

2017 Shawano Middle School Cross Country

Important Dates:

Parent Meeting: Tuesday, Aug. 22rd 6:00pm, LGI
Practice Starts: Monday, Aug. 28th 3:00pm
No practice: Friday, Sept. 1
Monday, Sept. 4
Friday, Sept. 22
First meet: Tuesday, Sept. 5--**The first day of school.**
Practice Schedule: Everyday after school from 3:00 to 4:30 pm

Tentative Schedule

9/5/17 @ Wittenberg-Birnamwood
9/12/17 @ Bonduel
9/18/17 @ Seymour
9/25/17 @ Home
10/2/17 @ New London
**All meets have 4:15 start time.

Important

**Check our Cross Country website often for information updates.
Sign up for Remind-directions will be posted on the website.**

Athletes need to provide the coach the following **BEFORE** they can practice:

1. Emergency Card
2. Permit to practice

****These forms will be given to athletes after they submitted all forms and fee.**

The school office needs the following **BEFORE** you practice:

1. Athletic Code signed by parent and athlete
2. Athletic Waiver signed by parent and athlete
3. ***Physical Card signed by physician (or alternate year card signed by parent)***

*****Make your appointments for your sports physical early.**

Don't wait until late in the summer to avoid delays.***

4. Concussion Form signed by parent and athlete
5. Emergency Card signed by parent
6. Authorization for Disclosure of Health Information
7. Athletic fee- \$10.00.

All paperwork and fees are to be given to the school office.



Shawano Cross Country

Team Handbook 2017



Welcome to Shawano Cross Country

If this is your first year out or a returning runner, welcome to a sport at Shawano School that has a great deal of pride, honor and respect. Throughout the history of Cross Country at Shawano there have been many individuals and teams that have achieved success and recognition for their hard work and dedication. By joining our team, you are now going to be part of the long tradition of Shawano Cross Country and help pave the way for the future. Good Luck and Hurry Back!!

WHAT IS CROSS COUNTRY?

Cross Country is a team running sport that takes place in the fall on a measured between 1.5 to 2 miles. Our course measures 3000 kilometers, about 1.8 miles. Most cross-country meets are held on dirt trails, sidewalks, park grounds, and golf courses. Some meets are more spectator friendly and you are able to see the runners at different spots during the race. Other meets are difficult and you may only see them at the beginning and when they cross the finish line. Try to obtain a course map and mark out possible spots for viewing. If you need assistance with this please, contact the coaches and they can assist you with this.

HOW CROSS COUNTRY IS SCORED

A cross country meet is scored by each team adding up the places of its top 5 finishers. As in golf, the low score wins. For example, a team that scores 26 points places ahead of a team that scores 29 points, as follows:

DISCIPLINARY ACTION

Participation on the Shawano cross country team is a privilege. Because of the nature of long distance running, **it is not possible for the coaching staff to observe every athlete during the entire course of each workout day.** As a consequence, athletes on our team are accorded a very high level of independence and trust. Accompanying this independence is an equally high level of expectations for athletes' behavior. **Disruptive behaviors or attitudes at practice and competitions, as well as behaviors conducted outside of team events which cause significant harm to the team, will result in disciplinary action.** Examples of disruptive actions include (but are not limited to): **unexcused absences (3= missed meet), failure to adhere to an assigned workout, participation in unapproved activities during workout time or at meets, physical or verbal harassment of other team members, and violation of the Athletic Code.** In general, an athlete and his/her parents can expect that the first violation of team standards will result in a conversation with the athlete. The second violation will result in meeting with the athlete and his/her parent or guardian. Any athletic code violation will be directly handled with the Athletic Director.

Bus Behavior:

There can be as many as fifty runners on the bus to a Cross Country, it is very important that everyone behaves on the bus. No walking around, no shouting, no screaming. Athletes that do not have good bus behavior will lose the privilege of riding the bus and/or participating in the meets.

Grades:

School work always comes first. If you are failing a class when the athletic director pulls grades, you will miss the next meet. **NO EXCEPTIONS!!!** If you miss 3 meets in a row due to grades you will not participate in any meets for the remainder of the season.

PREPARING TO WATCH A CROSS COUNTRY MEET

We love to have parents and other fans at our meets! More information on meet locations will be located on the Cross Country site on the athletic page for the Shawano Middle School. Coaches routinely provide written race information, course maps, and directions to the meet site to all athletes the day prior to the meet. When parents arrive at the meet, they should first find the Shawano team camp.

During each race, fans can move from point to point along the course to cheer runners as they pass. Be careful, however, to stay off the runners' path and out of their way. Running alongside a competitor to pace or encourage him or her is not allowed and the runner could be disqualified.

After crossing the finish line, the runners file through a finish chute where in some cases they are handed a place card. It's OK to greet athletes in the chute, but their team responsibilities are not yet completed. As soon as possible after finishing they must turn in their finish place card to one of the coaches so that team scores can be tabulated. More meets today are using computer chip timing devices. At those meets athletes will be required to turn their timing device immediately following their event.

Most athletes are quite fatigued immediately after finishing their race and may even feel nauseated from the exertion. But after a few minutes they will be energetic enough to discuss their race and attend to their responsibilities. Water is the best thing to drink immediately after a race. Athletes are expected to supply their own water or sport energy drink. **Soda is not permitted or should be consumed at any time during a meet.**

Once an away meet is over, it is important that parents not take their son or daughter home without first notifying a member of the coaching staff. We are responsible for athletes' safe transport to and from the meet. Athletes must ride the team bus to each meet, and afterward, they must travel home either on the bus or with a parent (or other adult with written permission from a parent). **The Shawano School District requires you to sign a waiver allowing your son or daughter to ride home with you instead of returning to school on the team bus. This form can be picked up in the school office and signed by a parent and a school administrator. This must be turned into the coach as we depart for the away meet. Athletes and their parents must speak to a member of the coaching staff before they leave the meet.**

WEEKLY TRAINING SCHEDULE

Practice will be from 3:00 p.m. until 4:30 p.m. Some practices may be done as early as 4:00PM. **Coaches must be informed in advance when it is necessary for an athlete to miss any practice or meet.** All practices will begin on the MS track unless it's raining, then meet in the commons. Runners must attend minimum 5 practices before competing in a meet.

WORKING TO SUCCEED

Muscle soreness and fatigue are normal consequences of beginning a training program. It is necessary for the runner to persevere through the initial discomfort that accompanies increased levels of activity. However, athletes with muscle soreness that continues past the first two weeks of training should communicate with the coaches so that we may adjust their training loads. Athletes should not "run through" pain that causes them to limp. Doing so will cause additional problems, and may lead to injuries that will require long recovery times.

Any athlete engaged in intensive training and competition can be subject to injury. Shawano is fortunate to have an athletic trainer on staff that can make an initial evaluation of our athletes' injuries and suggest treatment plans. Most injuries can be prevented by: (1) training at a moderate level all year round so as to avoid abrupt swings in activity level, and (2) telling the coaches about continuing aches and pains. This allows us to suggest cross-training alternatives to particular workouts and to arrange for the athlete to see the athletic trainer.

A nutritious diet is part of the athlete's training program. Nothing fancy is required. However, many of our runners find it difficult to eat a nutritious breakfast before rushing off for early morning classes. Similarly, their class schedule may not even allow for a lunch period. **It is essential that our athletes make a commitment to eating nutritious meals or snacks during the school day.** Easy to carry and

eat snacks, such as fruits, vegetables and energy bars make this easier to accomplish. Athletes should not eat immediately before practice or races; cramps and nausea will be the likely result.

EQUIPMENT YOU MUST PROVIDE

- ***New Running shoes***
- Black Shorts
- Purchase a Shawano CC T-Shirt (These are the same as last year for Brener as well as SCMS.)
- Daily workout gear (shorts, t-shirt, socks, shoes, warm ups and/or rain gear for bad weather days)
 - When temps drop below 70°F runners must have long pants and shirts to practice.
- ***Running watch*** (nothing fancy, just a simple timing function, easily purchased at Walmart or Target)
- ***Water bottle*** labeled with athlete's name

SAFETY ISSUES

With the number of athletes we currently have and ability levels vary significantly, **the coaching staff is unable to accompany each individual runner during every step of every practice.** As a consequence, the coaching staff relies on the athletes to (1) follow training & safety instructions carefully, (2) observe the buddy system explained below, and (3) take responsibility for teammates. If a team member is injured in a fall or suddenly becomes too ill to continue running, we ask our runners to offer assistance and notify a coach as soon as possible.

Cross country is a relatively safe sport, but there are some issues that athletes and parents need to be aware of:

- (1) **Buddy System.** You should run with a teammate or coach at all times. On road run/trail run days several coaches will be available to run with the team. If you decide not to accompany a coach, then you should run with a teammate. Having a running buddy greatly enhances your safety.
- (2) **Trail Running.** When we aren't running on the roads, we are likely to be running on narrow dirt trails. Many of these trails are rocky and the footing can be uneven. To reduce the chance of spraining an ankle or tripping, it is helpful if you allow a gap to open up between yourself and the runner in front of you in order to increase your ability to look ahead for obstacles on the trail. In addition, the extra gap allows you to avoid colliding with other runners if you (or they) trip.
- (3) **Lightning.** We will not begin a workout during a lightning storm, but if we are out running and lightning moves into the area, use the "10 second rule" to determine if you need to seek shelter. If you hear thunder within 10 seconds of a lightning flash, you should seek shelter. If we are training near the high school or middle school, we will move indoors as quickly as possible. If you are running in an open, exposed area when lightning strikes, seek low ground and crouch down (don't lie down). Stay away from tall trees or other tall objects that may serve as lightning rods. If you are in a forested area, you are safer than when in the open, however you should keep moving towards lower ground while avoiding open areas.
- (4) **Training Injuries.** The key to completing the season without injury is to pay attention to the messages your body is sending you and to communicate with the coaches so that we can make adjustments to your workouts. Muscle stiffness and soreness in the first couple of weeks of practice is normal. Continuing pain in the joints (knees, ankles, hips), muscles, or tendons is something you should bring to the attention of the coaches so that we can arrange for you to consult with the Athletic Trainer and/or the Team Physician. With prompt attention many injuries can be resolved quickly, allowing you to get back into action with the minimum of interruption in your training and racing schedule.

- (5) Dehydration. Training and competing in hot weather conditions can lead to heat cramps, heat exhaustion, and heat stroke. Less serious, but nonetheless important to the competitive runner, dehydration impairs performance. Therefore, it is extremely important that you drink plenty of water before, during, and after practice and races. Water is not always easily accessible at our training locations or races, so you should bring a water bottle (16-32 oz.) with you. Thirst is not a valid indicator of dehydration so you should develop the habit of drinking water on a regular schedule throughout the day. Studies show that distance runners need to drink 16-32 oz. of fluids (preferably water) between lunch and an hour before afternoon training (or between waking up and an hour before a Saturday morning race). One gulp is roughly an ounce. Be aware that the use of certain antihistamines/decongestants (e.g. Benadryl, Sudafed) may increase your susceptibility to dehydration and should be used with caution. When racing in hot, dry conditions runners should drink 6-8 oz. of water just before going to the starting line.
- (6) Cold Weather. We will practice and race in conditions that may include sub-freezing temperatures, rain, and snow. Wind and precipitation are two factors that increase the rate of heat loss from the body. As temperatures drop during the fall, you should add a hat, gloves, warm outer layers, and rain gear to your training outfit as necessary. Temperatures below **65 degrees** will require athletes to have at the beginning of practice a minimum of a **sweatshirt** and **sweatpants**. Hats and gloves are optional but are encouraged. **Not having proper clothes will count as an unexcused absence.** *You can take them off if you get too warm, but you can put them on if you do not have them!!* Failure to comply with this will result in an unexcused practice.

HOW TO REACH THE COACHES

Coach Smurawa	715-851-1968 – Cell 715-526-2192 Ext 3108 – School smurawas@shawanoschools.com
Coach Tierney	715-526-2192 Ext 3130 tierneyt@shawanoschools.com

HOW PARENTS CAN HELP THE COACHES

- **Excuse all absences in advance with one of the coaches.** Please email or text the head coach to let them know your son/daughter will not be at practice.
- Be a part of the Shawano cross country parents' group, helping with various activities throughout the season. You can sign up to bring snacks/drinks for a meet.
- Assist with home invite by helping set up course, managing and working concession stand, assist with other meet day event.
- Be mindful of team practice/racing schedules when arranging appointments and family trips.
- Attend Meets.