

# Glenwood City Cross Country



“Racing To the Next Level”

Heart, Mind, & Pure Guts!

2013 Handbook

**“Your toughness is made up of equal parts persistence and experience. You don’t so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head.” --Joe Henderson**

### **Coaching Policy**

We expect each athlete to be both physically and mentally healthy. Each athlete needs to eat right, drink lots of water, get enough sleep, and focus in school. Dedication and effort you put into cross country both on and off the course will greatly affect your success. We expect 100% effort. We expect you to push yourself as well as your TEAMMATES. As coaches, we will do our best to prepare you for competitions, but the rest is up to **you**.

### **Cross Country Supplies**

- **Water bottle: water, water, water**
- Running shoes for training
- Racing shoes/spikes (1/2 inch spike max)
- **Watch with a built-in stopwatch**
- Washed uniform (shirt/shorts/wind suit): **After every meet.**
- Sports bra for girls (neutral colors)
- Multivitamins
- Iron supplements-Ferrous Sulfate for girls
- Long sleeve white under armor for under the uniform – if you need more clothing as you race when cold
- Royal blue spandex tights/leggings for under the uniform – if you need when cold
- When cold or raining for meets or practices pack a stocking hat, gloves, long socks, sweatshirt, poncho/umbrella, blanket, & any extra layers. (They may wear stocking hats and gloves on the course.)

### **Parent Guidelines to Help Their Athlete Succeed**

Throughout the Season:

- Make them be at every practice & meet.
- **Push them: Don’t make excuses for them.**
- Encourage your child to do their best at everything.
- **Drink plenty of water** (Get rid of the pop and other sugar drinks in the house)
- **Eat healthy** (vegetables, fruit, carbs, & protein; eliminate the goodies and fats)
- Pack a PB & J sandwich, energy bar, or chocolate milk for after each practice & meet. (Refuel)
- Buy them a cheap watch so they can time themselves and learn to increase pace.
- Make them do their homework right after practice.
- Have supper right after practice. (Refuel)
- Make them take multivitamins.
- **Make them go to bed by 10:30 each night.**
- **Make them do their weekend run(s). No excuses. Run or bike alongside them. Make sure they stretch properly after those runs.**  
(This type of discipline will take seconds and even minutes off their times throughout the season)

During Meets:

- Minimize your socialization with your child before their race. They have a job to do and a TEAM to support. They need to stay focused on what they and the TEAM need to accomplish.
- Minimize your congratulations at the end of the race. They need to cool down and stretch with their TEAMMATES. Do not sign them out until they have done that properly and all levels are finished racing. (The athletes should pick up their own pile of sign-out slips from me or the office before the first meet. If they don't have that slip, they ride the bus (no exceptions).

### **Guidelines for Running on Public Roads**

1. **Always assume a driver never sees you.**
2. Always try to run with someone near you.
3. Face traffic (left side) and run on the shoulder of the road when possible.
4. If a car does something suspicious get away from it. Never get into a car with a stranger.
5. Use common sense.

### **TEAM Policy**

**Cross country members are expected to follow all WIAA regulations and rules, as well as the specific team rules listed below. The coaching staff, along with the athletic director and athletic administrator, may also make judgments regarding individual situations or circumstances not listed below.**

1. **Athletic requirements:** Turn into the office the handbook power point verification form, a physical or alternate year card, athletic permission form, WIAA eligibility bulletin, emergency contact card, and concussion form. **Pay the athletic fee by Tuesday, August 27<sup>th</sup>.**
2. **Attendance: All runners are expected to be at every practice and meet for the whole time.** Attendance is taken every day and will be tallied as the season progresses. Even if you are injured, you are expected to be at practice unless otherwise directed by a coach. Your TEAM expects you to be there. Practices typically run from 3:30 to 5:15-5:30 once school starts.

Starting after the first week, you will be allowed to miss 5 practices (2 being school-related only). All five could be school related, but only three are allowed outside of school. If you leave practice before 5:00, it counts as a missed practice. Once you go beyond the allowed days, you will either run the next meet as a JV runner (only if it is ran separate from the varsity) or not at all. This will continue to occur for any additional missed practices before any of the remaining meets. You will still be expected to be at the meets even if you don't run. Missing a meet counts as an absence. If there are pre-known dates of absences or early outs, please communicate them to your coaches ASAP.

As for middle school runners, these rules apply on the first day of school. As for late joiners, the coach may modify the missed practices depending on their first day of practice.

Your coaches and captains may make some exceptions to the above rules due to some extraordinary circumstance. **The coaches have the final decision if you run a meet or not.**

3. **Academics:** You are expected to be in school, complete all assignments, and pass all classes.
4. **Behavior:** You are expected to conduct yourself in a way that would never embarrass your family, TEAM, school, or community. This includes your behavior at school, practice, meets, and in the community. What you do reflects on the rest of the TEAM.
5. **Varsity Competition:** The varsity TEAM is made up of the seven fastest runners. The first five runners score while the sixth and seventh runners try to come in ahead of the other TEAMS' scorers

(giving the opposing TEAMS more points). Varsity positions will be given to athletes based on prior competitions' times and placings and work ethic in practice. **Running fast and learning to mentally fight through your runs should make you a varsity runner. Only you can beat your time.**

### **“Heart, Mind, & Pure Guts”**

6. **Varsity Letter Requirements:** In order to letter, you must meet one of the following requirements:
  - a) Place among the top seven Glenwood City runners in five meets.
  - b) Run a time that would have placed the runner in the top half of all runners in five meets.
  - c) Be on the varsity roster for the conference, sectional, and state meet.
  - d) Be a senior who completes the entire season, or a junior who completes the entire season and ran their entire freshman and sophomore seasons (missed no more than 4 meets those seasons.)
  - e) Besides meeting one of the requirements above, the athlete will not have missed more than 8 practices or meets altogether (the whole season).

There may be alternative or unique circumstances that provide an opportunity for an athlete to letter.

7. **TEAM Awards:** During the end of the year banquet, participation and letterwinner certificates will be given out. An award will be given out to a male and female athlete in three categories.
  - a) Coach's Award: This athlete will display leadership qualities and characteristics throughout the season both in and out of competition.
  - b) Most Valuable Athlete: This athlete will earn the lowest number of points overall and demonstrate the qualities of a true athlete.
  - c) Most Improved: This award will be given to the athlete who, due to perseverance and hard work, makes a successful and steady improvement in competition.

Other awards or recognitions not listed may also be given out.

8. **Non-Runners:** If you are injured or ineligible to run at a meet, you are still expected to attend the meet with the TEAM unless asked to stay back. **If not injured, you will run the course before the meet begins (fail to do so counts as an absence).** You will act as a TEAM manager and are required to help set-up, take-down, and clean-up camp (including unloading and loading bus). You are also expected to encourage all runners, remove any clothing at the starting line, help record times for all levels, and/or attend to any other duties that are assigned by the coaches.
9. **Team Bonding:** All high school athletes are strongly encouraged to ride the bus back to Glenwood City from each meet to celebrate their accomplishments, strategize about the next race, hear or give pointers on running techniques, and to socialize and bond with their TEAMMATES. Athletes learn a great deal from their TEAMMATES and coaches when they reflect immediately on their race.

The parents will also host four TEAM dinners in the high school commons around 4:30.

- a) Friday, September 13
  - b) Friday, September 20
  - c) Wednesday, October 16
  - d) Friday, October 25 (high school only)
10. **Athlete/Coach Relationship:** Anytime an athlete has a complaint, they should see the coach immediately. Things of this sort should not come to the coach second hand. Coaches will not talk to any parent about a complaint until the athlete has talked to them first.
11. **Fun Runs:** You are not allowed to run any community races or fun runs starting the first day of practice through the end of the season.

**If you have any further questions regarding these regulations, please contact Coach Schutz at [schutmat@gcsd.k12.wi.us](mailto:schutmat@gcsd.k12.wi.us) or school 265-4266 or cell 715-495-7809.**

**Please sign below indicating that you have read and agreed to what is stated in the Cross Country Handbook. Please return it to Coach Schutz during the first week of practice.**

**I, \_\_\_\_\_, have read and agree to follow the 2013 Glenwood City Cross Country Handbook.**

**Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_**

**I have read, agree to, and will encourage my son/daughter to follow the 2013 Glenwood City Cross Country Handbook.**

**Parent Signature(s) \_\_\_\_\_ Date \_\_\_\_\_**