



**JOIN THE 2021 MAURY BOYS & GIRLS CROSS COUNTRY TEAM**

# What is cross country?



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- Cross country is a sport in which teams and individuals run races on outdoor courses over natural terrain. Races shall be run over courses confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. Examples of natural terrain: grass, dirt, gravel
- The length of country races is roughly 5K (or 3.1 miles) at the high school level, but the length and difficulty of courses varies.
- It is both an individual and a team sport; runners are judged on individual times and teams by a points-scoring method.
- Races are scored by assigning a point value for the place a runner finishes in. If a runner finishes first, he/she will earn 1 point. Finishing 55th would usually earn 55 points. Cross country is similar to golf in that the **lowest score wins**. A perfect score is 15 points, with the top five runners occupying the first five finishing positions.
- While only the top 5 runners “score” for their team, the sixth and seventh placed runners also receive a score. Their points can be valuable since they may increase the score of an opposing team by placing in front of that team’s top five runners. The score of the sixth and seventh runners might also be used for tie breaking.

# Why You Should Join Maury cross country

- **The people:** The people that run cross-country are amazing! They're smart (we consistently have the best GPA), funny, quirky, nerdy, weird, and some of the best people you'll ever meet. You will form bonds with your teammates that will last long after the season is over.
- **It's a great way to stay in shape!** Including preparing for winter & spring sports
- **Awesome team apparel & gear**
- **Legendary pre-race "pasta parties."** Team families host pot-luck meals for athletes on Tuesday nights during the season, the evening before Wednesday district meets.
- **Introduction to a lifelong activity:** In a time when we are bombarded with messages about inactivity, obesity and lifestyle diseases, learning to love running and movement is an investment in your future health.

# Why You Should Join Maury cross country

- **It is an individual sport.** You will challenge yourself physically and mentally in order to compete for your best placement and best race time throughout the season with the goal of peaking in early-mid November.
- **It is a team sport too!** A cross-country team consists of seven runners. A team's score is determined by tallying the placement numbers of the first five finishers. Thus, in cross-country, all athletes are incentivized to run for their best possible placement. The consequence of this scoring dynamic is that mid-pack runners are just as crucial to a team's score as the superstars up front.
- **Time management.** Daily practice, weekend meets, summer runs: all of these commitments teach you how to balance time long before going to college, holding a job, raising a family and being an active community member.
- **Goal setting.** Cross-country is objective in many ways; time elapses from the start to a defined finish and you earn a place with every finish. Through formal goal setting activities and informal statements about goals for each race, athletes learn to set appropriate goals, work towards those and celebrate when they or their teammates reach and achieve those goals.

# Eligibility Requirements:

**Athletes must complete 3 eligibility forms, including a 4 page VHSL physical examination form, a concussion education letter, & a covid-19 education letter. You may not condition, practice, or compete with the team until you have completed & submitted all 3 eligibility requirements. See below for more information & applicable hyperlinks:**

- [VHSL physical exam](#) - dated after May 1, 2021 ([new form this year - click this hyperlink](#))
- [concussion education letter](#) - dated after May 1, 2021
- [covid-19 education letter](#) - dated after May 1, 2021
- [NPS Athletics Eligibility Information](#) (general overview)
- Among other requirements, student athletes must take a minimum of 5 credit classes & maintain a 2.0 GPA or above
- All of this paperwork must be completed in order to participate in summer conditioning after July 1, 2021 and compete in the Fall of 2021. I recommend scanning or taking a photo of all paperwork before submitting it to me, the school athletic trainer, Mr. Talley, or the main office. Please direct paperwork to me or our athletic director, Mr. Staples, if you drop off eligibility paperwork in Maury's main office during summer hours (Monday-Thursday, no Fridays).

# What do athletes need for cross country?

## ➤ **Running shoes**

- Ideally, you should get fitted at [Running Etc.](#) (store at 1707 Colley Avenue in Ghent) as they will watch you run, complete a gait analysis in order to determine the best footwear model, size and width to make your feet very happy.
- Running Etc. gives a 10% discount to high school runners, so mention you run for Maury cross country when you shop & checkout at their store
- Furthermore, I am a big proponent of alternating two pairs of running shoes. This helps running shoe midsole foam recover a bit & ensures that athletes are adequately protecting their bodies while running. It's important to have fresh shoes to help prevent injury as most shoes allow 200-400 miles, depending on the model & runner.

## ➤ **Cross country spikes** for racing (need by late summer & spikes are not for everyone)

## ➤ **Running apparel**

## ➤ **Water bottle**

## ➤ **Yoga mat or towel**

## ➤ **Wharton rope, stretching strap, or yoga strap** (we will use Wharton health's mobility & strength programs for injury prevention this season)

## ➤ **Recommended, but not mandatory:**

- [recovery & injury prevention tools](#) (foam roller, The Stick, percussive massage tools such as hypervolt, etc.)
- Smart watch (Garmin, Polar, Coros, etc.) OR at least a simple stopwatch

# About Coach Bennett

- teacher at Maury High School since 2007-2008 school year & coach since Fall 2014
- Current courses:
  - Advanced Placement United States History
  - Advanced Placement Seminar (Capstone Program)
  - Honors Bioethics (Medical & Health Specialties Program)
- Education: B.A. History (2007) & M.A. History (2016) – Old Dominion University
- Coach Certifications:
  - USATF (USA Track & Field) Level 1
  - USATF Cross Country Specialist
  - Currently pursuing USATF Level 2 Certification in Endurance & Sports Science
  - clinics/workshops (Boulder Running Clinic, U.S. All-Star Clinic, Dr. Daniels Clinic, Fundamentals Education Course with Coach Jay Johnson, etc.)
- My family & I live in Norfolk. My partner, Lea, is an NPS Art teacher at the elementary level & we have two children, Coralie (Age 5) & Wilder (Age 2).



# Contact Coach Bennett & Stay Informed

- **Email Coach Bennett:** [maurycrosscountry@gmail.com](mailto:maurycrosscountry@gmail.com) OR [brbennett@nps.k12.va.us](mailto:brbennett@nps.k12.va.us)
- **Join Remind101 (communication app for teachers & coaches):**
  - To sign up for Remind101, text @mauryxc to the # 81010



# Cross Country Race Videos

- Check out some cross country races to get a better sense of the sport. Enjoy!
- [www.milestat.com](http://www.milestat.com) is a great resource for high school cross country & track. It maintains race registration, team & athlete statistics, and race photos & videos. Unfortunately, watching race videos on milestat requires a subscription so I did not link them because you would be blocked by a paywall.
- [2019 Foot Locker-Eastbay Cross Country Championships Boys Race \(High School\)](#)
- [2019 Foot Locker-Eastbay Cross Country Championships Girls Race \(High School\)](#)
- [BOYS RACE - WEBCAST REPLAY - NIKE CROSS NATIONALS 2019](#)
- [GIRLS RACE – WEBCAST REPLAY – NIKE CROSS NATIONALS 2019](#)
- [2020\\* DI Men's NCAA Cross Country Championship](#)
- [2020\\* DI Women's NCAA Cross Country Championship](#)

# “Summer miles bring Fall smiles.”

Summer conditioning and training is essential to success. However, you may still travel, vacation, and work. I will provide athletes with scheduled workouts and we will use the app Final Surge so that I can send workouts to the team, athletes can send me their workout data and feedback, and I can keep tabs on their activity and consistency. It is vital that athletes train consistently throughout the summer. The expression “Summer miles bring Fall smiles” references the fact that athletes that train consistently all summer will be the most successful during the fall championship season. In short, the smarter you train, the more successful you’ll be and the more we train as a team, the more successful we will be as a team. Team conditioning will occur in the early AM (likely 7:00-9:30AM, Monday-Thursday, but details have not yet been finalized. I will release details through email & remind101 asap).

- **June 21 – July 2:** Summer conditioning & training (location & time TBD – coming soon!)
- **July 1, 2021:** must have new eligibility paperwork submitted to condition with team as eligibility paperwork for the 2020-2021 academic year expires on June 30
- **July 4 – July 10:** VHSL “Dead Period” – No formal team practice (still run & exercise)
- **July 12 – July 30:** Summer conditioning & training
- **August 2:** Official practice begins, essentially a continuation of summer conditioning & training
- **August 2 – September 2:** practice

# TENTATIVE 2021 SCHEDULE

- **September 7:** Labor Day
- **September 8:** 1<sup>st</sup> day of school
- **Practice during the school year (tentative):**
  - Monday - Friday, 2:30-5:00PM
  - We will not practice on Fridays before Saturday invitationals and some practices will end at 4PM. However, expect to practice almost every weekday.
- **Eastern District Races (Wednesdays, boys race at 4, girls race at 4:30pm):**
  - September 15 (Churchland H.S.)
  - September 22 (Churchland H.S.)
  - September 29 (Churchland H.S.)
  - October 6 (Churchland H.S.)
  - October 13 (Bells Mill Park)
  - **October 20 (Eastern District Championship – Bells Mill Park)**

# TENTATIVE 2021 SCHEDULE

## ➤ **Invitationals (on Saturdays, # of athletes that compete will vary):**

➤ TBD – depends on VHSL guidelines and other policies, but assuming that invitationals are an option, we will choose from the following events:

- September 11: Oatlands Invitational (Leesburg, VA) or Pole Green Classic (Mechanicsville, VA)
- September 25: RVA Relays (5 X 2500m relays) (Mechanicsville, VA)
- October 2: Octoberfest Invitational (Great Meadow – The Plains, VA)
- October 9: Albemarle Invitational (Panorama Farm)
- October 16: Milestat Invitational (Mechanicsville, VA)

## ➤ **Championship Season:**

- October 20 (Eastern District Championship meet – Bells Mill Park)
- Class 5, Region B Championship meet – location tbd – date: October 30 – November 6
- Class 5 State Championship meet – Great Meadow, the Plains, VA – date tbd

# Recent Maury CC history (2017-2020)

- State Championship Qualifiers (2016 - 2020)
- Girls Eastern District Champions (2017 - 2020)
- 2019 Individual State Champion (Maeve Stiles)
- Boys Eastern District Champions (2017, 2019, & 2020)
- Girls Class 5, Region A Champions (2018 & 2019)
- Boys Eastern District Runner-Up (2018)
- Girls Class 5, Region A Champion – Maeve Stiles (2018 & 2019)



# 2017 Maury Boys Cross Country

❖ 2017 Eastern District Champions

❖ All-Region & State Championship Meet Qualifier: Grayson Joly



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❖ 2017 Eastern District Champions

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# 2017 Maury Boys Cross Country

❖ 2017 Eastern District Champions

❖ All-Region & State Championship Meet Qualifier: Maeve Stiles & Eliza Madison



# 2017 Maury Boys Cross Country

❖ 2017 Eastern District Champions

❖ All-Region & State Championship Meet Qualifier: Maeve Stiles & Eliza Madison



# 2018 Maury Boys Cross Country

❖ 2018 Eastern District Runner-Up

❖ undefeated regular season

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# 2018 Maury Boys Cross Country

❖ 2018 Eastern District Runner-Up & undefeated regular season



# 2018 Maury Girls Cross Country

❖ 2018 Eastern District Champions

❖ 2018 Class 5, Region A Champions: Team & Individual Champion (Maeve Stiles)

❖ 2018 State Championship Meet: Top 7 team & All-State Individual (Maeve Stiles – 9<sup>th</sup> place)

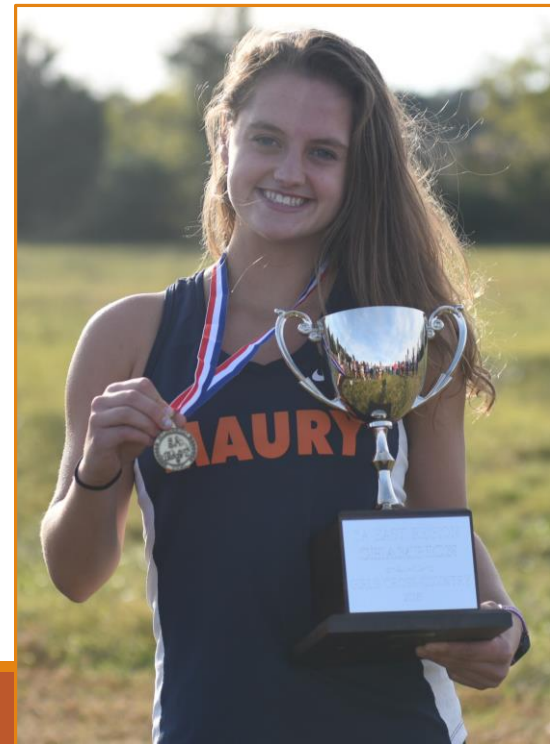


# 2018 Maury Girls Cross Country

❖ 2018 Eastern District Champions

❖ 2018 Class 5, Region A Champions: Team & Individual Champion (Maeve Stiles)

❖ 2018 State Championship Meet: Top 7 team & All-State Individual (Maeve Stiles – 9<sup>th</sup> place)



# 2019 Maury Cross Country



# 2019 Maury Cross Country





# 2019 Maury Boys Cross Country

❖ 2019 Eastern District Champions

❖ 2019 Class 5, Region A Championship meet: Top 5 team



# 2019 Maury Girls Cross Country

❖ 2019 Eastern District Champions

❖ 2019 Class 5, Region A Champions: Team & Individual Champion (Maeve Stiles)

❖ 2019 State Championship Meet: Top 10 team & Individual State Champion (Maeve Stiles)



# 2019 Maury Girls Cross Country

❖ 2019 Eastern District Champions

❖ 2019 Class 5, Region A Champions: Team & Individual Champion (Maeve Stiles)

❖ 2019 State Championship Meet: Top 10 team & Individual State Champion (Maeve Stiles)



# \*2020 Maury Cross Country

❖ The team overcame extraordinary obstacles & defended their Eastern District titles, despite the delayed & shortened season, due to the Covid-19 pandemic. \*The 2020 season took place during winter/spring 2021



# 2020 Maury Boys Cross Country

❖ 2020 Eastern District Champions (\*Winter/Spring 2021 due to Covid-19 delays)



# 2020 Maury Girls Cross Country

❖ 2020 Eastern District Champions (\*Winter/Spring 2021 due to Covid-19 delays)

❖ 2020 Class 5, Region A Championship Meet: 3<sup>rd</sup> place team

❖ 2 All-Region Runners: Hallie McMurdie (7<sup>th</sup>) & Mary Ella Wynne (14<sup>th</sup>)

❖ Hallie McMurdie competed at the State Cross Country Championship meet



# Join our team, have fun, work hard, & win!

- **Email Coach Bennett:** [maurycrosscountry@gmail.com](mailto:maurycrosscountry@gmail.com) OR [brbennett@nps.k12.va.us](mailto:brbennett@nps.k12.va.us)
- **Join Remind101 (communication app for teachers & coaches):**
  - Text message @mauryxc to the # 81010
- Follow mauryxc on Instagram & the Maury Cross Country School Sports Team Page on Facebook (admittedly, not very active on social media 😊)

