

# 2015 Broughton Cross Country - General Information

<b>Head Coach: David Christian</b> Cell Phone: (919) 244-6761 Email Address: <a href="mailto:DChristian@wcpss.net">DChristian@wcpss.net</a>	Assistant Coach: Shawna “Chachi” Jones
<b>Head Coach: Ryan Solomon</b> Cell Phone: (910) 582-7272 Email Address: <a href="mailto:WSolomon@wcpss.net">WSolomon@wcpss.net</a>	Assistant Coach: Mary Beth Harvey

## **Important Dates:**

**Summer Practice: July 6<sup>th</sup>**

**XC Team Camp: July 27 – 31**

**Official Practice: August 3rd**

**NCHSAA dead period: July 20-26**

**E-mail List:** To facilitate timely distribution of information throughout the season, one of our parents manages our XC email distribution list. If you are not yet on this list, please send a request to be added to [Broughtonxc@gmail.com](mailto:Broughtonxc@gmail.com). If you have a question for one of the coaches, do not hesitate to email or call them directly.

**Team Twitter:** @BROUGHTONXC

**Voluntary Practices:** Unofficial or voluntary practices will begin on July 6<sup>th</sup> at Umstead Park (Harrison Ave. Entrance). These practices are optional but strongly encouraged. The expectation is that if you are in Raleigh – you are at summer practice. Please communicate an absences from summer and official practices with Coach Christian. Athletes who do not attend are expected to following the summer training calendar and record their runs to be turned into Coach Christian at the start of Official Practice.

**Official Practice and Tryouts:** Official practice begins at 8:30 am on **(Monday) August 3rd**. In order to earn a uniform and compete as a member of the cross country team, all athletes will be expected to meet certain fitness criteria and have attended a certain number of practices. All runners must COMMUNICATE absences from summer workouts (July 6<sup>th</sup>) and official practices (Aug. 3<sup>rd</sup>) or risk not being a member of the XC Program.

**Parents’ Meeting:** Our parents’ meeting will take place during the Team Picnic. We will send out notification of date, time, and location via email. We ask that parents make every effort to attend. The coaches will provide you with additional information about the cross country season and we will complete parent volunteer sign-ups, take up voluntary contributions and team apparel orders.

**Team Picnic:** We will host our annual team picnic during the month of August, prior to our first meet, the North Carolina Kick Off Meet. We hope that families will make every effort to attend this informal and fun ‘get to know you’ gathering. The team picnic will provide us an early meeting to order team apparel, collect voluntary contributions and to answer any questions before the season begins. The date and location are: **TBD (will be emailed)**

**Voluntary Contribution:** To help pay for the pre-season and post-season team parties, snacks and drinks at the meets, miscellaneous supplies, and gifts for the seniors and coaches at the end of season, we are asking parents to make a voluntary contribution of **\$30** per athlete. Our treasurer will be collecting money at the pre-season party, the parents’ meeting, and the first few cross country meets if needed. Checks should be made payable to: **Broughton Cross Country**.

**Physicals & Concussion Forms:** Every athlete must have a current physical and concussion forms on file at Broughton before they can begin practicing with the team. Physicals are valid for one-year. A copy of the Wake County Public School Systems physical and concussion form can be found at: [www.broughtonathletics.com](http://www.broughtonathletics.com)

**Equipment:** Please purchase a good pair of running shoes (trainers) that fit properly. Capital Run/Walk in Cameron Village, Fleet Feet in Ridgewood, and Raleigh Runner Outfitters in Celebration at Six Forks have a large selection of running shoes and accessories. They all offer discounts to high school cross country runners. In addition, you should consider buying a pair of spikes to wear during competitions. We would also like every team member to have a sport watch (one with a digital display stop watch) to use in practice. Capital Run/Walk will be hosting a “Spike Night” for the Broughton Cross Country team in August. There will be special deals, pizza, and shirts.  
The date is for this event: **TBD (will be emailed)**

## **Tentative:** Broughton XC - 2015 Meet Schedule

<b>Meet</b>	<b>Date</b>	<b>Day</b>	<b>Site</b>	<b>Time</b>
North Carolina Kick-Off 3k	Aug 15	SAT	Wake Med Soccer Complex Cary, NC	8:00 am
<b>Providence Invitational</b>	<b>Aug 22</b>	<b>SAT</b>	<b>McAlpine Greenway Park Charlotte, NC</b>	<b>9:00 am</b>
TBD	Aug 26	WED	Wake Med Complex Cary, NC	6:00 pm
@ Wake Forest	Sept 2	WED	Wake Forest XC Course Wake Forest, NC	6:00 pm
Leesville	Sept 9	WED	Wake Med Complex Raleigh NC	5:00 pm
<b>Knights Crossing</b>	<b>Sept 12</b>	<b>SAT</b>	<b>Green Hill Park Salem, VA</b>	<b>9:00 am</b>
@ Millbrook	Sept 16	WED	Millbrook Exchange Park Raleigh, NC	5:00 pm
<b>Adidas Wolfpack XC</b>	<b>Sept 19</b>	<b>SAT</b>	<b>Wake Med Complex Cary, NC</b>	<b>9:00 am</b>
Sanderson	Sept 22	TUE	Wake Med Complex Cary, NC	5:00 pm
@ Wakefield	Sept 30	WED	Wakefield High School Wake Forest, NC	5:00 pm
<b>Great American</b>	<b>Oct 03</b>	<b>SAT</b>	<b>Wake Med Complex Cary, NC</b>	<b>9:00 am</b>
@ Enloe	Oct 07	WED	Lions Park Raleigh, NC	5:00 pm
<b>Manhattan Invitational Manhattan, NY OR NC Runners Elite</b>	<b>Oct 10</b>	<b>SAT</b>	<b>Van Cortlandt Park Manhattan, NY OR Beeson Park Kernersville, NC</b>	<b>9:00 am</b>
Heritage	Oct 14	WED	Wake Med Complex Cary, NC	5:00 pm
<b>CAP 8 Conference Championships</b>	<b>Oct 20</b>	<b>TUE</b>	<b>Wake Med Complex Cary, NC</b>	<b>4:00 pm</b>
<b>Mid-East Region (Top 7 boys &amp; 7 girls)</b>	<b>Oct 31</b>	<b>SAT</b>	<b>Wake Med Complex Cary, NC</b>	<b>10:00 am</b>
<b>State Meet (Top 7 boys &amp; 7 girls)</b>	<b>Nov 7</b>	<b>SAT</b>	<b>Beeson Park Kernersville, NC</b>	<b>3:00 pm</b>
<b>NXN Southeast Regional</b>	<b>Nov 28</b>	<b>SAT</b>	<b>Wake Med Complex Cary, NC</b>	<b>10:00 am</b>
<b>NXN Nationals</b>	<b>Dec 5</b>	<b>SAT</b>	<b>Glendoveer XC Course Portland, OR</b>	<b>10:00 am</b>

# 2015 Broughton Cross Country Summer Practice Schedule & Directions

Summer Schedule: Starting Monday July 6th *(Optional – but strongly encouraged)*  
Mon - Fri                      **8:30am – 10:00am**                      Umstead Park (Harrison)  
Sat                                **8:30am - 11:00am**                      Umstead Park (Harrison)

**XC Camp: July 27<sup>th</sup> – 31<sup>st</sup>**

Practice Schedule for the weeks beginning August 3<sup>rd</sup> and August 10<sup>th</sup>.  
Tuesday- Friday        **8:30am – 10:00am**    Umstead Park (Harrison Ave)  
Monday                    **8:30am – 10:00am**    Broughton Track

Practice Schedule for the week beginning August 17<sup>th</sup> *(Teacher Workdays)*  
Mon - Fri                    **6:30am – 8:00am**        Broughton Track

**NOTE:** Practice Schedule beginning the *1<sup>st</sup> day of School; August 24<sup>th</sup>* will be provided during the summer and emailed out to everyone via [BroughtonXC@gmail.com](mailto:BroughtonXC@gmail.com)

Please make note that **Monday** Practices will be held off campus and at 5:00 PM. **Tuesday-Friday** will be held at Broughton's Track from 2:45-5:00 PM.

## **Directions:**

### **Umstead Park – Harrison Ave:**

(1800 N Harrison Ave Cary, NC 27675)

Take Wade Avenue West towards the RDU Airport. After Wade Avenue merges with I-40 West, take the first exit which is Harrison Ave. At the top of the ramp, turn RIGHT. The park entrance and parking lot are straight ahead.

# “A Tradition of Champions”

## State Championship Teams

\*since 2000

Men:	Women:
2014	
2013	
2012	
2011	
2008	
2007	

## Conference Championship Teams

\*since 2000

Men:	Women:
2014	2013
2013	2011
2012	2008
2011	2007
2008	2005
2006	2004
2005	2003
2004	2002

## Men’s Individual State Champions

Sandy Roberts  
Jeremy Brown

## Women’s Individual State Champions

Megan Sullivan

## Men’s Top 10 State Meet Finish

1960	Charlie Styron
1967	Neil Ross
1968	Rusty Carroway
1969	Ricky Edwards
1971	John Shea
1976	Roy Cooper
1977	Drew Sanders
	David Pierce
1978	David Pierce
	David Oakley
1981	Mark Shea
1983	Hakan Widjedal
2000	Law Weaver
2004	Sandy Roberts * <u>State Champ</u>
2005	Sandy Roberts
2006	Sam Mordecai
2007	Pierre Malherbe
2008	Reidy Jones
	Blake Askin
2009	Reidy Jones
	Pierre Malherbe
2010	Sam Roberson
2012	William Roberson
	Asher Smith-Rose
	Jeremy Brown
2013	William Roberson
	Asher Smith Rose
	John Dalton Rohr
	Jeremy Brown
2014	Jeremy Brown * <u>State Champ</u>
	William Sandin

## Women’s Top 10 State Meet Finish

1990	Lynn Metzger
1999	Anna-Ball Hodge
2001	Anna-Ball Hodge
2008	Timmons Williams
2012	Megan Sullivan * <u>State Champ</u>
2013	Megan Sullivan

## Top 10 Team State Meet Finish

Men:	Women:
1967	1988
1968	1989
1969	2001
1970	2003
1971	2004
1976	2005
1977	2006
1988	2008
1989	2010
2004	2011
2005	2012
2006	2013
2007	
2008	
2009	
2010	
2011	
2012	
2013	
2014	