

Cascade High School



2023 Sport Guidelines

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Goals: Continuous Improvement, Life-Long Fitness, and Effort

- **Continuous Improvement** - It is unlikely that even the most fit and talented runners will win every time they race. Many of us may not ever win a race. What is fun and motivating is continuous improvement, from race to race, season to season, year to year. Never give up. Experiment - try different workouts, mileages, shoes, food, etc. Find out what works for you, stick with it, and then improve upon it. Set a PR, and then set out to break it. It's immensely satisfying to push yourself and see how much faster and farther you can run. We can all be excellent runners, even if we're not fast by race standards.
- **Life-Long Fitness** - The CHS cross country program aims to make running a positive part of students' lives; to help them develop the habits, skills, and discipline to become lifelong runners. Staying in shape can be difficult, and running combined with simple strength exercises is the easiest and most time-effective way to do it. Running is an extremely rewarding and satisfying lifetime activity.
- **Effort** - There is no benefit to the world in running a fast cross country race; it is the personal effort put into training and racing that is meaningful. There are few things in life more rewarding and satisfying than knowing that you gave it your all in a race, that you pushed yourself beyond the pain of extreme effort, that you could not have finished one second faster, that on that day you were the best you could possibly be.

Winning doesn't always mean getting first place; it means getting the best out of yourself. – Meb Keflezighi

Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us find out what we are made of. This is what we do. This is what it's about.

-PattiSue Plumer, U.S. Olympian

Our Mission: to support and encourage each other as we work hard to improve our running and fitness.

Core Values:

- Be respectful of each other and everyone’s running journey.
- Be cheerful and encouraging.
- Always try your best.

Cross Country is a team sport. The team works together to make everyone better. Runners work for and celebrate each other’s accomplishments as well as their own. In cross country, a larger team is a stronger team. It’s more fun with lots of people running, there’s more encouragement and support during practices and races, and competition for varsity makes everyone faster.

Honor Code: All athletes are expected, really required, to follow the CHS Honor Code. Athletes can become ineligible to participate for both academic and behavioral violations, which can occur outside of the season. There is a link to the Honor Code on the CHS Athletics website.

Requirements:

Show Up

- Team members are expected to attend all practices and to race at all meets. Absences from practice are excused for the same reasons as absences from school, such as illness.
- Pay attention at team meetings, and participate positively at all team activities and practices.
- If you have to miss practice for a legitimate reason, you must let the coach know ahead of time.
- Athletes will be removed from the team after their second unexcused absence from practice or meets.

Be on time

- Always be at practice and on the bus for meets on time, which means plan on being at least a few minutes early.
- Plan ahead and have everything you need to fully participate at practices and meets.

Do your best

- Team members are expected to do their best at all practices and meets.
- Team members also need to follow Cascade High School rules and policies, and succeed at their academic work.
- This includes following the planned workout, and not taking shortcuts and otherwise “cheating” the workout, unless injuries call for reduced mileage and/or speed. Coaches need to know where athletes are at all times. And of course respect other people’s property at practices and at meets.
- Don’t be too attached to the outcome. Sometimes things don’t turn out as you’d like them to, despite your best efforts. If you’ve done your best, you can feel content at the end of the day, no matter how the results may have turned out.

Once you’re outside the door, the hardest part of your journey is behind you. - Dutch Proverb

Safety

- 1) Runners need to obey all traffic laws. Wait at crosswalks for a walk signal. Be courteous to drivers. Don't run through intersections just because you've got momentum! Slow and look for cars!
- 2) When running on the road, runners should stay near the side of the road and run single file when cars go by.
- 3) Exercise caution on all runs. Remember that drivers may not see you!
- 4) Always run with at least one other teammate.
- 5) Check in when you return from your run.
- 6) Watch out for bears!

Shoes and Packing Lists

Running is a simple sport with few equipment needs. However, those few needs are essential.

Shoes are the most important piece of equipment. There is a lot of controversy over what type of shoe is best. Recent studies have found that wearing shoes made for your foot type (motion control, stability, cushioning, etc.) actually causes more injuries than wearing ones that are supposedly not good for your foot type. And there are no studies at all indicating that modern running shoes prevent injuries. What has been found is that *the most comfortable shoe is the best one for you*. And studies have found that alternating between two different pairs of shoes can also prevent injuries.

If regular running shoes work for you, great; however, if you tend to get injured easily, maybe try more minimalist shoes and see how it goes. If you do go this route, the important thing is to start very, very slowly and gradually increase mileage and intensity.

If you are serious about your running, you might want to get racing spikes. They can enable you to race up to 5 seconds/mile faster than normal shoes.

The cross country uniform consists just a singlet (jersey). Team members will be responsible for providing their own black shorts for races. Team warm-up jackets will also be issued to each team member prior to the first meet. Athletes are responsible for the singlet and warm-ups, and the replacement cost for each is \$55.

Packing List for Practices: Training shoes, water, weather appropriate clothing, watch with stopwatch (we have a supply of team stopwatches for those without them).

Packing List for meets: Uniform, shoes (spikes if you have them), team warm-ups, extra weather appropriate clothes, 2 liters water, healthy snack food, book/homework.

Practices

Normal practices will be after school from 3:20 to about 5:00, sometimes longer, often shorter, depending on the workout that day. We will normally meet in the multi-purpose room by the gym. Runners should be on time and ready to run at the time practice starts.

At the end of every practice, every team member must sign out on the designated sign out sheet. Official practices will usually end at school, but may end at Ski Hill or Enchantment Park.

The will to win means nothing without the will to prepare. - Juma Ikangaa, 1989 NYC Marathon winner

Meets

High school cross country races are about three miles long, and are usually two loops on grass or dirt with a hill or two thrown in. To race, you must have completed at least 10 practices prior to the meet. All runners can race in all meets except State.

Varsity runners are the top 7 runners. In most cases, the 7 runners with the fastest times in each meet will race in the varsity race in the next meet. The coaches will make the final decision in team selection. Varsity runners for the first meet will be determined in a time trial held the week before.

Athletes are required to ride to away meets on the bus. Athletes may be driven home by their parents (a note written and signed by a parent must be given to a coach beforehand).

The meet schedule and results are posted on athletic.net as well as on our website.

The essential thing in life is not so much conquering as fighting well.

– Baron De Coubertin, founder of the modern Olympic Games

Cross Country Varsity Letter Requirements

Varsity Letters are awarded based on a point system. You need to be a highly committed runner to earn a varsity letter. Points begin accumulating August 22nd, the first day of practice. You must earn at least **85%** of the total possible points to receive a varsity letter. Points are awarded as follows:

- 2 points for every practice in which you participated fully and positively. You can still get 2 points if you are injured and come to the practice, participating as you are able, or 1 point if you make up the practice on your own (with a parent signature within 3 days).
- 2 points for every meet, even if you cannot race
- 2 points for every race finish
- 1 point for every race run faster than 6:00/mi for boys and 7:00/mi for girls
- 2 points if you run varsity in a meet
- Extra points can be received for extra help with activities and fundraisers

Few of us know what we are capable of doing... we have never pushed ourselves hard enough to find out.

– Alfred A. Montapert

Website and Coach Contact

Check our website at cascadecrosscountry.weebly.com for more information. If you have a concern or question, please feel free to contact Coach Massey at 509-670-2891 or by email dmassey@cascadesd.org. Coach Astell can be reached by email: sastell@cascadesd.org