POLAR BEAR MIDDLE SCHOOL CROSS COUNTRY

**Team**

**Handbook**



POLAR BEAR MIDDLE SCHOOL CROSS COUNTRY

 **What to Expect from your Coaches** 

 To develop a program where all student-athletes can experience success

 Facilitate with skill building and instruction in order to help athletes become competitive

 Develop an understanding of good sportsmanship, making a commitment, teamwork, and competition

 To treat every athlete with respect regardless of their ability

 Constantly improve our knowledge of the sport as well as the techniques necessary to master all aspects of running

 **Expectations of Cross Country Runners** 

 Be punctual and ready to give 100% effort

 Respect yourself, your teammates, and the teams you are competing against

 Support your teammates

 Demonstrate good sportsmanship

 **Expectations of Parents** 

 Be supportive of the Cross Country Team

 Allow the coaches to coach

 If you have questions regarding the program, contact the coaching staff first

 Be a positive role model

 **Athlete Check List** 

Physical/Alternate Year Card turned in

Signed Co-Curricular Code on file

Concussion Form on file

Running Shoes and Socks

Running Shorts or Wind Pants (No jeans, khakis, or cargo shorts)

Tank Top or T-Shirt

Water Bottle Watch

Forms are online at**:** [**http://www.hasd.org/schools/hs/hhsathletics.cfm**](http://www.hasd.org/schools/hs/hhsathletics.cfm)

The purpose of the Cross Country program is to instill a lifelong enjoyment and appreciation for the sport of running.

Participation on the team provides many benefits to young athletes including self-discipline, good sportsmanship, goal setting, and time management skills. Practice sessions provide a positive environment for team building, an education in the basics of running, and structured time to enhance physical fitness. Athletes run cross country for many reasons: to compete, get in shape, to be a part of a team, to achieve success, etc. As coaches we support all these reasons and value each and every runner equally.

Competitions allow the athletes to experience success and to handle disappointments in a positive manner. Parents contribute to the success experienced by the athletes and the team. Parents serve as positive role models. Most important is to demonstrate good sportsmanship at all-time towards coaches, officials, opponents, and teammates. Parents must remember that their child is the runner. They need to establish their own goals and make their own progress towards them. The best way to help the child achieve their goals and reduce the natural fear of failure is through positive reinforcement. Successes and failures should be treated as learning experiences and not life changing situations.

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 **Etiquette** 

Roads – Always run facing traffic so you can see what is coming your way. If running in a group, do not run more than two abreast so you are not taking up the whole road as well as leaving room for others to pass. Personal Property – Do not cut across lawns and or touch others’ personal property such as mailboxes and lawn ornaments.

 **Hydration** 

Bring a water bottle to every practice and meet. It is critical to athletic performance to stay hydrated. The easiest way to tell if you are hydrated properly is the color and quantity of your urine. Your urine should be clear or lightly colored and in good quantity. If you take vitamins, please know that they can color your urine even if you are well hydrated.

Sport drinks help maintain sodium (salt) and potassium (veggies and fruit) levels in the body. However, if you obtain enough sodium and potassium in your regular diet, sport drinks are not necessary. Avoiding caffeine will help decrease your recovery time.

 **Injuries** 

Learn to recognize injuries so that action can be taken to prevent them from becoming serious. Notify a coach anytime you think you are injured.

 **Nutrition** 

If time permits and you are able to eat a light snack prior to practice, great; however, please leave all food in your backpacks/lockers once practice begins.

On a race day, make sure to eat a good breakfast as well as a balanced lunch. Don’t forget to intake plenty of water as well. Pack a light snack to eat at least two hours prior to your race. Try to stay away from dairy products, soda, citrus juices and fried foods.

 **Personal Property** 

All personal property should be locked up either in a school locker or gym locker while practicing. We will work to get runners from HMS a gym locker so you have a place to store your personal property in while at GMS.

 **Sleep** 

Adolescent athletes need a minimum of eight hours of sleep each night. We understand that school and social activities take up a large portion of time, but you must work to find ways to get the sleep your body needs. The less sleep you get the slower your recovery time will be. This may also affect your performance time as well.

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 **Practice Schedule** 

|  |  |
| --- | --- |
| **DATE** | **NOTES** |
| ***Tuesday, September 4*** | ***First Day of Practice until 5:00*** |
| ***Wednesday, September 12th*** | ***No Practice – Staff Meeting*** |
| ***TBD*** | ***Picture Day*** |
| ***Wednesday, September 26th*** | ***No Practice – Early Release*** |
| ***TBD*** | ***End-of-Season Party-GMS*** |

**ATTENDANCE**

Practices will be held at Greenville Middle School. Runners are expected to meet in the Media Pit promptly at 3:25 pm to begin practice. Athletes may be excused from practice by note, phone call, voice mail message, or e-mail (from a **parent** before the absence or within 24 hours after the absence). There is no penalty for excused absences.

 The first unexcused absence from practice or meet will result in a warning. However,

 A second unexcused absence will result in sitting out the next meet.

The third unexcused absence results in a conference with your parent(s) to determine future eligibility.

**\*\*\*Note:** It is acceptable for you to be tardy if you are receiving help in academic areas. If this is the case, you are expected to arrive to practice with a note or pass from a teacher.

**PRACTICE TRANSPORTATION**

Hortonville Middle School

* Released from class at 2:50 pm
* Board the bus at HMS by 3:00 pm to head to GMS

Greenville Middle School

* Dismissed following the school day
* Report to Media Pit no later than 3:25 pm

Practices will run until 5:00 pm each day, unless there has been prior notification of a change in time. Parents, you can pick your son/daughter up from GMS. There will be no extracurricular bus.

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 **Polar Bear Meet Schedule** 

**DATE LOCATION DEPARTURE RACE TIME**

|  |  |  |  |
| --- | --- | --- | --- |
| **Tuesday, September 11** | **Bonduel High School**  **Bonduel** | **GMS 2:00 pm**  **HMS 2:15 pm** | **4:00 pm** |
| **Thursday, September 13** | **De Pere Middle School** | **HMS 2:30 pm**  **GMS 2:40 pm** | **4:15 pm** |
| **Saturday, September 15** | **New London** | **TBD** | **TBD** |
| **Monday, September 17** | **Seymour High School** | **HMS 2:45 pm**  **GMS 2:55 pm** | **4:15 pm** |
| **Monday, September 24** | **Shawano Middle School** | **GMS 2:15 pm**  **HMS 2:25 pm** | **4:15 pm** |
| **Tuesday, October 2** | **Brillion High School** | **HMS 2:15 pm**  **GMS 2:35 pm** | **4:15 pm** |
| **Tuesday, October 8** | **Seymour High School** | **HMS 2:45 pm**  **GMS 2:55 pm** | **4:15 pm** |
| **Tuesday, October 9** | **Manitowoc @ Silver Creek Park** | **HMS 2:00 pm**  **GMS 2:15 pm** | **4:30 pm** |

**TRANSPORTATION FOR MEETS**

A bus will pick up runners at both schools. Athletes are required to ride the bus to and from the meets. This is part of belonging to the team. We understand that circumstances may arise in which an athlete must leave following the meet.

If you need to leave following the meet, you must do the following:

* Have a written form signed and turned into coach the night before the meet. – see last sheet or travel release form at **:** [**http://www.hasd.org/schools/hs/hhsathletics.cfm**](http://www.hasd.org/schools/hs/hhsathletics.cfm)
* Visually see a coach to sign out with the presence of a legal guardian (mom or dad) prior to leaving the meet.
  + \*\*\*You will not be released to anyone other than a legal guardian.\*\*\*

**Following the meets, the bus will only be returning to Greenville Middle School.**

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 **Competition Rules** 

**UNIFORMS**

Each athlete will be issued a racing uniform. It is the athlete’s responsibility to keep these items in good condition. If clothing is lost, a fee will be issued in order to replace the clothing. Runners may wear layers under their meet clothes. The best choices are performance fabrics (coolmax, dri-fit, polypro, etc.) If at all possible, avoid wearing cotton. Additional garments (spandex shorts or tights, short or long sleeve tops) must be solid BLACK and worn beneath the uniform. A single manufacturer’s logo/trademark no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches is permissible on all apparel worn, including garments worn under the uniform.

Running shoes are good for only 500 miles or one season. You should start each season with a pair of new or nearly new shoes. Spikes, if allowed at the meet, may be no longer than ½ inch. Choosing the right shoe is critical to staying injury free. If you are not sure what shoes to buy go to a store such as Fleet Feet, RunAway Shoes, or Scheels. They can help decide which shoe is right for your foot and stride.

Jewelry is not allowed. Do not wear jewelry, including rings, earrings or studs, necklaces, bracelets, bobby pins, hair clips, etc. **\*\*\*Note:** Watches and prescription eyeglasses are acceptable in competition.

Only headbands or knit caps, which contain only the school name, school nickname, or school mascots, are legal. Headbands or knit caps may be any color. Baseball caps are not allowed. Soft items (cloth headbands, rubber bands) should only be used in the hair for control purposes.

**MEET DISQULIFICATION**

**Athletes may be disqualified for the following:**  Uniform violation

* Failure to follow directions of meet personnel
* Use of profanity
* Causing a competitor to break stride
* Impeding or interfering with a competitor
* Physical contact with a competitor
* Failure to run designated course

**RACE DISTANCES**

The competitive race distance for middle school shall be a minimum of 1.5 miles and a maximum of 2.0 miles.

**\*\*\*Note: According to WIAA State rules and regulations, runners are not allowed to participate in races during the Cross Country season.**

**SCORING**

Scoring at the middle school level is not required. However, if the meet is scored it would be based on the following:

The top seven finishers for each team are factored into the final team score. Teams with fewer than five competitors are incomplete and their finishers are deleted from scoring.

The top five finishing places for each team represents the team scores. Your finish place is the number of points you score. The lowest score wins. For example, a team that scores 26 points places ahead of a team that scores 29 points.

Polar Bears: 1st, 4th, 5th, 6th, 10th = 26 points

Opponent: 2nd, 3rd, 7th, 8th, 9th = 29 points

If the teams are tied the sixth runner is the tiebreaker.

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 **What Runners Can Expect at a Race** 

Cross Country courses varies considerably from meet to meet. Most courses have a good mix of terrain: hills, woods, open land, and flat areas.

Usually there are two races: a boy’s race and a girl’s race.

 **Pre-Race Preparation** 

Upon arriving to a meet, maps will be given out. We will walk/jog the course together as a team.

**\*\*\*Note:** Courses may change from year to year, so please make sure you are paying attention to the layout.

Runners should start their warm-up 30 minutes to an hour before their race. Do not hurry through stretching; you will pay for it later. As you prepare for the start of the race, practice mental imaging. See yourself running the course, and run it in your mind!

The starting line has a box for each team and is numbered so that box #1 is on the runners left. Runners should be at the starting line at least five minutes before their race.

The starter will give the following commands to start a race:

**15 minutes** to the start of the race

**10 minutes** to the start of the race - Runners should begin reporting to the starting line.

**5 minutes** to the start of the race - Make sure to stretch and double tie your shoes!

**\*\*\*Note:** Parents, please stand off to the side of the start areas so that the coaches can work with the runners.

**2 minutes** to the start of the race - Remove your warm-ups. Coaches will be asked to step back or leave. **1 minute** to the start of the race - All runners must remain behind the starting line. **30 seconds** to the start of the race

**15 seconds** to the start of the race

**10 seconds countdown to 5 seconds**

The starter will fire the gun when all runners are "motionless and set."

**\*\*\*Note:** If you hear the start gun a second time, you need to stop running immediately and return back to the starting line.

**Flag Designations:** a red flag indicates a turn to the left and a yellow flag indicates a right turn. Runners must go around the outside of red and yellow flags. A blue flag means go straight ahead - usually you can go on either side of a blue flag.

If there are two flags on a flagstick, runners will obey the top flag the first time by that stick and the bottom flag the second time they pass that stick.

The course is usually marked with white paint or cones/flags or both.

 **The Race** 

1. **Concentrate:** Focus on the course and running with proper form. Do not look back when you are racing as you may fall and/or have a runner pass you; always focus on what is in front of you!

1. **Hills:** When going up a hill, lean into it and shorten your stride. However, if you are running down a hill, make sure to lean back slightly and concentrate on your steps.

1. **Sprint:** Finish the last 200m strong. When finishing, make sure to run through the finish line! Individuals have lost places because they slowed down at the finish line and were passed by other runners. Walk through the chute, and immediately give your card to the coach or helper from our school at the finish line. Cheer on your teammates that are still competing.

1. **Recovery:** Keep walking, don’t sit or lay down. Your muscles will tighten up and you will get sore.Get a drink of water to replenish fluids in order to stay hydrated. Stretch out and take a slow jog either by yourself or with others to cool down.

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 **Contact List** 

**COACHES**

**Cari Eggen**

Work: (920) 757-7159 Ext. 54112

Home / Cell: (920) 720-8234

E-Mail: carieggen@hasd.org

**Bruce Lohrenz**

Work: (920) 757-7159 Ext. 51101

E-Mail: brucelohrenz@hasd.org

**ATHLETIC DIRECTOR**

Andy Kolosso

E-Mail: andykolosso@hasd.org

**RESOURCES**

[www.pttiming.com](http://www.pttiming.com/)

[www.highschoolsports.net](http://www.highschoolsports.net/) [www.runnersworld.com](http://www.runnersworld.com/)

[www.youthrunner.com](http://www.youthrunner.com/)

**Travel Release Form**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This is to certify that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_has my permission to ride

(Student’s Name)

(to-from-both) the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on

(Activity)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(Date) (Location)

I certify that I am personally transporting the above named student.

The reason for not riding the bus is:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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(Reason must be sufficiently urgent to family needs to justify not riding the bus)

I understand that the HHS Co-curricular Code and District policy requires that students ride the bus to and from all co-curricular events, and a departure from this will release the Hortonville Area School District from all liability for any adverse results that may occur.

I agree to release the Hortonville Area School District and its employees and officers from all liability with reference to the above stated transportation.

**This form must be on file in the school office prior to the dismissal of the school day of the contest.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Signature of Parent or Guardian)

**APPROVED - NOT APPROVED**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(Signature of Athletic Director)