

2023 HIGH SCHOOL CROSS COUNTRY INFORMATION SHEET

Welcome to the Carthage High School Cross Country Team! You are joining one of Carthage's most successful athletics programs and also one of the most fun! Cross Country is a lot of work, but it is very rewarding! We will have the opportunity to compete in meets all over the Four-States Area, but in order to be successful as a team; we need to follow some rules and expectations. The following document will help you understand what is expected of you, and what you can expect from Carthage Cross Country!

- Carthage Cross Country Coaching Staff

Expectations:

1. You need to be at practice every day. If you are sick or have family business, you or your parents need to contact me personally, not through a friend. If you are going to be absent from practice, talk to me beforehand. Skipping practice could result in being removed from the team.
2. Practice is after school at Haffner Stadium. Be on time, it's a matter of fairness to you and your teammates. You need to be changed and ready for practice by 3:30pm. All practices, including Saturdays, are mandatory.
3. No Horseplay in the Locker Room! Get dressed out quickly and be ready for practice!
4. Listen to what is said and follow our directions. This is not only for the good of the team, but also for your safety.
5. Be a good role model, both academically and through your conduct. You represent not only yourself but also our team, school and your family at all times.
6. Any violation of the citizenship policy will result in at least a two-week suspension from competition.
7. T-Shirts with alcohol, tobacco or crude sayings will not be allowed at practice or meets. Girls who wear tank tops must be fully covered and guys must wear shirts at all times. No shirts with scoop sleeves. Shorts need to be an appropriate length for practice.
8. Come to practice with a positive attitude; don't drag yourself and your teammates down.
9. Be a team runner at all times, whether on the roads, at a meet or in school. Work hard every day and do not criticize your teammates or other teams. Do not leave anyone by themselves on the road.
10. Although it is not required, each runner should invest in a watch to time their runs, this will make practice go a lot smoother and allow you to take ownership of your running. We also have a few Garmin's that can be checked out each day. If you need help finding a cheaper GPS or normal watch see me and I can help get you one.
11. Practice is not over until you check out with a Coach. Do not leave until you have permission to do so. The warm-up and post run work each day is vital to keep us injury free and strong for the season.
12. Any physical altercation or violation of the team rules could result in removal from the team.
13. Discipline Process:
 1. Verbal Warning and/or Extra Conditioning
 2. Discussion with parents, coaches and possible administration.
 3. Possible Suspension from meets or removal from the team.
 - i. Serious behavioral issues will jump straight to step 3.

Carthage Cross Country Race Day Expectations

- Be prepared with all equipment.
- Wear your team issued warmup and team shirt.
- We need to look like a team the minute we walk off the bus.
- No “horsing around” we are on a business trip, this is the time for your hard work to pay off.
- We walk the course with our teammates so we can discuss the course with your team and use it to our advantage.
- Warm up together with your teammates.
- You should be in one group of your teammates during the meet. You should be one unit. We should not see a bunch of separate groups.
- Focus on racing during your warmup, get your mind focused, not waste time, not talking or hanging out with friends or family.
- During the race work with your teammates to race together and pass other runners. Do your best to execute your race plan.
- Use all the tools you have when you race.
 - Brains
 - Legs
 - Heart
 - Drive and Determination

- After you race you should find your teammates and begin your cool down with everyone within 10 minutes of the last runner in your group finishing.

- Cool down for at least 10 minutes depending on coaches instructions and cheer on your teammates. Go through your full post race routine together with your teammates. This will help prevent stiffness and soreness.

- During the awards ceremony we all sit together and cheer on everyone that won awards, not just our team. Treat others the way we would like to be treated.

- After the entire meet is over we go thank whoever the race director was. A lot of work goes into putting on races and it is important that we show appreciation to them.

- These procedures will help us maximize our meet day and race to our full abilities.