

What exactly do parents do at meets? Where do they sit or stand, and how come parents move from one spot to another during the race?

Parents cheer all kids on – no matter what team. Most parents look at the course map ahead of time and try to find multiple places to catch the runners. Not a lot of sitting, but there is a lot of walking.

How long do meets last? When will my son or daughter run?

It depends on the meet, but generally plan for about 4 hours from start to finish. Each race is also different as to what order the kids run in. The booster club will send out information the week of the race with times for the different groups. Most Saturday races begin around 9am and weekday races around 4:30pm, but race times vary based on the heat your runner participates in.

How are meets scored for team points?

The lower the score the better. 1st place – 1 point, 2nd place – 2 points, etc. A varsity team consists of seven runners, but only the top five places are counted for team points.

Do we need to buy spikes?

Spikes are not mandatory, but are good idea. The kids are running on grass and the spikes help give them a better grip on the ground – especially during the rain! Races are run in the rain – unless there is thunder and lightning. So be prepared. Unlike training shoes, a good pair of spikes may last through several seasons because they're only worn for meets. Older runners can sometimes be a good source of "gently used" spikes at a reasonable price.

Do JV runners run at conference, sectionals or state?

JV runners do run at conference but not at sectionals or state.

What should my runner pack for the day, in terms of food and clothing?

Good question and it really depends on your runner. Many kids pack snacks – healthy. This could be a sandwich for after the race, or some other healthy snack to have while waiting. They should have something to drink with as well. Watch the weather for what kinds of clothes to pack, but there are a few mandatory items. Uniform, training shoes, spikes, and team t-shirt. As we near the end of the season many runners pack blankets, hats, pants, sweatshirts, jackets, and other cold weather gear.

And when do they typically get home after a meet?

Again this varies from meet to meet. The weeknight meets, runners are usually back to school by 9:30. The Saturday meets, runners will stay for all races and then for the awards ceremony. There really isn't a set time that they are back by, but plan on the meet lasting about 4-5 hours and then add travel time at the end.

Do parents go to spaghetti dinners?

No. The spaghetti dinners are for the runners only – all runners and coaches are invited. Boys and girls teams attend this together at the same house, so we feed around 70-80 athletes!

Can parents ride the bus?

All runners are expected to ride to and from the race on the team bus. Unfortunately for the parents, parents cannot ride the bus. This is really a good time for the runners to spend some time team building and get ready for their races. The coaches do ride the bus, so they are chaperoned.

How many varsity runners?

There are 7 runners on the varsity team while the remaining runners are on JV. (The next seven runners are sometimes designated as "JV 1" for meet purposes.) The varsity runners can vary from meet to meet depending on injuries and times.

Do parents go to the meets?

Absolutely! The more cheering we have the better. This is also a great time to get to know other parents. We do offer Verona CC apparel so other parents should be easy to pick out. Find an "experienced" parent to help guide you at your first meet. If it's a course we have been to before, they will have some good suggestions about where the best spots are to catch runners.

When do kids find out about cuts?

The beauty of Cross Country is there are no cuts! If a student wants to participate, they are welcome and encouraged to run.

How can we get connected?

Attend as many meets as possible – both home and away - attend booster club meetings, and volunteer to help at the home meets. Working a shift in the concessions stand is a great place to get to know other parents as well.

How do we wash the uniforms?

Ideal would be to hand wash them, but if that is not an option use the hand wash/delicate cycle on your washing machine. DO NOT PUT THEM IN THE DRYER. They should be washed after every meet. Sweat and dirt can breakdown the material they are made out of.

Can kids bring food on the bus?

Yes. Try to avoid nuts and nut products, but they can have snacks on the bus. There are team members with food allergies we need to consider. Don't drink carbonated beverages before a race.

Can they really have snacks/drinks in their locker?

Yes they can. Some kids bring a can of powder Gatorade, some bring flats of bottled sports drinks and some bring granola/protein bars for after practices.

Can I bring my dog to the meets?

Typically this isn't a good idea. Many parks don't allow dogs so it's best to not bring the dog and then have to either leave them in a car (not a good idea) or take them home.

How do the meets run in general, grade based, how long does each take, etc.?

Most meets are run varsity and JV. We do participate in a Big Eight Conference grade challenge and that is exactly what it sounds like. There is a freshman/sophomore race and junior/senior race but you are only racing time-wise against runners in your grade. The weekday meets are usually conference meets and only have up to 5 teams. The Saturday Invites however are a whole other game. The Verona Invite, for example, usually has about 20 teams so there are a LOT of runners. The Verona and Janesville Invites are the biggest we attend, but the other Invites typically have at least 10 teams. Most of the Invites have concessions, but it is a good idea to come prepared with your own beverage.

What's up with this boys camping trip? Is it chaperoned?

This is a great time for the boys to bond as team, and no it is not chaperoned. The girls usually also have some kind of sleepover. This is NOT a mandatory event, but it is a team bonding event.

Is there a parent roster with/without phone numbers/email addresses?

Not at this time, but we are working on it. If you would like to get in contact with another parent and you don't have their information, send an email to the booster club and ask.

Is there an end of season banquet?

Yes there is! It is usually the 1st Sunday after the state meet. We do a potluck dinner for the families (siblings are welcome) followed by awards. This is combined for boys and girls.

How do parents get CC apparel?

Visit the parent apparel website (link in your email) . This site is only open for a limited time, so shop early.

What time are meets usually?

The weekday meets generally start around 4:30 and Saturday invites usually start around 9:00.

What if my runner needs to ride the bus after practice?

There is a late bus provided by VAHS that leaves promptly at 5:30pm. There is also another one at 6:45pm (as of 9/2024). If your runner usually takes the bus but can't take the late bus, make sure they connect with a captain who can help them find a ride.

Are there morning practices?

In general, runners will have practice on Friday mornings before a meet. Girls typically need to be at school by 6:30am. If they have morning practice, runners will not also attend in the afternoon for practice. However, the boosters don't schedule the practices, so always check with your coaches if you aren't sure about practice times. If your runner needs a ride, be sure to have them reach out to a captain. There is NOT an early morning bus, so your runner needs to arrange a ride.

Other Tips:

- Cheer for all kids on the team. A roster will be provided
- It's okay to cheer for other teams!
- You are encouraged to stay for the whole meet

- You are encouraged to stay and watch the last Verona runner, if not the last runner, in each division. Everyone needs support.
- Wearing orange/black or team apparel to each meet is encouraged, but not mandatory
- Watch for Booster club meeting/social dates and attend
- We do have a Facebook page. If you would like to be added to the Facebook page group, please email the booster club at veronaareaccboosters@gmail.com.
 - o Facebook group: Verona Area CC
- Both boys and girls teams have a lot of team bonding experiences during the season. The Booster Club will try to alert you as soon as we know about these events, but feel free to tell us if you hear first. One example is dress up days before a meet - we will put info on FB as soon as we hear about these, but feel free to post if you hear before we do!
- Sometimes coaches will move practice to mornings if there is a meet the next day.