

Moline

Cross Country

MXC 2016

Welcome to the start of what will be an exciting and successful season of Cross Country! The success of the Cross Country team depends on the attitude that each individual on the team brings to school, practice, meets and their life. Your attitude is based on the goals you have established for your life.

You **MUST** set goals to be successful during this Cross Country season. My No. 1 goal for each of you is to reach your competitive potential on the CC course and in the classroom.

- What are your goals?
- How will you judge your success this season?
- What will be the driving force that takes you beyond being just a runner to being a competitive racer?
- **SET YOUR GOALS!** Keep them handy and look at them daily. Remember: It is not a goal if you are not willing to discipline yourself to achieve it.

The **GOAL** of our Cross Country program is to produce leaders who lead by example at CC meets, in the classroom and during real world activities. We always will set our sights on being the best with proper preparation.

Team! What is a Team? By definition, it is a group of people linked in a common purpose. Teams normally have members with complementary skills and generate synergy through a coordinated effort that allows each member to maximize their strengths and minimize their weaknesses.

“Team members need to learn how to help one another, help other team members realize their true potential, and create an environment that allows everyone to go beyond his or her limitations.”

- *Naresh Jain, 2009*

Our goal is to create that environment.

Cross Country is a physically and mentally demanding sport. This program is designed to prepare athletes with a combination of stretching, running, core work, visualization and practicing mental focus/mental toughness. Athletes of all calibers are encouraged to

join and grow with the training they will receive.

Rules and Guidelines for the 2016 MXC Team

Reading these will save much headache and misunderstanding later if situations arise. Through your commitment to this program, none of the following is needed.

MHS Good Conduct Code and Eligibility Requirements

All athletes should have a copy of the MHS Student Handbook, read it and follow the guidelines that have been established to ensure that MHS athletes are responsible, moral and dependable persons.

Moline High General Athletic Polices

Citizenship

Extracurricular participation is a privilege that the school and community extends to students. If students are not meeting high expectations for school citizenship, which includes behavior and attendance, participation privileges will be restricted or denied.

Hazing/Bulling/Intimidation/Harassment

Any athlete who decides to display any of the above actions will be removed from the team immediately and will face discipline actions through MHS administration.

Academics

In order to participate in meets athletes must be passing (5) five or more classes weekly. Students must be enrolled in (5+) graded classes per term. (E.P)

Attendance

In order to participate in an activity, students must be in attendance for all regularly scheduled classes the day of the contest. Exceptions for emergency situations are made by the administrative approval only.

Joining Late

It will be the coach's discretion whether to allow a student to join an activity after the first official practice begins. Each case will be judged on the basis of what is best for the individual, the team and the program.

CC Meets

CC members always must be aware that practice and meets will not be determined by a system of forced equality. The program will seek to provide positive learning and

participation experiences for everyone.

- During the regular cross country season, the top seven varsity runners will be determined strictly by performance times in practice, meets and time trials.
- The championship meets at the conclusion of the regular season (Regional, Sectional and State) will consist of our top (7) seven girls/boys.
- The coaching staff will consider all of the above factors to put the best TEAM on the course during the post season.

Travel Policy:

All athletes will travel to the meets together. They will stay the duration of the meet cheering and encouraging. We are a TEAM! After the meet has ended and our team has cooled down, athletes will be excused to leave with their parents providing they sign out or give a note to a coach. Athletes are allowed to ride home only with family members (parents, grandparents, aunts, uncles and legal guardians).

- Bus conduct is an important part of the athletic team. We always will be courteous, responsible riders in school buses.
- Overnight trips also are a major indicator of a team's character. On these trips, a team curfew will be enforced and athletes are expected to act in a mature manner at all times to positively represent Moline Cross Country.

Attendance:

1. Be at all scheduled practices on time and prepared to practice. Roll will be taken and athletes must have a note if detained for any reason.
2. Because of your commitment to the team and our limited practice time, it is important that you stay the entire duration of practice. You may not leave for any reason until you check out with and are dismissed by the coach. Please inform the coach of any valid reason why you may need to leave early.
3. Missed Practices? You cannot improve if you are not at practice. Any unavoidable misses must be cleared with the coach ahead of time and may require a parent note or phone call. Appropriate reasons to miss include family emergency, illness or school activities. These will be excused and will not result in penalty as long as you inform me ahead of time. Unacceptable reasons to miss practice include homework, haircut, birthday or tests, routine medical appointments, etc. Your first two unexcused absences result in suspension from a meet. After your third, you will be asked to turn in your equipment.
THIS APPLIES FOR MISSED MEETS AS WELL!
4. Miss the day before a meet? It is the sole discretion of Coach Taylor if you will run the meet.

5. Work conflicts? Make schedule changes as soon as possible. We will work with you until it is changed to a workable schedule (2-3 week window).
6. Participating in another school-sponsored activity? I will handle these individually. They will not count as misses as long as they are made up. Dual sports will be handled individually by Coach Taylor and the athlete.
7. I will handle athletes being cut from the TEAM on an individual basis, considering what is best for the TEAM, athlete and program.

Athletes who want to be considered for varsity competition will be at practice, on time, ready to go.

Lettering Policy:

Varsity Letter

1. Any 9th-12th grader placing in the MXC top five in seven of the varsity meets.
2. Any 9th-12th grader competing on a Regional, Sectional or State team.
3. Any athlete who competes at a level with the above qualifications.
4. Any four-year participants who have not previously received a varsity letter.

JV and FS athletes will receive one of the following awards for completing a season of CC:

1. Numeros
2. Certificate
3. JV Letter

Equipment:

Each athlete will be issued one competition running uniform (top and bottom) and one set of practice sweats (top and bottom)

Each athlete will need a pair of running shoes, racing spikes and all necessary practice clothes. We run in cold weather, rain, heat, snow, etc. Check the weather daily and come dressed appropriately for practice.

“Athletes are financially responsible for issued equipment.”

Injuries:

Injuries will be defined as those painful physical conditions that limit the athlete's ability to perform. All injuries must be brought to the attention of Coach Taylor and Coach Iams. We will evaluate the injury and send you to the school trainer or we may recommend going to a physician. Athletes still will need to attend

practice. We will adjust their training to cross train. They may use the elliptical or exercise bike. Any injury requiring a doctor's attention and cessation of practice will require a doctor's permission to resume. Any athlete missing practice because of injury will not be allowed to compete until Coach Taylor and Coach Iams determines it is in the athlete's best physical interest.

The Runner's Lifestyle:

Cross country, when done correctly, is very challenging. Athletes must condition their bodies and minds to respond at peak performance. This only can be achieved through a strict practice discipline coupled with proper rest, nutrition, hydration and balanced health. Rest also is a very important aspect of being an athlete. You cannot burn the candle at both ends and still perform at your top athletic level. Balance is the key. Formulate a schedule to include time for family, school, practice, homework, social life and proper rest. Stick to it!

Contacting Coach Taylor:

Email: ttaylor@molineschools.org

Practice Times:

3:35 to 6 p.m. Monday through Friday

7:30 to 10 a.m. Saturday

MXC 2016

I have the Moline Cross Country handbook. I understand its contents and will do everything within my power to follow the role of an outstanding athlete, conscientious student, and all-around good kid. By signing this, I realize I am making a commitment to MXC and to myself to make decisions that will not take away from my abilities, but rather will enhance them.

Athlete signature _____

I have read the Moline Cross Country handbook. As a parent, I understand the impact that a successful cross country season will have on the athletes and will do my best to provide the support that my daughter or son will need throughout this season. I also realize that rules exist for a reason and that Coach Taylor and Coach Iams will enforce team policy.

Parent signature _____

Athlete's Home Phone Number _____