

2011 AHS Boys Cross Country

Student/Athlete Packet



Coaches

Tim Black, Matt McClain, Jeff Bandy, Mike Follett, and Brian Parsons

Philosophy of Ashland Cross Country:

The purpose of Ashland Cross Country is to develop athletes physically, intellectually and emotionally. In order for each runner to achieve the most from participation this season, a measure of self-discipline and responsibility will be needed. Although cross country may appear like an individual sport, we will place emphasis on the team first mentality, and our team goals will be placed ahead of individual ones. When we succeed as a team, every runner has a part in that success. The basic requirements of our runners are that they come ready to work towards their individual potential, view their training with an open mind, and be willing to commit to the goals their teammates have agreed upon. Ultimately, participation in cross country should help develop a love of running, sports, and teamwork that lasts beyond their high school graduation.

The expectation is for the Boys Cross Country team to continue to be the class act that they have been for many years. This program has seen many successes at the conference, district, region as well as state level. This group has conducted themselves with a high level of class and it is EXPECTED that the above attributes WILL NOT change.

Team Goals:

Team goals will remain constant year in and year out. As a team, Ashland High School will strive to do the following every year:

1. Have a winning record
2. Bring home at least 3 Invitational trophies
3. Have at least 1 new name on the Top 3.1 List
4. Finish in the top 3 at OCC
5. Win the OCC
6. Finish in the top 4 at Districts
7. Win Districts
8. Qualify athletes to the Regional Meet
9. Qualify athletes to the State Meet
10. Place athletes in Collegiate programs
11. Have NO disciplinary actions throughout the season

Individual Goals:

Individual Goals need to be established by the athletes and should change as their goals are met. The coaching staff will discuss and monitor these goals through the course of the season.

Rules of Participation:

1. Participants are expected to attend **all** scheduled mandatory practices.
2. Athletes are not permitted to use alcohol, tobacco, or other illegal drugs at anytime. (This **WILL** result in removal from the team)
3. Participants will not treat teammates, coaches, officials or opposing teams with disrespect. This includes taunting, trash talking or any other forms of embarrassment to the other team or our own. (You represent the Arrow CC program. Do so with **PRIDE**)
4. Participants who are involved with disciplinary action at school may also face discipline at practice.
 - a. **In-school detention:** Student may practice but may not participate in a meet the day of the ISD assignment.
 - b. **Out-of-School suspension:** Student may NOT practice or participate in a meet the day of a suspension. (Friday out-of-school suspension/detentions will cause the athlete to sit out for a Saturday meet.)
 - c. **After School Detention:** If an athlete arrives to practice late because of a detention, it will result in an unexcused absence regardless of how late they arrive. The athlete is still expected to complete the entire workout.
 - d. **Morning Detention:** Morning detentions that do not affect the student's attendance at a practice/meet, no additional disciplinary action will be applied to Cross Country.
5. Horseplay before, during or after practice is prohibited. This may result in suspension from meet.
6. **One (1) unexcused absence will result in missing one meet.**
7. **Three (3) unexcused absences will result in being dismissed from the team.**
8. Be supportive of your teammates ALL TIMES during practice and meets.

First Offense: verbal warning from coach, parent/guardian notified

Second Offense: suspension from meet

Third Offense: expulsion from team (loses all award privileges)

*****The athlete may be started at any offense level depending upon the severity of the discipline problem. High School Administration may become involved at any point during this process*****

Bus Conduct Policy:

1. All riders on the bus are expected to abide by the rules set forth by the school board and state of Ohio. (Hands and arms inside the bus, no eating or drinking while the bus is in transport - unless given permission by the bus driver, stay in your seats at ALL TIMES, quiet at railroad crossings, etc.)
2. When you board the bus sit near the persons you intend on visiting with during transport.
3. A coach has the right to move athletes to different seats if they are not following the rules.
4. While at meets, stay out of your teammates personal belongings. You are responsible for cleaning up the area you were sitting in.
5. While at meets, there are to be no boys on the girls' bus and no girls on the boys' bus. That includes boys and girls from the Ashland team and boys and girls from other teams. The exception is when both teams share one bus. Boys and girls will be separated by front/back with coaches in the middle.
6. The boys are responsible for cleaning their bus before they exit at the end of the day. Trash found on the bus after all students have exited will result in additional warm-up laps the following practice day.

*Any athlete who does not comply with the above request will be subject to the same rules found under the Rules of Participation.

If it is necessary for your parents to transport you to or from a meet, you must first complete the parent transportation form. The coach and principal/athletic director must clear the form. **All of this must be done prior to the day of the meet.

Practice & Meet Policy:

VOLUNTARY PRACTICES:

Voluntary practices begin Monday, June 6 and run Monday through Friday. Mandatory practices begin Monday, August 1st. This is important to everyone because you must have 10 practices in before your first meet.

1. Coaches will offer practices on Monday through Friday. Practices are from 7:30 – 9:00/9:30am on M/W/F and from 8:00-9:00/9:30am on T/TH. Lifting will be offered on M/W/F prior to running.
2. Coming to voluntary practices is voluntary, but once at practice, athletes agree to follow the rules and expectations of the coaches. In other words, once 'at' practice, the practice is no longer voluntary.
3. Athletes will log their runs in a master notebook with distances and time.
4. In order to receive a mileage t-shirt, an athlete must attend 90% of voluntary practices offered by a coach. (vacations excuse them practice and reduce the number of days that contribute to their 90% - athletes will need to submit a vacation form to be excused from those days)
5. An athlete is not required to notify a coach if they will be absent from a voluntary practice, but it is appreciated.

SUMMER CAMP:

The coaches, although not required by the school, enjoy offering the Ashland Cross Country team a camping experience. This serves as an opportunity to foster team unity, discuss season goals and experience some of our season's hardest workouts. It's also a great time with a lot of fun and some great food. Our camp experience is truly unique.

1. 150 Summer Miles are required to attend the Summer Camp.
2. Those athletes not reaching 150 miles will remain in Ashland and be required to run with the Middle School Boys team. Skipping/missing those practices will not be tolerated and considered unexcused.
3. If an athlete is unable to attend camp due to family vacation, they are required to notify the coach at least two weeks in advance. Please attempt to NOT schedule vacations once mandatory season has started!
4. If an athlete is unable to pay the registration cost, please contact the coach ASAP to see if accommodations can be made.

MANDATORY PRACTICES:

Voluntary practices will NOT count toward your 10 practices. The state of Ohio requires 10 days before participation in a meet is allowed. If an athlete does not turn in a summer mileage log, they will start at zero (0) miles.

1. Practice will be from 3:00 –5:30pm (unless otherwise scheduled on the team calendar).
2. Attendance at practice is mandatory. If you do not practice you **WILL NOT** participate at meets.
3. If you are absent from school, you cannot practice that day. You must be in school by 9:15am to practice or participate in a meet and cannot leave prior to 1:15pm.
4. If absent the day before a meet, your participation in the meet will be decided on the reason of your absence. An excused absence will allow you to participate, while an unexcused absence will keep you from participating.
5. Missing/skipping practice or leaving practice early without notifying the coach is an unexcused absence.
 - a. Please give the coach a note from a parent the day prior to missing if you know you will not be present at practice.
 - b. If you are sick and were not planning to miss, please bring a note the following day or the next time you return to practice from a parent.

- c. An email from a parent (not student) will be acceptable also in either situation.
6. Vacations during Mandatory practice need to be excused through Coach Black prior to August 1st. Each missed day must be made up prior to competition in meets. Please schedule all vacations prior to August 1st!
7. Please note that missing practice for work is not excused. Holding a job during cross country is a decision that is up to each individual. If you decide to hold a job during the season, be sure to schedule your hours around practice.
8. Athletes will warm-up, stretch, and practice as a TEAM.
9. REQUIRED EQUIPMENT AT ALL PRACTICES:
 - a. Athletes will wear a minimum of a shirt and shorts during all practices and warm-ups unless given permission by a coach.
 - b. Quality training shoes are required to reduce the risk of injury. Track shoes from the previous season will not suffice. Spikes are not permitted at practice unless otherwise directed by the coach.
 - c. **Warm-up pants are required for the warm-up portion of the practice and at meets for temperatures below 60. Athletes should bring pants to ALL meets.**
 - d. A watch with stop-watch functions is required. Athletes *may* be assigned a heart-rate monitor. This can serve as their watch if it has timing capabilities.
 - e. Athletes and parents should be aware of the weather and plan accordingly. Depending in the temperature, if the athlete is not dressed appropriately, that will result in staying in the locker room and missing a practice.

First Offense: verbal warning from coach, parent/guardian notified

Second Offense: suspension from meet

Third Offense: expulsion from team (loses all award privileges)

*****The athlete may be started at any offense level depending upon the severity of the discipline problem. High School Administration may become involved at any point during this process*****

*Our practice policy is based on the necessity of good communication. The coaches' responsibilities are to communicate when practice will be held, what time practice will be, and when the bus leaves/returns for away meets. It is the athlete's responsibility to stay informed and to communicate to his/her parents what the practice schedule is. It is also the athlete's responsibility to attend ALL scheduled practices.

Coach's Expectations of Athletes:

1. Runners are expected to follow the rules and policies of the ACS district at all times

2. Maintain your grades to the best of your ability

Remember that you are students first and athletes second. Your performance and behavior in school reflects not just on you, but on our team as well. Varsity runners wishing to attend the All-Ohio Cross Country meet are required to submit grade reports and must have a C (not C-) or higher in all classes to be able to attend. As of 2010, AHS has been unable to attend the All-Ohio Collegiate meet due to a change in location. Until it is moved to a closer location, this will remain the same.

3. Be on time to practice

Once school starts, practice is held at the stadium at 3 PM. Being on time to practice shows your respect for your coaches and teammates. When someone is late, it has the potential to delay the workout for the entire team. Certain conditions are excused and will be accommodated if the athlete notifies the coach.

4. Complete the daily workout to the best of your ability (AKA – Respect the Workout).

Our workouts are designed to allow you to build strength, endurance, and fitness as we progress through the season. They are designed with success at the end of the season in mind. They are not random runs; there is a plan behind them. All team members must participate in the stretching, warming up, cooling down, and running the full distance recommended for them by the coaches. Do not change a workout distance or assigned route without a coach's permission. Walking or taking extended breaks without a medical reason during a workout will not be tolerated and will result in not competing in the next meet. Again, WALKING in High School Cross Country is NOT TOLERATED.

5. Represent yourself and your team well at all times.

The actions of each individual runner all reflect back to our team. Our runs frequently take us into areas that are off school grounds. Please respect the property and persons that you may come across while training. Make sure that you are respectful to your coaches, teammates, parents, and rivals at all times. *Actions that are unbecoming to an Ashland cross-country runner can result in loss of meet/meets or dismissal from the team.* You are expected to represent us well in school, at meets, and in the public.

6. Keep yourself safe at all times.

Because of our location we are forced to do training within the city of Ashland. Please use traffic lights and stop signs to get across intersections. None of our runs are important enough for you to hurry through an intersection; always take the time to look and see what's coming when you cross a road. Do not trust drivers to stop for you, and under no circumstances should you be running abreast down the middle of a street or road.

Although our fall weather is typically nice, please check the weather report and prepare accordingly for practice. We WILL run when it is raining, unless there is thunder or lightning. Later in the season it is frequently colder and wetter at meets than you would expect it to be. Please dress accordingly so that you keep yourself healthy for the good of both you and your teammates.

During the first few weeks of school it is typically very hot, so please make sure you keep yourself hydrated during the day by drinking lots of water.

7. Injuries

Finally, one of the most important things for you to learn this year will be the difference between the two types of pain experienced by runners. The first is the good kind, the kind that lets you know you are pushing yourself and doing your best. The second is the bad kind and indicates that you may be injured. If you suspect you may have an injury talk to a coach immediately.

Unfortunately injuries do happen. Even the best athlete can become injured. The coaching staff does what it can to reduce the risk of injury. However, if an athlete becomes injured, it is their responsibility to communicate this to the coach so that the proper action can be taken. Usually the first step will be to send the athlete to the trainer. Depending on the trainer's advice, practice may be limited to allow for recovery. The coaches will do their best to notify parents of injury, but it is primarily the athlete's responsibility to share their injury with their parents. If at any time there is a concern of an oncoming injury, please see a coach or the trainer as soon as possible.

Lettering:

There are several ways a runner may earn a varsity letter:

1. Earn 10 points during the season. (max of 1.5 per meet)

Runners Earn:

1 point will be rewarded when a runner finishes any "varsity race".

or

1 point will be rewarded to any open runner who runs faster than a varsity finisher from our team.

or

.5 point will be awarded for every Lifetime Personal Record. (A freshman's first race does not count as a PR)

Up to 2 points *could* be awarded for outstanding effort, attitude, and leadership throughout the season. This is at the coach's discretion.

*In the event the race is combined (entire team runs in one race) or allows for more than 7 runners in a varsity race, only those athletes finishing in the top 7 for our team will receive a point.

2. Automatically Letter

A varsity letter will be automatically awarded to boys running under 17:10 unless you have previously run faster. If you have run at or under 17:10 you must better your previous time.

3. Continued Excellence

Third and fourth year Senior runners who have demonstrated excellence in effort, attitude, and leadership during all three or four years with the program will receive varsity awards. (It is the athlete's responsibility to be aware of the status of this award)

4. Voluntary Practices

2 points will be awarded to any athlete attending 75% or more of the voluntary practices offered by the coach.

5. Summer 5K Races

.5 points will be awarded for every 5K race run in the summer with a maximum of 2 points being able to be earned through summer 5K races.

Determining the Top Seven Varsity Runners

The 7 runners that represent the varsity team will be made up of the 7 fastest times from the previous race. On some occasions, the top seven will run in a separate race, and on others the team will run together. This fosters competition and gives all the runners a chance to make varsity every week. Once the team reaches the conference meet the coaches reserve the right to change the top seven based on performance and the best interest of team success for the remainder of the season.

Miscellaneous Information:

Training Tips

Train to improve every day – be willing to push yourself and challenge your limits.

Your heart, lungs and other muscles will respond to the demands placed on them. If you don't demand much, they won't improve much. Consistent dedicated effort is what gets the most results over the course of a season.

Hydration

Drink fluids constantly throughout the day, specifically water. Drinking a lot right before practice won't help that much because your body needs time to absorb the fluids. Avoid pop as much as possible as they will actually dehydrate you. We also do not recommend "energy" drinks.

Sleep

During the season you need at least 8 hours of sleep every night. Your sleep schedule can have a major effect on your race performance. Staying up late Monday or Tuesday night can affect your race time. The most important day to rest for your race is Thursday night, but getting rest the other days of the week is important too.

Football Games

Attending Friday night football games is a great way to show school spirit. However, if you go, get yourself home at a descent time and find someplace to SIT through the game. Standing at the fence for 2-3 hours of a home football game can negatively impact your Saturday run. Don't waste a week's effort in a couple hours.

Nutrition

As a runner you will need a lot of calories to give you energy during the week. The less junk food you eat during the season the better your body will respond during a run. Runners who eat less "fast food" or "snack food" typically are able to run experiencing less pain or tightness than those who don't.

Stretching

Stretching before you run will help prevent you from becoming injured. Stretching after you run is what lengthens your stride and actually makes you faster later on. The more you stretch, the longer your stride and the more fluid your legs feel and the faster you will run.

Race Day Prep & Tips

Cross Country and Track & Field, more than any other sport, comes with rules that although may seem trivial, are and will be enforced by meet officials. Please know these are State rules that we are required to enforce on our team.

1. NO jewelry may be worn on race day (seen or unseen)
 - a. If you plan on getting a piercing, please wait till after the season because you will not be permitted to put a band-aid over the piercing. You must either take it off or you will NOT race.
2. A sport-watch may be worn during the race.
3. SOLID undergarments are only permitted. A runner can be disqualified for example if their underwear shows at all and it is not solid. Because of this rule, we ONLY allow SOLID BLACK for under-armour type garments. Boxers can be other colors, but if other than black or white *may* risk disqualification depending on the officials. They MUST also be a solid color.

Driving Laws & Team Rules

Because our team has grown over the years, we need to make you aware of the State Driving laws as they will affect our team throughout the season. Students under the age of 17 are only permitted to transport ONE other person. Those athletes that are 17 or older are permitted to drive as many athletes as there are seat belts in the vehicle.

Team Rules:

1. Any athlete that drives and is willing to transport other athletes must provide a permission slip from their parent giving them permission to drive other athletes.*
2. Any athlete that needs a ride and wishes to ride with a licensed athlete on the team must provide a permission slip from their parent giving them permission to ride with another athlete.*
3. Any parent not granting permission to their son to ride with an athlete must make their own arrangements as a coach may not always have space to transport all athletes needing rides.
4. Athletes driving may ONLY drive other athletes if they are buckled up. Riding in the pack of a pick-up or 'cramming' athletes into a vehicle will NOT be tolerated and may face punishment for all involved.
5. Even if all athletes are given permission to ride with other athletes, because of the size of our team, we may not always have space for everyone, therefore, requiring the need for parental transportation.
6. The days that we practice off-site (for example on Thursday's at the YMCA) – team members are responsible for securing their own rides to practice and notes are not needed for these rides.

**One note at the beginning of the season will suffice the entire season.*

Alternative Punishments

In the event that an athlete is suspended from a meet, a coach *may* give the athlete the opportunity to accept one of the following alternative punishments:

1. Write a 2-page essay on a prompt provided by a coach – required prior to race day.
2. Write a 1-page letter of apology to the team, coach, or any other party that the apology should be addressed to.
3. If scheduled to run in the Varsity race, may run in the JV/Open race and receive no points regardless of finish time and/or place.

*If the athlete chooses options 1 or 2 and the coach determines the paper/letter to not be acceptable, the athlete will not be permitted to run in the race.

What should I do if I have a concern about the program?

If you as a parent have any type of concern about what goes on in the program, there are a few guidelines that we would like you to follow:

- 1.) Please don't approach or confront a coach with a concern prior to or immediately following a race. This is an emotional period of time and both parties need to be able to focus rationally on the situation at hand.
- 2.) If you have a concern dealing with our program or the runners on the team, immediately contact Coach Black and set up a meeting to discuss your concerns. Coach Black may request that your son be in attendance at the meeting so that no miscommunication has occurred. Coach Black may request that the athletic director or a member of the school administration be present, if such a situation arises. If, after discussing your concern with Coach Black, you feel that you need additional input, contact Mr. Brindley to arrange a meeting.
- 3.) Please refrain from criticism of teammates or coaches in the presence of your son. Your son must participate in our program and for him to be successful and for our team to be successful, he must be committed to what we are doing 100%.
- 4.) Please cheer for our team and refrain from outward criticism of your son or son's teammates. Remember that these young men are only 14, 15, 16, 17 and 18 years old and are competing in a pressure filled situation in front of their friends, family members and fans. They have enough pressure on them.
- 5.) Many problems can be easily solved by communication. You may not agree with our coaching staff's decisions or hear the answer that you would want, but we will be honest with you about why we make the decisions that we make.

You as a parent play a vital role as well. You can eliminate a lot of problems by your positive encouragement and enthusiasm and support for the athletes and the coaches in our program. Ashland Cross Country has a rich history and your son and you are now a part of that! Make this year's season one to remember.

2011 AHS Cross Country Schedule of Meets

DATE	MEET
August 23	Mapleton Invitational
August 27	Colonel Crawford Invitational
September 3	Ashland Invitational
September 10	Tiffin Carnival
September 17	Galion Invitational
September 24	Cloverleaf Invitational
October 1	Oregon Clay (Toledo) Invitational
October 8	Marion Harding Invite
October 15	OCC @ Madison
October 22	Districts @ Oregon Clay (Toledo)
October 29	Regionals @ Tiffin*
November 5	State @ Scioto Downs*

*Qualification necessary

Recognition of Policies & Procedures

AHS Boys Cross Country

The packet you have just reviewed is an explanation of the policies and procedures for the 2011 Ashland High School Cross Country program. As a coaching staff, we are always concerned with your son's acceptance of these policies and procedures. We are also hopeful that you will take a supportive role in these policies and procedures along with a supportive role of the entire Cross Country program.

Our coaching staff feels that an overall explanation of the High School Cross Country program along with this packet would be very beneficial to everyone involved. An additional parents meeting will be scheduled in August to make final preparations for the Invitational. This will allow you a chance to meet the coaching staff and ask the coaches any questions you may have.

Please sign and return the bottom portion of this page in full recognition of your familiarity with the information contained within this packet.

Sincerely,
Coaches of the AHS Boys Team



We have read the Ashland High School Cross Country packet for the 2011 season and recognize the policies and procedures that each athlete must follow and agree to abide by them.

Parent/Guardian Signature

Date

Student Athlete Signature

Date

*****Please return to coaches by Monday, August 1st*****

*****Students will NOT be permitted to compete in a meet until this has been turned in*****