

Mountain Brook
Jr. High
Cross Country
Handbook 2023

Coaches



Sean Conboy
Head Coach



Reed Bowers
Assistant Coach



John Phillips
Athletic Director
Assistant Coach



Stacy Bazemore
Assistant Coach

Coaches



Stewart Hawk
Assistant Coach



**Emma Grace
Phillips**
Assistant Coach



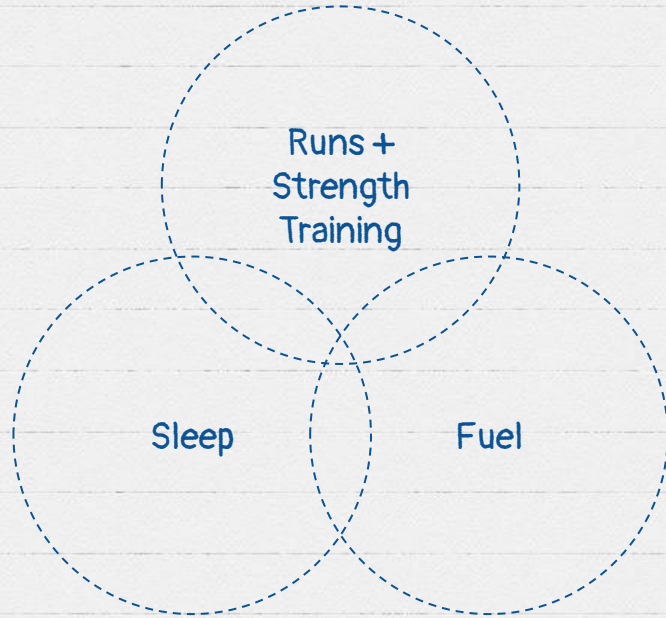
Abby Montegut
Assistant Coach

Philosophy of Cross Country

- x **Growth:** all athletes across all abilities can improve, develop, and contribute to the team's performance and culture.
- x **Posterity:** training prescriptions are designed around the athletes long term success.
- x **Individuality:** expectations and coaching of athletes are based on their current fitness and ability.
- x **Service:** athletes and coaches strive to be servant leaders to each other, the school, and outside community.



MBJH Training Theory



While workouts and consistent effort at practice are essential, 66% of our training is rooted in recovery. Therefore, proper sleep and nutrition outside of practice needs to be prioritized for all athletes success and injury prevention.

- [Training Schedule](#)
- [Training Guide](#)



Practice Logistics

- x 3:06 bell rings: athletes change in the locker room and meet at the outside amphitheater dressed and ready to run. **Practice starts at 3:20.**
- x Practice typically ends at **4:45.**
- x Lockers are provided for all athletes
 - x See Coach Conboy to receive an athletic locker
 - x It is the athletes responsibility to lock up their belongings



Practice Expectations

- x **All practices are required.** Roll will be taken at the beginning of practice everyday.
- x Excused absences must be communicated in advance with Coach Conboy or Coach Bowers
 - x Dentist, Doctor, Religious, etc.
- x An unexcused absence will result in a week suspension from the team and two unexcused will result in dismissal from the team.
- x Arriving late to practice or leaving early for an unexcused reason will result in a missed practice.



Required Gear

Proper Training Shoes

Athletes need a proper pair of everyday training shoes.

If you are unsure about what to get, the **Trak Shak** does a phenomenal job supporting MBJH athletes with the proper footwear and provides all athletes with a **10% discount**.

Spirit Pack

All athletes are required to purchase the following.

- X Team Shirt
- X Team Socks
- X Team Uniform (if not already purchased)

Any additional spirit pack items are optional.

Essentials

- X Racing spikes (can be purchased at Trak Shak for 10% off)
- X Watch
- X Appropriate running clothes/socks
- X Black undergarments
 - X Boys: compression shorts
 - X Girls: sports bra

Cross Country Schedule

Date	Meet	Location	Grade
8/31	Warrior 2 mile	Thompson	7-9
9/9	Chickasaw Trails	Moulton	7-9
9/16	Spain Park	Spain Park	7-9
9/21	Hewitt 2 Mile	Hewitt-Trussville	7-8
9/29	Oak Mt. 2 Mile	Oak Mountain	7-8
9/30	Oak Mt. JV	Oak Mountain	9
10/14	Dew it on the Trails	Decatur	7-9
TBD	Metro Championships	Spain Park	7-8
10/21	Husky Challenge	Trussville	7-9th *7th optional
10/30	JV Champs	Alabaster	7-9th *7th optional

Signing up for Cross Country

1. ONLINE REGISTRATION

- Please be careful when you enter your email addresses. We will copy and paste these into our email list. Put all the email addresses you want listed.
- [Link](#)

2. SPIRIT PACKS

- Please calculate your payment and print your completed form. Send your payment and form in an envelope with all other forms to the front office. (If you have an issue with the payment please contact Coach Bowers to work out a plan.)
- [Link](#)

Signing up for Cross Country

All of the following forms must be submitted when completed in **Dragonfly Max**.

Directions are located on the Athletics Webpage. Link → [Athletics / Eligibility \(FORMS\)](#)

3. PHYSICAL and Birth Certificate

- Every athlete must have a current AHSAA physical on file. DO NOT WAIT FOR PRACTICE TO START!
- [Physical Link](#)

4. CONCUSSION FORM

- Even if you have already filled out a concussion form this year please complete another one.
- Make sure the parent AND athlete sign and date this form

Signing up for Cross Country

All of the following forms must be submitted when completed in **Dragonfly Max**. Directions are located on the Athletics Webpage. Link → [Athletics / Eligibility \(FORMS\)](#)

5. PARTICIPATION WAIVER

- Even if you have already filled this out earlier this year please complete another one.
- DO NOT PUT anything in the long blank in the middle of the page-This is for sports your child is not allowed to play.


6. NFHS SPORTSMANSHIP

- This is a required sportsmanship program. If you haven't completed the STAR sportsmanship program you must do that in order to be eligible. You only have to do this once.

Signing up for Cross Country

- X How to turn in forms
 - X Online registration is to be completed online
 - X Spirit pack forms may be turned into the front office in an envelope marked: Attention Coach Conboy
 - X All other forms must be completed and uploaded to DragonFly Max
- X Online Registration and Spirit Pack Purchases must be completed by August 9th.
- X All DragonFly paperwork must be uploaded by the first day of practice on August 9th





Frequently
Asked Questions

Question: what should athletes wear to the meet?

- Uniform
- Team shirt
- Black Undergarments
 - Boys: black compression shorts
 - Girls: black sports bra

Question: does my athlete need a GPS watch?

While GPS watches are very helpful, they are not required for the team. A simple stopwatch will be just fine.

Question: what is the best way to communicate to the staff?

- Email: jhtrack@mtnbrook.k12.al.us and Coach Bowers will respond to you ASAP
- Emergency: call Coach Conboy at 205-704-4568

Question: how does the team travel to and from meets

- Coach Bowers will communicate specific information before each meet regarding travel and time commitments.

Question: what if the team gets dismissed early from school for a meet?

- We have the ability to check athletes out of school on meet days.
- You do not have to come to school to check them out.

Question: what if I still
have questions about
Cross Country?

- Email
jhtrack@mtnbrook.k12.al.us
- Call Coach Conboy
 - 205-704-4568
- Call Coach Bowers
 - 205-999-9495