

Cross Country Sports Specific Committee
Thursday, July 30, 2009
Minutes

The Cross Country Sports Specific Committee met on Thursday, July 30, 2009 at the Albuquerque Hilton Hotel. Those present were as follows: Larry Padilla, Los Lunas High School; David Nunez, Oñate High School; Adam Kedge, Albuquerque Academy; Daniel Otero, Laguna Acoma High School; Kelly Osuna, Cobre High School; Laci Lockwood, Estancia High School; Roxy Hunt, Athletic Trainer; with Rudy Aragon, NMAA Assistant Director; presiding, along with Jackie Gallegos, NMAA Assistant Cross Country Director. Gary Shuster, Athletic Director; Kathy Hipwood, Los Alamos High School; and Tim Host, of Navajo Pine High School were absent.

- A. Mr. Aragon presented the following in his director's report. He stated he had put a schedule of meets together and it was now available through the NMAA website for viewing. He stated the NMAA was implementing a new program called Life of an Athlete. The program focuses on alcohol and drug abuse and the effects they have on athletes. It is a free coaches program and he encouraged all coaches to attend.
- B. Mr. Aragon stated the NMAA has chosen to stay with the same timing company for the 2009 State Cross Country Championships. He stated the NMAA did have some concerns over some athletes who did not have a mile marker time at the state meet last year. The company was able to refund the NMAA for the missing times. He stated we would be upgrading the timing chips to the ones that the kids actually get to keep. It will cost a little more for the NMAA to do this but it should ensure that all times will be taken for every athlete.
- C. The cross country alignment and classification will be changing for the 2010-2014 seasons. He asked the committee members to take a look at the alignment and classification sheets he passed out, and offer any suggestions or input. Mr. Kedge stated it would be a good idea to wait and make changes until those schools affected have offered their input.
- D. There were a few items of concern that were brought the attention of Mr. Aragon. The safety of the course needs to be considered. Many coaches need to take the athletes into consideration when making their cross country courses. Too many coaches are creating courses that are too risky and could cause injury to a runner. Mr. Aragon reminded the coaches to please take a look at the official NFHS rules and guidelines before creating a course. Make sure your courses correspond and are in compliance with the rules.
- E. Mr. Aragon also addressed another issue that Ms. Osuna brought to the table. She stated she has seen many teams allow kids to come in and run districts and state without competing in a regular season meet. Mr. Aragon stated unfortunately there are no rules that govern that. A student is allowed to show up and race at districts and state as long as they have had their five days of practice. This is only allowed if the student has not participated in any other fall sports. If the student has participated in another fall sport he or she must have participated in at least 25% of the regular cross country season.
- F. Mr. Aragon then went over some of the rules for the 2009 State Cross Country meet. He stated it is very important that schools do not show up before 3:00 p.m. on Friday the day

before state to walk the course. In the past, Rio Rancho High School has been allowed early dismissal on that day. This year the students will not be allowed early dismissal. This is why it is important that schools do not show up to the course earlier than 3:00 p.m. He stated schools showing up prior to 3:00 p.m. will be fined. He stated this year there will be no guest speaker at the Spaghetti Dinner. Instead, we will have a slide show with music playing. There was a concern about the programs from last year. Mr. Aragon stated that he was not willing to put the grade level of only half the students in the program. Please make sure to fill out the qualification forms completely and that information will be placed in the programs this year. It is up to the coaches to make sure that the athletes name and grade level are correct for the programs.

- G. Mr. Chavez, the 2009 State Cross Country Race Director gave some information about the state meet. He stated there will be a course change. There was some construction that interfered with the course so they will make the adjustments necessary. He stated there was a 10% reduction this year for all state events. We will be trying to cut costs in a way that doesn't sacrifice the integrity of the meet. He stated this year the team camp site will be moved. This will help control the traffic flow.
- H. Mr. Aragon stated that bids for the 2010 State Cross Country meet will go out this next fall.