

MMS Cross Country 2019

Head Coach: Dr. Andrea Comes (acomes@d15.org)

Assistant Coach: Mrs. Carol Peter (cpeter@d15.org)

Athletic Director: Mr. Brian Schweitzer (bschweitzer@d15.org)

Required paperwork (Due

- **Current physical** Physicals expire after one calendar year + 30 days (395 days)
 - Sports physicals can be obtained on short notice without an appointment at Walgreens, Walmart, and CVS clinic locations
 - Check with the school nurse to see if your physical is current
 - Turn new physicals into school nurse in the front office

- **D15 Athletic Permission Slip**
 - **MUST BE COMPLETED ONLINE WITH SKYWARD**
 - Go to d15.org
 - Click Parents
 - Click Skyward Family Access and login to your account
 - Click on Athletic Handbook Permission
 - Complete and submit form

Sports Fee

- There is a \$75 sports fee to participate (Due 9/6)
- 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

Important dates

- **Wednesday, 8/21:** First practice (must have physical & permission slip to participate)
- **Wednesday, 9/4:** Practice meet with Parkland at MMS during practice
- **Friday 9/6:** Barrington Invite @ Beese Park in Barrington
- **Friday 9/6:** Athletic fee due

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 3rd 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

- Every school day from 2:30-4:00 (activity buses are available)
- 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 race 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 – **WATER**, Running clothes (or P.E. uniform), running shoes, sweatshirt

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
- 6th and 7th graders will run on the 7th grade team: 2 miles
- 8th graders and qualifying 6th/7th graders will run on the 8th 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

Meet Dates and Locations

- Meet schedule is located on the XC website
 - <https://www.d15.org/domain/552>
- Meet locations this season are:
 - McHenry Middle School
 - 2120 W Lincoln Rd, McHenry
 - Lippold Park (West Entrance)
 - located at Rte 176 And Rte 14, Crystal Lake
 - Ron Besse Park
 - 50 Rotary Dr, Barrington, IL 60010
 - Richmond High School
 - 8311 State Route 31, Richmond
 - Marlowe Middle School
 - 9625 Haligus Rd, Lake in the Hills
 - Emrickson Park
 - 1313 Kiswaukee Valley Rd, Woodstock

Sign Up for Text Updates

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

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

XC photos

- Photos will be taken on September 23rd
- 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

- Order forms will be passed out at first practice
- Due on August 30th
- Turn order forms and money to main office

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
 - 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 15th
 - Register online on the school website: d15.org/mchenry
- MMS Duathlon
 - September 27th (during the school day)
 - Look for handout coming from PE department