

# **WSMS Cross Country**



**2018 Season**

## **Our Goals**

Our goals for the student-athletes that are in our program are to:

1. Develop a work ethic that will carry over into all aspects of their lives.
2. Develop a sense of pride and accomplishment in the work they do in the program and outside of the program.
3. Expand on their understanding of sportsmanship and offer them a set of values that will help them throughout their adult lives.

## **Coaching Staff**

LHS Director of Running: Greg Christensen

LHS Head Boys Cross Country: Logan Kelly

LHS Head Girls Cross Country: Carly Littlefield

WSMS Cross Country/LHS Softball Coach: Natalie Coonrod

## **Policies**

### *Attendance*

It is the expectation of the LISD Athletics Department that an athlete will not miss an athletic practice or contest except in the event of illness or family emergency. All athlete absences should be unavoidable. Unless there are extenuating circumstances, injured athletes are expected to attend all practices and contests. Repeated absences may result in dismissal from an athletic team and a penalized grade in the athletics class. In order to have optimal success in cross country, being at workouts consistently is a must. As a cross country athlete, you get out of the sport what you put into it. If you are not showing up for practices, you likely will not be ready for competition. *An athlete will not be able to participate in a meet if the athlete has not been showing up to workouts.* We recognize that things come up that prevent students from coming to work out. These reasons include (but are not limited to) illness, tutoring if they are failing a course and have spoken to a coach about a tutoring schedule, or a family emergency. However, a hair appointment, birthday party, etc. do not constitute valid reasons to miss a practice. We also ask that you do not schedule dentist, doctor, orthodontist, etc. appointments during practices.

### **Workout Schedules**

Workouts will take place before school and during the athletic period.

- **1<sup>st</sup> period athletes:**
  - 7:30 Team meeting
  - 7:30-8:15 Cross country workout
  - 8:50-9: 15 Core/Stretching with Coach Kelly/Coonrod (on the days we meet at 7:30)
  - 8:50 1<sup>st</sup> period athletes meet with Coach Kelly/Coonrod on days we don't meet at 7:30

- **8<sup>th</sup> period athletes:**
  - 7:30 Team meeting
  - 7:30-8:20 Cross country workout
  - 8:15-8:45 Shower, get dressed, breakfast in the cafeteria
  - 3:25-4:00 Go with off season

### **Grades**

As student-athletes, the most important component is the student part. In order to have success during the season, a student must first take care of business in the classroom. Tutoring is available by most teachers after school. Students need to go to tutoring after school or during lunch. If they need to attend before school tutoring, they will be excused from practice with permission from one of the cross country coaches. In the event that a teacher is requiring tutorials for a student during the athletics period, the teacher will need to send Coach Littlefield an email letting her know. We ask that athletes do not miss the workout for tutorials. Please make every attempt to go to tutoring after school or during lunch.

### **Injuries**

Injuries are almost inevitable when you are an athlete. However, they can be prevented in large part if the athletes are taking care of all of the **“little things.”** These consist of (but are not limited to): stretching, ice bathing, foam rolling, weight lifting, proper nutrition/hydration, and adequate sleep. Taking care of these things will help reduce the chances of injury. In the event that your athlete does get injured, he/she will need to talk to Coach Littlefield or one of the other coaches about it first. Then, we will meet with the athletic trainer in the athletic training room to decide what measures to take on the injury. If further medical attention is needed, the athletic trainers will get in touch with the parents. Please do not “jump the gun” in taking your athlete to a doctor when it is an injury that can be dealt with accordingly by our trainers and coaches. Once a doctor says no play, we are bound by law to not let the athlete play. *Your athlete will have the normal aches and pains that accompany the hard work that goes into training. There is a difference between “being hurt” and “hurting.” Most pains can be alleviated with a few days off, rest and ice. If the pain persists, then there might be something more serious at play. We make every effort possible to keep our athletes healthy.*

### **Communication**

Communication is vital in any athletic program. We strongly believe that athletes, coaches and parents should have a sturdy working relationship that looks out for the best interests of the student-athlete. The cross country program utilizes the Lovejoy Athletics Communication Protocol:

1. Athlete talks to Head Coach
2. Parent may talk to Head Coach. Unless there is a valid reason and it is agreed to by the Head Coach, the student-athlete should also be present at this meeting

3. Parent may contact Athletic Director to schedule a meeting with the AD, parent(s), Head Coach, and student-athlete

Weekly parent emails will be sent out at the beginning of each week. Any other information that is pertinent will be emailed accordingly and/or put up on our team website. Please feel free to contact Coach Littlefield with any questions or concerns you might have.

### ***Meet Day Procedures***

Departure and return times on meet days will be emailed out the week of the cross country meet. Coach Littlefield will send out meet information at least 2 days before the meet is to take place. It will also be up on the team website, along with directions, meets schedules, etc. All athletes are required to ride the bus to the meet with the team. We encourage athletes to ride back on the bus when returning home from a meet. However, we understand that there are situations that require leaving a meet early. If that is the case, **parents MUST fill out an alternate travel release form at least 24 hours before the meet. The form can be emailed to Coach Littlefield.** Parents of the athlete leaving the meet are the only ones allowed to take the athlete home (i.e., the parent who filled out and signed the alternate travel release form should be the ones taking the athlete). This form can be found on the district website under the athletics tab. Team camps are reserved for the team only. No member from another team is allowed to come into the team area. We also ask that parents do not come into the team area. We do not mind athletes conversing with parents well in advance of their competitions at meets. We do ask, though, that parents allow their son/daughter to become and remained focused before they compete.

We highly recommend that athletes pack their own snacks for meets. Gatorade and water is very important. Granola, fruit, etc. are all great choices for light meals before races.

Athletes should bring these items with them to EVERY meet:

1. **SWEATS** (both top and bottom) are required for warming up. Clothes worn to meets should be school appropriate. We recommend school colors, but not required.
2. Uniform (provided by school)
3. Proper foot wear
4. Extra clothes (in the event of bad weather)
5. Healthy snacks/drinks

Athletes should always adhere to the rules and practice good sportsmanship while we are at meets. They should police our camp area to make sure that trash is always cleaned up and that their uniforms, shoes, etc. are not lost. Athletes should always be cheering on another fellow competitor from our team when they are not competing. Cross country is just as much a team sport as it is an individual sport.

## **Remind 101**

Enter this number  
81010

Text this message  
@wsmsxct

Remind 101 will get you signed up to receive important quick messages regarding practices, meets, etc. It will be primarily used for last minute changes due to inclement weather or quick reminders.

## **Team Website:**

lovejoyathletics.com  
and  
[www.lovejoyxctf.org](http://www.lovejoyxctf.org)  
Username: typhoon  
Password: typhoon

**XC/TF Booster Club~** <https://leopardxctf.wixsite.com/xctfboosters>

## **Contact Information**

Carly Littlefield  
Email: [carly\\_littlefield@lovejoyisd.net](mailto:carly_littlefield@lovejoyisd.net)

Logan Kelly  
Email: [logan\\_kelly@lovejoyisd.net](mailto:logan_kelly@lovejoyisd.net)

Greg Christensen  
Email: [greg\\_christensen@lovejoyisd.net](mailto:greg_christensen@lovejoyisd.net)

Natalie Coonrod  
Email: [natalie\\_coonrod@lovejoyisd.net](mailto:natalie_coonrod@lovejoyisd.net)

## **Meet Schedule**

Attached is this year's WSMS meet schedule. The meets are subject to cancellation in the event of bad weather. Most times, these meets are not rescheduled or made up if that occurs.

## **Start Times and Distances:**

- 7<sup>th</sup> Boys: 4:15            2 miles
- 7<sup>th</sup> Girls: 4:30            2 miles
- 8<sup>th</sup> Boys: 4:45            2 miles
- 8<sup>th</sup> Girls: 5:00            2 miles

# **WSMS Cross Country**



## **2018 Schedule**

### **Fall Season**

**9/22/2018 Lovejoy XC Fall Festival-Myers Park McKinney**

\*The fall season meets are high school meets. Our middle school kids may be invited to race during our fall season. Coaches will evaluate the runners to determine if they are ready for the longer course and the higher level of competition.

### **Winter Season**

**11/13/2018 Willow Springs Campus (home meet)**

**11/27/2018 Harry Myers Park-Rockwall**

**12/4/2018 Willow Springs Campus (home meet)**

**12/11/2018 Harry Myers Park-Rockwall \*District Meet\***

The winter season meets are middle school meets. 2 miles.