL Wildcat 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 regional competition. If you have any concerns about our strategy, then please direct your concerns to us.

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!
- § 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.)