

Churchville Chili XC Post-Season Competition/Invite Selection/Team Philosophy

The Varsity cross country program at Churchville-Chili encourages all team members to do their best every day. This includes participating in optional summer practices, attending running camps, attending morning runs before school, attending optional practices on weekends and days off, etc. We encourage each runner to set weekly goals and season goals and will try to help runners reach those goals. We also want each runner to do their best every day at practice. This includes no walking during workouts. Hopefully, every team member is given a chance to compete in 6 league meets, up to 4 invites and the county championship. After that, racing is based on performance and ability.

Like any varsity sport, there are limits, however on competition. At invites (usually Saturday meets) there is often an "A" race for teams and a "B" race. Coaches are allowed to enter up to 7 runners in the "A" race. This is a coach's decision, usually based on recent race performance(s) and who we think will run the fastest on that particular day. There are other reasons, however, why we might have someone run in "A" vs. "B" (sickness, recent injury, improvement, seniority, race strategy, etc.) We also can't always anticipate someone in an "A" race having a "bad" race or someone in a "B" race having an especially good one compared to the other group.

We want EVERY Team member to have a positive experience and feel valued. This is a scoring varsity sport, however, and sometimes extra attention is given to scoring runners on race day to make in-race strategy adjustments to give the team the best chance to earn a win against certain opponents. If it seems that coaches are sometimes focusing on the first 7 positions in a race, it is because we are trying to determine how to get the best team score. Everyone has goals. Everyone gets chances to improve. Everyone gets their results posted on the team website, county website and on a results sheet each week. We have team parties, team bonding activities, multiple race opportunities and practices designed to help runners improve and have fun. There is an "end" to each runner's season however, and that is based on ability. Many races are fun (local 5K's, the Rochester half marathon, the Nike Regional meet, etc.) but these are not meant for all (most) runners on the team during the season.

Here is a basic breakdown of who competes in invites and post-season meets and why:

League Meet races and early season invites

- Coaches decide if athletes are ready to compete in races. In general, coaches look for the following things before competing and we want to be careful to prevent injuries...
 - A. Summer Miles....runners should complete over 200 miles in 11 weeks over the summer (18 per week over 11 weeks...or 3 miles a day with 1 day off per week average MINIMUM)
 - B. Running without walking....runners should be able to complete at least 30 minutes of running without walking during practices on a regular basis
 - C. Race time expectations....Varsity boys should be able to complete 3.1 miles in under 27 minutes before competing; Girls should be able to complete 3.1 miles in under 31 minutes
 - D. The first 7 runners contribute to the team score for meets
 - E. If athletes can't meet these expectations, they may be asked not to race in some meets

Invites in September/October (Dansville, Dash-in-the-Dark, McQuaid, Spartan Warrior, Pre-Sectional Invite on Sectionals Course, other....)

- Invites, sometimes called “Invitationals” are races with multiple teams and usually large fields of runners
- Fastest 7 runners as determined by coaches and recent race performances run in the “A” race and everyone else runs in the “B” race
- Everyone on the team gets a chance to compete
- We do 3 or 4 of these per season

Monroe County Championship (Coaches Invitational)

- Fastest 7 runners as determined by coaches and recent race performances run in the “A” race and everyone else runs in the “B” race (There is a JV race for 9th and 10th graders but we choose not to enter anyone in this race for a variety of reasons)
- Anyone finishing in the Top 34 in the “A” race earns 1st Team All-County status
- Anyone finishing between 35 and 68 in the “A” race earns 2nd Team All-County status
- Traditionally we chose the fastest 7 times from either race to compete at “Sectionals” and the 8th finisher by time was an alternate
- This year, and beyond, we will choose a “Sectionals Team” of 7-12 runners based on season performances, including race finish at the county meet. There will be 7 runners allowed to compete at the Section V championship and then alternates will be designated in order. The 8-9-10 runners will be invited to continue training and attend the Nike Regional Qualifier meet in November
- We have a “points system” that calculates points based on finishes during races each season
- Everyone who does not make the “Sectionals Team” should finish their season after this meet and turn in their uniforms the following Monday. This is a time of year to REST, focus on school, take 10 days off before starting winter sports (indoor track, swimming, wrestling, etc.)
- Anyone who does not make the “Sectionals Team” should not continue practicing after the county meet.

Section V Championship Meet (Sectionals)

- Usually held on the first Saturday in November; Churchville is normally in the “Class A” race
- The team can enter 7 runners to compete in this meet (coach’s decision based on performances during the season, as well as attendance, race times, recent race times, position on the team in races and seniority)
- The top 5 individuals in this race make the New York State Championship Meet
- The winning team qualifies for the New York State Championship Meet

States and Federations

- Athletes have to qualify for these meets based on performance at the Sectional meet (and state meet for Feds)

NIKE New York Regional Championship Qualifier Meet (Regionals)

- This meet, hosted by Nike, is an area qualifier for the High School Cross Country National Championship in Portland, Oregon (ex: Anna Kostarellis 2014)
- It is held at Bowdoin Park near Poughkeepsie, NY the week of Thanksgiving each year
- The top 2 teams and 5 individuals from the championship race in this meet qualify for Nationals in December
- The meet also offers an "open" race in addition to the "championship" race similar to an "A" race and "B" race at an invite
- In 2014 we sent 1 boy and 1 girl to the Regional meet
- In 2015 we brought 11 boys and 5 girls (the original plan was 7 boys and 2 girls based on ability)
- For 2016 we are planning on bringing the "Sectionals Team" (probably 10 boys and 10 girls)
- This meet is NOT meant for team members who finish competing at the county meet
- We want those athletes getting rest and starting their break before winter season
- We need to coordinate driving, hotel arrangements, food costs, dinner the night before and other arrangements. It is much easier to do so with a smaller group
- We try to offer "other" team bonding activities during the year including summer practices, the Making Strides Walk, "Secret Saint" gifts, gag gifts, paper plate awards, team banquet/awards night, practices at Stony Brook State Park and Charlotte Beach, swimming practices, pasta night at someone's house, Dash-in-the-Dark, senior night, etc.
- This meet is NOT meant to be an event for all team members. It is a post-season competition based on ability similar to the opportunity of attending the "A" race in the county meet, Sectionals, States and/or Federations
- If athletes did want to attend this meet on their own, they could travel down to Poughkeepsie, make hotel arrangements and meet the team at the course the day of the race to watch/participate in the open race, but again, this is meant to be an end-of-season championship event. They would have to register as an individual or part of the team to receive a bib number and meet entry.

Nike National Championship (Nationals)

- Athletes must qualify for this meet
- Meet expenses are paid for (individuals and teams)
- Coaches must provide their own expenses if attending

Overall

- We want all team members to enjoy the season
- We want all team members to have a positive experience
- We want all team members to enjoy racing
- When an individual concludes their last race, they should be done racing for the season
- Athletes "earn" post-season opportunities based on their abilities, effort and position on the team. We have big teams which makes it tough sometimes to qualify for postseason races.