

# ***MMS Cross Country 2018***

Head Coach: Dr. Andrea Comes ([acomés@d15.org](mailto:acomés@d15.org))

Assistant Coaches: Mrs. Marisa Ruscitti

## **Philosophy**

- Daily effort - The “fun” of cross country. Making small daily improvements in fitness
- Individual growth - Setting personal bests and accomplishing goals
- Team unity - Becoming part of the cross country family and sharing success with teammates
- Sportsmanship - Representing McHenry Middle School with honor

## **Rules**

- Attendance: the 3<sup>rd</sup> unexcused absence will result in removal from the team
  - **Excused absences:** Sick or absent from school, 10th hour, medical appointment, etc.
    - Absences must be communicated in advance in order to be excused
    - Please e-mail Coach Comes when an athlete needs to miss practice or meet
  - **Unexcused absences:** Skipped practice, went home “sick” after school, detention, suspension
- Misbehavior in practice, in meets, or on the bus will result in dismissal from activity for the day and count as 1 unexcused absence
- Runners who have an unexcused absence or injury on the day before a meet are not eligible to participate in the meet

## **Practice**

- Types of running
  - Easy distance run - Improves cardiovascular fitness and general stamina
  - Tempo run (faster paced distance run) - Improves endurance and mental toughness
  - Interval workout (intense shorter, faster runs with rest in between) - Improves ability to handle faster races paces
  - Stride / speed workout (short runs at fast speed) - Improves running form and efficiency
- Daily routine - Team meeting, running, supplemental training (core strength, flexibility, etc)
- What to bring – Running clothes (or P.E. uniform), running shoes, **water bottle**

## Meets

- Types of meets:
  - Regular season meets: 3-4 teams. All runners participate
  - Barrington Stampede Invite: 19 teams. All runners participate
  - FVC Mini Invites: 6 teams. All runners participate
  - FVC Conference: 12 teams. All runners participate
  - IESA Sectional: 13 teams. Top 7 boys and girls participate
    - Top 7 chosen based on performance throughout the season (with emphasis on the final 4-5 meets), long-term dedication to the program and coaches' discretion
    - IESA State: Qualifying boys and girls based on Sectional performance
- 6<sup>th</sup> and 7<sup>th</sup> graders will run on the 7<sup>th</sup> grade team: 1.5 miles
- 8<sup>th</sup> graders and deserving 6<sup>th</sup>/7<sup>th</sup> graders will run on the 8<sup>th</sup> grade team: 2 miles
- Sign out sheets
  - Students getting picked up from away meets must be signed out by a parent/guardian
  - Sign out is located at the team camp with coach or manager
- Parent helpers
  - At home meet may need some parents to help watch a flag or keep an area clear
  - See an MMS coach before the meet if you are able to help

## Directions to meets

- Most can be found on MMS website. Click on athletics tab and go to athletic information
- The parks below are not on the website, but are meet locations this season:
  - Lippold Park (West Entrance) located at Rte 176 And Rte 14 in Crystal Lake
  - Ron Besse Park located at 50 Rotary Dr, Barrington, IL 60010

## Injuries

- Normal discomfort for new runners
  - Soreness in the major muscle groups of the legs - hamstrings, glutes, quads, calves
  - Abdominal cramp (side stitch)
- Cause for concern
  - Severe bone pain in shins, hips, or feet
  - Inflammation of tendons around the knee and ankle
- Communication - "If it hurts for 3 days in a row, tell a coach on the third day"
- Injury Policy:
  - Runners who have an injury on the day before a meet are not eligible to participate in the meet
  - We reserve the right to require a doctor's note when recovering from an injury

## Shoes

- Gym Shoes are acceptable for season
  - Keep in mind running shoes come with different supports depending on needs
  - Most specialty stores and even Dick's can assess your athlete to help choose an appropriate shoe
- Spikes - Optional racing shoes
- Running specialty stores
  - Dick Pond Athletics: 2164 Randall Rd, Carpentersville, IL 60110
  - The Running Depot: 30 N Williams St Suite E, Crystal Lake, IL 60014
  - [www.runningwarehouse.com](http://www.runningwarehouse.com)
    - Click "sale shoes" for good deals. Enter coupon code fb15d for an additional 15% off sale items

## Special Events

- D15 Color Run 5k Run/Walk.
  - Sunday September 9th
  - Register online on the school website: [d15.org/mchenry](http://d15.org/mchenry)
- MMS Duathlon. Look for handout coming from PE department

## Sign Up for Text Updates

- Text the message: **@mchenryxc1** to the number: **81010** to sign up
- Used for schedule reminders and team updates
- To unsubscribe, text the message: **unsubscribe @xcmchenry** to **81010**

## Sports Fee

- There is a \$75 sports fee to participate
- Due: Before the first meet
- Checks payable to MMS also able to make payments online
- Reduced-fee waiver forms are available in the MMS front office

## XC photos

- Photos will be taken on September 17th
- Team and individual photos will be available for purchase
- Photo order forms will be handed out closer to the photo date
- Online ordering will also be available

## Spirit Wear

- Due on August 31st
- Turn order forms and money to main office