CENTRAL KITSAP

CROSS COUNTRY

2017 HANDBOOK

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Head Coach: Chris Baldus – chris.baldus@gmail.com

Assistant Coach: Renee MacDonald

Assistant Coach: Niki Orando

<http://www.athletic.net/CrossCountry/School.aspx?SchoolID=504>

Facebook Group: **CKHS Cougar Cross Country**

**Twitter: CKHS TF/XC**

South Sound Conference: <http://www.sscathletics.org/>

REMIND: Text: “@h4g8h” to 81010

**PHILOSOPHY**

 Why are we here? I believe that athletics can both: reveal a person’s character, as well as build up a person’s character. We will do everything in our power to help develop a running family that has fun and competes hard. The only way for our team to get better is for you to get better. My philosophy as a coach is simple. I love the sport of Cross Country, and I love helping kids improve their physical and mental strengths. I expect you to strive for your best at every moment. In meets, there are three ways for you to be successful: 1) Cross the finish line first. 2) Beat your goal for the meet. 3) Give your best effort.

Success will depend on you. Hard work in practice, goal setting, and honest effort will be the cornerstones of our success as a team.

 I set up your workouts to make you the best that you can be. I ask that you follow these prescribed workouts and check in with me when they are finished. I cannot train or compete for you, so you need to make sure that you are following our guidelines. If a practice calls for a full recovery, **TAKE IT**. If it calls for little recovery, be ready to go when the coach has instructed.

 While there is no way that I can control your competition in other sports and activities, I caution you to try and limit yourself during the season. My workouts are designed with the belief that this will be your only "practice" of the day, and you will be getting the required amount of rest in the evening. This will be very difficult for you if you are taking part in another sport. Also, your participation in other sports may accelerate your chances of injury or academic failure, which will jeopardize your place on the varsity team.

 I fully promote your participation during the spring, summer, and winter seasons, but while I would not ask you to skip a competition during these seasons, I will not accept you skipping one of our competitions for another activity. If this will be a problem for you, please talk to me individually.

 Every person you come in contact with will have his/her own beliefs about goal setting. Mine is that without them, you will fail. Goals need to be set for short, medium and long range. They need to be seen on a daily basis by you, the athlete, and shared with your coach. I can't help you if I don't know where you want to go.

Family: We consider each member of the team a member of the family. We have your back. We will support you.

Integrity: We do the right things for the right reasons…especially when nobody is looking (classroom, practice, hallways, race course, home, public…).

Strength: We will help build mental, aerobic, anaerobic, muscular, and pack strength.

Teachable: Keep an open mind and be reading to learn. Accept correction as if it were a complement.

Rules of the Road

1. Your coaches are responsible for you and you are responsible to your coaches/parents/teammates/school.
2. Don’t take shortcuts or accept rides while on the run.
3. Run single file on the roads when cars are in sight.
4. At all major intersections, cross only with the permission of the light and in a group.
5. Run on the left side of the road – facing traffic.
6. If any people are on the sidewalk or road give a verbal warning.
7. Attempt to make eye contact with drivers pulling out of side roads and drives. DO NOT ASSUME THEY SEE YOU!!! If you fail to make eye contact, run behind the car or STOP and let them pass.
8. Athletes MUST run in groups. Nobody runs alone.
9. When crossing a street, check for traffic yourself.
10. Stay out of parking lots, private property, stores, and apartment properties.
11. Remember, you are a member of the Central Kitsap Cross Country Team when you are on the road. Act accordingly. Run with courtesy and pride. Run SAFELY.

Fundraising Policy

The best method we have employed for XC is the Cougar Card Sales. We ask that you try to sell as many cards as possible during the 2 weeks we sell. Cards are sold at $20.00 per card and the Cross Country team gets to keep a minimum $11.00 profit. Each athlete will be given 20 cards to sell. If the Cougar Card is not your thing, we always accept donations from parents/friends/relatives.

Finally, you are under no obligation to take part. The fundraising we do is to pay for our overnight trip, as well as the various other expenses that we encounter during the season. We do not require athletes to fundraise, but you need to know that athletes not raising the minimum amount of money will not be attending the overnight trip. This is NOT a Required meet or activity, just one that the team has asked for and we believe to be beneficial for team bonding and preparation for State. If you choose not to sell, and still want to go on the trip, we ask that you send a check for $165.00, made out to the Cougar Boosters.

**Athlete Pre-Meet Check List**

1. **Running Shoes**

 a. **Flats**

 b.  **Racing Shoes**

2. Extra pairs of socks

3. Spike Wrench & Spikes

4. Towel

5. Extra Shirt

6. Extra Sweats

7. Tights (optional) (**BLACK**) (EVERYONE MUST MATCH!!)

8**. Plastic Garbage bag for covering belongings**

9. Food

10. **Meet Uniform and 4 Safety Pins**

1. **Meet Sweats**
2. **WATER**
3. Watch

**Price List for Gear Issued if damaged or lost.**

1. Meet Jacket - $50.00
2. Meet Jersey - $40.00
3. Meet Shorts - $30.00
4. Sweat Pants - $25.00

**Care/Laundry Instructions**

 Each of our uniforms is checked out to you/your child on a seasonal basis. We have been lucky that each of our uniforms has been able to pass the test of time. In addition, we do order 5-10 new items each year and remove those items that are too old to use any more. With this in mind, we ask that you take great care in the washing and drying of the uniforms.

 When washing any of our items, please do NOT use ANY type of bleach. The nylon will fade, as well as disintegrate over time. Please wash all items on delicate and hang dry. If you must dry anything, please only dry the Meet Jacket – on low.

**Central Kitsap High School Cross Country Contract**

This contract is in place to ensure there are no discrepancies with the policies and procedures expected of this team. The Cross Country (XC) contract addresses all aspects of the Central Kitsap High School program. When an individual decides to join the team, she/he decides to follow these policies and live a specific lifestyle. This is what distinguishes a XC athlete from other students.

**POLICIES:**

1. No student on the XC team will: use tobacco products, drugs, or alcohol. Violation of this policy will result in district athletic code consequences.
2. No student on the XC team will: a) speak in a disrespectful manner towards any adult, b) disagree with a coach or official in public, or c) break any policies set forth in Central Kitsap School Districts Athletic Code.
3. You commit to be on time, dressed, and restroom breaks taken care of to start practice and the coaches commit to end practice on time. We ask that we have your full commitment and effort during the entire practice time.
4. Practice is Monday through Friday, and will also include teacher workdays and some school holidays. Please plan accordingly.
5. XC practice will be your first priority over all other activities, including but not limited to other sports or athletic clubs/teams, volunteer or service clubs, work, etc. **Individual conflicts will be handled on a case by case basis, but you need to know that WIAA Guidelines PROHIBIT MISSING PRACTICE/MEETS OR LEAVING EARLY FOR OTHER CLUB SPORTS.**
6. If a student will be absent or late to practice, it is that **student’s responsibility to inform the coach ahead of time.** *Do not have another team member inform the coach of your absence.* You have your coach’s cell phone number and email – use it!
7. **Excused or Unexcused absences at practice will result in sitting out that week’s meet. Some exceptions may apply for excused absences and will be handled on a case-by-case basis. A student may have one (1) unexcused (did not tell the coach) absence from practice and on the second infraction, they may be dismissed from the team.** Communication and attendance are important. An unexcused absence means that you did not call and tell the coach that you would not be there.
8. An unexcused absence from a meet will result in dismissal from the team. Invitational meets will be handled on a case by case basis, but missing Invites may put your varsity standing in jeopardy.
9. There will be no trash talking or other bravado at meets. This includes the pre-race cheer. Have class and let your running do the talking.
10. Athletes are welcome to express their opinions to coaches in a private setting and should not address meet officials with opinions or issues – always talk to your coach first.
11. Participation in all fundraisers by all team members is voluntary, but you need to know that this is how we will pay for the overnight trip, as well as other team resources and equipment. Non participation simply means you have chosen not to attend the overnight trip.
12. Shirts must be worn at all times. This is a school sponsored sport and we will follow school policy.

**TEAM PROCEDURES:**

The Varsity Cross Country team is a “non-cut" team; however, you may be removed from the team for excessive absences or behavioral issues. If you come to practice every day and work hard, you are on the team. All athletes are members of the Varsity Cross Country team. Even though everyone is a member of the Varsity team, not every athlete will compete in every single meet. Certain meets are only for the top seven. There will be several meets where the entire team will compete in one race, so if you are not in the top seven at the beginning of the season, you will have a chance to move into a scoring spot at any time during the season. A few larger invitational meets will only allow seven runners in the "Varsity" race, so the rest of the team will compete in the "JV" races. The coaching staff will choose the Varsity team for all races that require this designation. Many things will be taken into account, including: Recent race times; that week’s practice times; attitude; attendance; and personal strengths.

**HOW TO EARN A VARSITY LETTER:**

A varsity letter is one of the highest honors that an athlete can earn during his/her high school experience. Because of this, the CK Cross Country Policy has been carefully thought out and planned with consistency and fairness in mind. What follows are the guidelines for earning a varsity letter.

1. Athletes must take part in 90% of the scheduled practices during the season once they have achieved eligibility to practice.
2. Athletes must compete as a member of the varsity seven in at least three meets.
3. If an athlete is on the J.V. and their time would have placed them in the opponent’s top five, the athlete will earn 1/3 varsity credit.
4. If an athlete fails to meet the requirement of one varsity meet, but equals two time standards, they may letter at the coaches discretion.
5. Any athlete that qualifies for, and competes in, the District or State Championships will letter.
6. Any senior that completes the season with 90% practice participation and competes in a minimum of 5 meets may letter.
7. Athletes must complete the season, including ALL meets that they qualify for (including Leagues, Districts, State).

Time Standards for Lettering:

 Boys Girls

Bellarmine 2mile 12:00 14:00

Gig Harbor 4k 14:30 18:30

Ft. Steilacoom 5k 18:30 23:00

Ramrock 5k 18:30 23:00

Gig Harbor 18:30 23:00

Portland 5k 18:15 22:40

Shelton 5k 18:30 23:00

Capital 5k 18:15 22:40

Leagues 5k 18:10 22:35

**MEET PROCEDURES:**

• All team members are expected to be punctual for meets. The bus will not wait for late arrivals! We expect all athletes will travel to and from the meets together on the bus, as this time can be very valuable for team-building and ensures the team all arrives on time. Exceptions will be handled on a case-by-case basis. If parents need to drive athletes home after competitions, they must fill out the proper paperwork from the school office (per district policy) BEFORE the meet.

• **Arrival and warm-up:** When we arrive, the team will follow the captain(s) to a team area. The team will assist in carrying team equipment, water coolers, tents, tarps, etc. and set up our area (Camp Cougar).

• All athletes are expected to walk/jog the course with captains and as a group as soon as Camp Cougar is set up.

• **Cool down and departure:** All athletes will cool down and stretch following their race. WE ALWAYS DO A COOL DOWN JOG. We will have a team meeting after every competition. The entire team will then assist in carrying equipment back to the bus.

**AT THE END OF THE MEET:**

• All athletes will clean up their area and are expected to personally thank the host coach for putting on a quality meet for us to attend.

• At home meets all team members must stay to help clean up!

Together through cooperation and hard work, we will become successful in both sport and life. This team’s success depends on **you** and your commitment to excellence.

We want the Central Kitsap High School Cross Country team members to be a cut above the rest. When we travel, we want other schools to commend our athletes not only for their athletic talents but also for their superior behavior and manners. Central Kitsap High School is a first class program, so let’s treat it like one. *Let’s have fun, communicate well, and ask questions often. Plan and budget your time, prepare yourself for a great season, and do your part to make the team as successful as possible!*

**Your signatures on the athlete info sheet indicate that you have read these team rules and policies and agree to follow them.**

**CENTRAL KITSAP HIGH SCHOOL CROSS COUNTRY**

**Athlete Information Sheet**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_MM/DD/YYYY

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ATHLETE CELL PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRADE IN SCHOOL: \_\_\_\_\_\_\_\_\_\_

MOTHER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FATHER’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(To be completed on Uniform Issue Day)

Jersey # \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shorts # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jacket #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pants # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Please read the CROSS COUNTRY TEAM CONTRACT. Your signature below indicates that you have read the team rules and policies AND agree to them.**

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETE NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ATHLETE SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_