

ASHLAND HIGH SCHOOL BOYS CROSS COUNTRY



TEAM ROLES AND RESPONSIBILITIES

HEAD COACH

The head coach is hired by the High School Athletic Director and therefore is bound to all governing rules of the High School. As a coach in the state of Ohio he is also bound to rules set forth by the Ohio High School Athletic Association.

Reports to: Ashland High School Athletic Director

Oversees: team members, team managers, volunteer coaches and assistant coaches

Responsibilities:

1. Set pre-season and season schedule
2. Prescribe workouts for all athletes
3. Enter the team into meets with submitted rosters any other requirements
4. Prepare and share accurate practice/race results with team and parents
5. Establish, enforce, and support all team rules
6. Work with the Parents Organization in assisting with all home races and community races
7. Foster a relationship between the High School and Middle School coaches and athletes
8. Delegate extra activities to parents (i.e. team dinners and snacks)
9. Submit results to area newspapers in a timely and accurate fashion
10. Foster a team feel and create opportunities for the team to bond

Requirements:

1. OHSAA Online Coaching Test
2. First Aid & CPR Training
3. Pupil Activity Supervision ODE Course
4. Fingerprint and Background check
5. Board approval

ASSISTANT COACH

The assistant coach is selected by the Head Coach and hired by the High School Athletic Director and therefore is bound to all governing rules of the High School. As a coach in the state of Ohio he is also bound to rules set forth by the Ohio High School Athletic Association.

Reports to: Head Coach and Ashland High School Athletic Director

Oversees: team members and team managers

Responsibilities:

1. Work together with the Head Coach to offer support in the creation of workouts and support decisions made the coaching staff
2. Oversee components of weight room or core workouts
3. Assist the Head Coach at home and away meets in collecting split times as well as finish times as needed

Requirements:

1. OHSAA Online Coaching Test
2. First Aid & CPR Training
3. Pupil Activity Supervision ODE Course
4. Fingerprint and Background check
5. Board approval

VOLUNTEER COACH

Volunteer coaches are selected by the Head Coach and therefore are bound to all governing rules of the High School. As a coach in the state of Ohio he is also bound to rules set forth by the Ohio High School Athletic Association.

Reports to: Head Coach and Ashland High School Athletic Director

Oversees: team members and team managers

Responsibilities:

1. Work together with the Head Coach to offer support in the creation of workouts and support decisions made the coaching staff
2. Assist the Head Coach at home and away meets in collecting split times as well as finish times as needed

Requirements:

1. OHSAA Online Coaching Test
2. First Aid & CPR Training
3. Pupil Activity Supervision ODE Course
4. Fingerprint and Background check
5. Board approval

TEAM MANAGERS

Team Managers are selected by the Head Coach.

Reports to: Head Coach, Assistant Coach and Volunteer Coaches

Oversees: team members and equipment

#1 – Equipment Manager

Responsibilities:

1. In charge of the following equipment at a meet:
 - a. Team garbage can (used for storing team warm-ups during a race)
 - b. Water at the camp and making it available to the runners at the finish
2. Will make sure our spot is reserved at the start line if spots are not pre-determined
3. Will keep water ready at team camp and take bottles of water to the finish line to have for our runners as they finish.
4. Will have water available at the start line for our runners

#2 – Videographer

Responsibilities:

1. Record our season from beginning to end and compile, in partnership with photographer, a season-end highlight film to show at our banquet.
2. Will also create a team-recruitment video highlight the best of the sport that will be 2-3 minutes in length.
 - a. This video will be shown to all elementary students as a way to encourage them into the sport.
3. The following events (outside of races) will expected to be covered:
 - a. First Voluntary practice in June
 - b. BalloonFest 5K Race in July
 - c. First Mandatory practice in August – midnight 5K on track (weather permitting)
 - d. Team Camp – first week of mandatory practices in August
 - e. Towpath Trip with girls team in August
 - f. Second Sole Shoe Trip in August
 - g. Team Pre-Season Banquet at Ashland University in August
 - h. Pre-Season all level team picnic in August
 - i. Several key practices during the week throughout the season
 - j. Team dinners on Friday nights

#3 - Photographer

Responsibilities:

1. Photograph our season from beginning to end and compile, in partnership with videographer, a season-end highlight film to show at our banquet.
2. The following events (outside of races) will expected to be covered:
 - a. First Voluntary practice in June
 - b. BalloonFest 5K Race in July
 - c. First Mandatory practice in August – midnight 5K on track (weather permitting)
 - d. Team Camp – first week of mandatory practices in August
 - e. Towpath Trip with girls team in August
 - f. Second Sole Shoe Trip in August
 - g. Team Pre-Season Banquet at Ashland University in August
 - h. Pre-Season all level team picnic in August
 - i. Several key practices during the week throughout the season
 - j. Team dinners on Friday nights

The following applies to all three team managers...

Requirements:

1. Emergency Medical Form (available through athletic office)
2. No athletic fees required

Benefits:

1. Earn a Team Manager's Cross Country Varsity Letter
2. Travel with the team on the bus to all meets
3. Permitted to attend all team dinners and eat with the team
4. Being a part of the team without having to do any of the running!

TEAM COUNCIL / TEAM CAPTAINS

The Team Council (or in some years, Team Captains) is a group of upper-classmen selected by the team to serve in a leadership capacity. Although serving in this capacity is an honor, it comes with responsibility. Members of the Council, in all situations, should strive to represent the Ashland Boys Cross Country team with class, sportsmanship and dignity. Those athletes who demonstrate inappropriate behavior both in and out of Cross Country risk being removed from their position.

Reports to: Head Coach, Assistant Coach and Volunteer Coaches

Oversees: team members

Responsibilities:

1. Creating a team atmosphere – striving to draw together team unity through various out-of-practice/meet activities
2. Motivate and push fellow teammates both in practices and races
3. Determine team dress on Friday's at school
4. Coordinate and lead three summer team fundraisers (either car washes or other events of their design)
5. Organize and implement a summer run-a-thon that benefits miraclefeet, an international charity that supports children around the world born with a condition known as Clubfoot syndrome. Raising \$1,000 can help five children. Runners will run on the track for 24 hours in teams. Each runner will need to collect sponsors who will sponsor them "per-lap".
6. Represent the team on the starting line when called upon by race officials to report and check-in.
7. Lead summer voluntary practices when no coach is present – includes:
 - a. Taking attendance
 - b. Ensure that all runners follow the prescribed workout and courses
 - c. Coordinate proper pre/post stretching
8. Design the boys Ashland Invite t-shirt
9. Lead team warm-up and stretching on a daily basis
10. Establish one new team tradition each season (the success will be determined by future teams deciding to continue the tradition)

Requirements:

1. Be a junior or senior with at least one year's previous CC experience
2. Be selected by teammates
3. Be in good standing with the school – school discipline could result in removal from position of council or captain
4. Maintain a 3.000 or higher GPA