

# Wenatchee High School Cross Country

## 2023



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# Wenatchee Cross Country

Welcome to Wenatchee Cross Country! On behalf of the coaching staff we'd like to welcome you to our team! We believe that being a part of this team will be one of the best decisions you will make in high school. The coaching staff is excited and prepared to help you become the best student and runner you can be this season. We're so glad you're with us and hope this is one of the most memorable parts of your high school career!

This packet has important information for both you and your parents that you will need to ensure success for the upcoming season. It is very important that you understand and abide by the rules and expectations of our team, for your success and the success of this team.

The goal of the coaching staff is to help each and every athlete in this program to reach their highest potential as an athlete, a student and as a person. This will require a commitment by both your coaches and yourself to be more and do *more than you ever have before*. It's going to be a great season filled with challenges, successes, failures, hard work, and a lot of fun. We hope you look back on this experience later on in your life as one of the most enjoyable and rewarding things you have ever done.

## Team Expectations

In order to make this team and this season the best it can possibly be, you must be willing to make sacrifices of yourself. Some expectations come with consequences that will affect your participation and eligibility, others will only affect yourself and your performance. All team expectations exist to help the team become better than it ever has been before, and to help you become better than you ever have before. You are to represent the best of Wenatchee High School; at practice, in meets and in school.

### *At Practice*

1. Be on time to practice on time, every day. You need to be aware of the starting time set for practice by your coaches every day. On typical school days, that will be 3:45pm in the wrestling room. You are expected to be dressed and ready to begin at that time. Failure to do so will result in the following consequences:
  - a. 1st tardy: warning
  - b. 2nd tardy: sent home from practice
  - c. 3rd tardy (and on): miss the next meet
2. If you are tardy for a school-related reason, you must come with an excuse note from the teacher/appointment you were late because of in order for the tardy to be excused.
3. You are to come to practice every day prepared with the proper workout clothes (including warm clothing for cold practices) and with the proper attitude to succeed.
4. If you are going to be absent, you *must* tell Coach Roche prior to your absence to have it excused. Missing practice due to the athletes "choice" is not considered excused. The following are *not* considered **excused absences**: Hair appointment, after-school club meeting, need time to study and catch up on homework, play practice, or work schedule.
5. If you miss school for an appointment, please see Mr. Beeson to get your absence excused in order to be eligible to participate in practice or compete that day.

6. You are expected to talk to yourself, your teammates and your coaches only in an uplifting or positive manner... *no negative self-talk is allowed!*

#### *At Meets*

1. Come prepared! You are expected to come to every meet with all necessary uniforms and gear. Your uniform is the property of the team and if you lose it, you will be held financially responsible, *even if you turn in someone else's uniform.*
2. You will be expected to put forth the best face of Wenatchee High School as its representatives to all officials, athletes, coaches and spectators that come to your meets.
3. You are expected to come to every meet with an attitude to succeed.
4. *Cheer on your teammates!* If you are not competing or preparing to compete, you are expected to cheer on your teammates in any and all events.
5. You need to stay at all meets until they are finished and return home with the team on the bus (if there is a bus).

#### *At School*

1. Your attitude and behavior in class is a reflection of the Wenatchee Cross Country team, so represent us well!
2. If you are giving your teachers behavior or attitude problems, you will *have* problems at practice.
3. You are a ***student***-athlete... school comes first!

### **TRAVEL:**

Be on the bus 15 minutes prior to departure. If you are not on the bus at our scheduled leave time, you will be left and will not compete that day. Everyone must travel to and from away meets in school provided transportation, unless you have completed the appropriate forms prior to departure. **You are expected to stay with the team until the completion of the meet.** Any exceptions must be cleared in advance. An exception is a family emergency, sickness or a school obligation. Athletes may be released to their parents **after** a meet if the students' parents sign them out. A "departure from group" form is required in advance if the athlete is traveling with anyone but their parents.

### **MEETS:**

Make sure you pack food and water for all meets. If we are at home it is still a good idea to bring water and food for after the race. It is important to pack food and water for after the meet. It is still a good idea to bring lots of food and water for the whole day.

1. Please dress like the rest of the team. Wear team gear during warm-ups when possible. You are representing Wenatchee High School.
2. Fifteen minutes after arrival at the meet site, the whole team will jog or walk the course to loosen up after the trip and to get familiar with the course.
3. Stay in our team area with your feet up. No excessive running around before your race. Keep track of the time and know when you race. On a hot day **STAY OUT OF THE SUN** and drink lots of water.
4. Warm-up with your teammates. Follow the warmup routine set up by the

coaching staff. Be consistent—be ready.

5. Encourage teammates who are racing when you are not.
6. Try to run in a pack with your teammates at the beginning of the race.
7. Cool down after your race by running, stretching, getting liquids and putting on warm clothes—spend at least 20 minutes doing a cool-down run.
8. Bring healthy foods and snacks for after the race.
9. BRING PLENTY OF FLUIDS AND WATER FOR THE WHOLE DAY.

### UNIFORMS & WARMUPS:

You will be issued a meet uniform, tops and bottoms as well as a warmup top. *You will be held financially responsible for all articles issued to you!* Take care of them. Memorize your numbers. When you compete, leave your sweats with a teammate or manager. Do not leave your uniform in any insecure place, even in our own camp area.

### INJURY PROCEDURES:

1. Athletes will always be running in groups—they should never be alone. When we are “off campus”, the coaches will be available throughout the various routes that the athletes cover. There will be coaches spread out through the different groups of runners. All coaches will be carrying a cell phone for immediate communication.
2. Notify a coach immediately if you or another athlete are injured. The coach will administer First Aid as necessary.
3. If an injury is manageable, such as a sprained ankle, minor dehydration, or a cut or bruise of some type, the athlete will be escorted back to the High School by one of the coaches.
4. The athlete will be treated and the parents will be notified.
5. If an injury is severe, the “Emergency Action Plan” will go into effect.

### VARSITY TEAM SELECTION

The Varsity Team—or the top 7 runners for the boys and girls—will usually be determined by the **fastest time from the most recent course or race**. Before the first meet there will be a 2-mile time trial. The top 7 runners will run Varsity for the first meet as long as they have met all other eligibility criteria. After the first meet, the Varsity positions may vary according to performances of all of the athletes during the following meets and the following practices.

**Usually, those athletes with the fastest time from the most recent course or race will run Varsity** for the following meet unless there are certain considerations or consequences in a given situation that must be addressed. (Including sickness, injury, and rest) **The coaches will have the final decision in selecting the top 7 for each meet.**

### CAPTAINS

If you are interested in being a captain for this team, athletes will self-nominate to Coach Roche at the end of the season. Captains are chosen in 3 phases: Self nomination, team vote and interview with the coaches. Captains for next season will be announced at the teams awards night after State.

# WHS SPORTSMANSHIP STATEMENT

Good Sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic program, as well as for the individuals who participate in the program. People involved in any facet of the Wenatchee Athletic Program are expected to demonstrate qualities that are characterized by fair play, integrity, ethical behavior and respect. Emphasizing and improving the sportsmanship of our student-athletes, coaches, parents and staff is one of our highest priorities. Each coach, student, parent and staff member has a role and responsibility to model and teach good sportsmanship while keeping in mind that athletic participation is a learning experience for the student and the programs are part of the educational process.

The Wenatchee Panther Sportsmanship Guidelines:

- Understand the rules and strategies of the contest in order to cheer at the proper times.
- Maintain enthusiasm and composure.
- Positively support the participants and coaches.
- Exercise good judgment in cheering for outstanding performance, not against opponents or to ridicule an error.
- Follow the cheerleaders in positive cheers to show support for the participants.
- Show respect and concern for an injured player, regardless of team.
- Respect decisions made by contest officials.
- Realize that a ticket represents a privilege to observe and positively support a high school activity. It is not a license to verbally assault others or to be generally obnoxious.
- Respect fans, coaches and participants.
- Encourage surrounding fans to display only sportsmanlike conduct.
- Display pride in your program at all times.

**WENATCHEE PANTHERS Believe SPORTSMANSHIP Is An EXPECTATION!**

**Please Let the Players Play,  
Let the Coaches Coach,  
Let the Officials Officiate,  
Let the Spectators Be Positive Be A Fan.....  
Not A Fanatic!!!!**

# LETTERING POLICY

1. To earn a varsity letter, you must meet all of the following requirements:
  - a. Run a lettering time on a 3 mile or 5k course during the season (see chart below)
  - b. Compete in at least 6 of the regular season meets (injuries notwithstanding)
  - c. Finish the season in good standing with the team
    - i. Good standing means academically eligible and no suspensions for behavior or substance reasons, as well as competing at the District meet.
2. The coaches reserve the right to make final decisions to letter in special circumstances.

## Wenatchee Cross Country- Letter Award Standards

The following standards need to be met in order to receive a Varsity Letter:

<b>Grade</b>	<b>Distance</b>	<b>Time</b>	<b>Distance</b>	<b>Time</b>
<b>Freshman Boys</b>	<b>3.0 miles</b>	<b>19:00</b>	<b>3.1 miles</b>	<b>19:59</b>
<b>Freshman Girls</b>	<b>3.0 miles</b>	<b>23:00</b>	<b>3.1 miles</b>	<b>23:45</b>
<b>Sophomore Boys</b>	<b>3.0 miles</b>	<b>18:40</b>	<b>3.1 miles</b>	<b>19:35</b>
<b>Sophomore Girls</b>	<b>3.0 miles</b>	<b>22:40</b>	<b>3.1 miles</b>	<b>23:25</b>
<b>Junior Boys</b>	<b>3.0 miles</b>	<b>18:20</b>	<b>3.1 miles</b>	<b>19:05</b>
<b>Junior Girls</b>	<b>3.0 miles</b>	<b>22:20</b>	<b>3.1 miles</b>	<b>23:05</b>
<b>Senior Boys</b>	<b>3.0 miles</b>	<b>18:00</b>	<b>3.1 miles</b>	<b>18:45</b>
<b>Senior Girls</b>	<b>3.0 miles</b>	<b>22:00</b>	<b>3.1 miles</b>	<b>22:45</b>

# WHS Running Off-Campus Guidelines

1. Run only the course outlined by your coach. If running along a road, use the sidewalk and run single file. Avoid heavily traveled streets and intersections.
2. Run in pairs so no one is ever running alone.
3. Always run facing the oncoming traffic.
4. Beware of dogs.
5. Beware of objects thrown from cars and from car doors opening.
6. Run only where this is adequate shoulder width allowing vehicles and runners to pass in a safe manner.
7. Avoid drainage ditches or embankments where runners could slip and fall down an embankment or drainage ditch.
8. If the road seems unsafe, do not use it.
9. Runners should not use headphones or devices that block the sound of vehicles in the area or block verbal warnings given to runners.
10. Runners must obey all traffic signals.
11. If running on sidewalks where pedestrians are located, provide ample space for passing and not impeding their walking.
12. Keep an eye out for protrusions over the sidewalks such as tree limbs, branches, mail boxes, etc.
13. Complete training runs in ample daylight.

I have read and agree to abide by the rules and guidelines of off-campus running for the entirety of the season.

\_\_\_\_\_ Athlete Printed Name

\_\_\_\_\_ Athlete Signature & Date

\_\_\_\_\_ Parent/Guardian Signature & Date