

How To Greet Your First Meet

Pre-Race--Get acquainted with the race course and look for strategic spectator points, as well as the start and finish points. It is also helpful to identify the Esperanza team uniforms.

Be aware that numerous races will be run during the course of the meet. A cross country meet may last anywhere from two hours to a full day. Races will be organized by either the numbers of schools entered, grade levels of the runners, or school sizes. You can find out beforehand what time your son is racing and in which particular race.

You should not expect or demand the attention of your son once they have joined their team at the race site. They need time to jog the course beforehand, and to mentally and physically prepare for the race with the coach and the rest of the team.

During the Race--Cross country is not a sport that is observed from a stationary point (i.e. Bleachers) There are many ways for a spectator to enjoy watching a race. While good areas to watch are always the start and finish, you may move from point to point along the course to cheer on the runners as they pass by. However, spectators should always be aware of where the race course is and take caution to stay off the course and out of the runner's way. Also be aware that it is against the rules of the sport to run alongside a runner and pace them while encouraging them on. You also cannot give them water either.

Post-Race--After a runner comes through the finish chute and receives a place card, it is their responsibility to report directly to the coach and turn in the place card so that team results may be figured out.

Be aware that runners have certain responsibilities after they finish a race. We require runners to warm down as a team after the race as well as actively support teammates who are still running or have yet to race.

It is important to note: after a race, a runner will possibly be more spent than you would anticipate. Symptoms may include rubbery knees, general weakness, an appearance of fainting, glassy eyes, nausea, and salivating. These symptoms usually pass quickly. A mistake parents often make at a race is to take their son off by themselves and try to take care of them. Please don't do this. All of our coaches are trained in first aid, are aware of these physical reactions, and have both the responsibility and ability to help take care of them. If you have concerns for you son after a race and feel he is not well it is best to bring this to the attention of a trainer or one of the coaches immediately.

It is also important to note that immediately after a race (0-15 minutes) it is best to let your son drink water. Products like Gatorade are sweet and sometimes can induce nausea for the athlete.

Note: Many parents are surprised at the seriousness that their son displays when racing. The intensity of the race can bring about parts of a young athlete's personality that parents have never seen and are many times surprised by.

Additionally -- parents must understand that by state law we are responsible for your son after the meet. Please do not just take your son home after a meet without checking with me. We can release them only to you without prior written approval from the office.