



Richfield Senior High School

Cross Country



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WELCOME!

Dear Parents and Student Athletes,

Welcome to the Richfield High School Cross Country Team! Whether you are new to cross country or a returning student athlete, we are so happy that you have joined us. It is going to be a great year of competition! With this handbook, I would like to cover all the basics of the program, the training and what it takes to participate.

Cross Country is a very rewarding, but extremely challenging sport, and we want to share with you some very important information. Also, we recognize being a parent is a difficult role, so we want you to know how much we appreciate your support. If you have any questions about what is included in the handbook (or not included) please reach out to a Coach, Captain or Captain's Parent.

Our goal, as a running community, is to support the success our team! Please read through the entire manual. We've done our best to provide a comprehensive overview of what you can expect

- ✓ generally as a member of the cross country family
- ✓ athlete expectations
- ✓ parent expectations
- ✓ as well as volunteer opportunities during the season.

Family participation is vital to the success of the program. Let's Go Spartans!

Communications:

- SCHOOLGY and FACEBOOK will be our primary method of digital communication with athletes. Athletes & Parents are encouraged to register with Richfield Public School in order to access Schoology. You may also request to join the Private Facebook Group: Richfield Cross Country.
- Follow us on Instagram: @richfieldcrosscountry

Contact Information 2021 Season

Head Coach: Martin Huberty

Email: mhuberty2@comcast.net

Cell: 952-994-7262

Asst Coach: Jessica Okey

Email: jessica.okey@rpsmn.org

Office: 612-798-6123

Girl's Captains:

Bridget Foley 612-743-7992

Ava Hanks 612-387-3205

Ava Durand 612-715-0679

Aryanna Krautkramer 612-327-6544

Boy's Captains:

Ezekiel Gorshe 612-425-5203

Theo McCartan 612-227-2831

Lucas Le 952-228-4543

RHS XC Boosters

All athlete parents are considered XC Boosters. They are primarily led by the Captain's Parents. They will coordinate and look for volunteers to assist over the season. We can only be a success with the support of all families.

Current Bookkeeping Director: Lisa Gorshe (lgorshe@gmail.com; 651-230-0259)

Our funds are currently deposited with Richfield Bloomington Credit Union. In order to support our season approximately \$1500 must be raised each year. This money covers some special treats during the year, year-end trophies, senior gifts as well as subsidizing some dinner expenses.

June/July/Aug 2021 Training Schedule & Captain Practices

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Off	14 8am @ Gym Door 9	15 8am @ Gym Door 9 5:30pm @ Vet's Park Band Shell	16 8am @ Gym Door 9	17 8am @ Gym Door 9	18 8am @ Gym Door 9	19 8am @ Vet's Park Band Shell
20 Off	21 8am @ Gym Door 9	22 8am @ Gym Door 9 5:30pm @ Vet's Park Band Shell	23 8am @ Gym Door 9	24 8am @ Gym Door 9	25 8am @ Gym Door 9	26 8am @ Vet's Park Band Shell
27 Off	28 8am @ Gym Door 9	29 8am @ Gym Door 9 5:30pm @ Vet's Park Band Shell	30 8am @ Gym Door 9	July 1 8am @ Gym Door 9	2 Off	3 Off
4 Off	5 Off	6 8am @ Gym Door 9 5:30pm @ Vet's Park Band Shell	7 8am @ parking lot off 72 nd by Tennis Court	8 8am @ parking lot off 72 nd by Tennis Court	9 8am @ parking lot off 72 nd by Tennis Court	10 Off
11 Off	12 8am @ parking lot off 72 nd by Tennis Court	13 8am @ off 72 nd 5:30pm @ Vet's Park Band Shell	14 8am @ parking lot off 72 nd by Tennis Court	15 8am @ parking lot off 72 nd by Tennis Court	16 8am @ parking lot off 72 nd by Tennis Court	17 8am @ Vet's Park Band Shell
18 Off	19 8am @ parking lot off 72 nd by Tennis Court	20 8am @ off 72 nd 5:30pm @ Vet's Park Band Shell	21 8am @ parking lot off 72 nd by Tennis Court	22 8am @ parking lot off 72 nd by Tennis Court	23 8am @ parking lot off 72 nd by Tennis Court	24 8am @ Vet's Park Band Shell
25 Off	26 8am @ parking lot off 72 nd by Tennis Court	27 8am @ off 72 nd 5:30pm @ Vet's Park Band Shell	28 8am @ parking lot off 72 nd by Tennis Court	29 8am @ parking lot off 72 nd by Tennis Court	30 8am @ parking lot off 72 nd by Tennis Court	31 8am @ Vet's Park Band Shell
1 Off	2 8am @ parking lot off 72 nd by Tennis Court	3 8am @ off 72 nd 5:30pm @ Vet's Park Band Shell	4 8am @ parking lot off 72 nd by Tennis Court	5 8am @ parking lot off 72 nd by Tennis Court	6 8am @ parking lot off 72 nd by Tennis Court	7 8am @ Vet's Park Band Shell
8 Off	9 8am @ parking lot off 72 nd by Tennis Court	10 8am @ off 72 nd 5:30pm @ Vet's Park Band Shell	11 8am @ parking lot off 72 nd by Tennis Court	12 8am @ parking lot off 72 nd by Tennis Court	13 8am @ parking lot off 72 nd by Tennis Court	14 8am @ Vet's Park Band Shell

Fall Season Schedule - August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Off	16 9am @ Gym Door 9	17 9am @ Gym Door 9	18 9am @ Gym Door 9	19 9am @ Gym Door 9	20 9am @ Gym Door 9 & Meet the Spartans 630-8p Gym	21 Practice TBD
22 Off	23 9am @ Gym Door 9	24 9am @ Gym Door 9	25 9am @ Gym Door 9	26 Scrimmage	27 9am @ Gym Door 9	28 Alumni Run
29 Off	30 9am @ Gym Door 9	31 9am @ Gym Door 9	Sept 1 Conference Jamboree	2 9am @ Gym Door 9	3 Invitational	4 Off
5 Off	6 Off	7 3:30pm @ Gym Door 9	8 3:30pm @ Gym Door 9	9 Invitational	10 3:30pm @ Gym Door 9	11 8am @ Gym Door 9

Regular afterschool practices will begin on Tuesday, September 7th.

Please note, school does not “officially” begin until Wednesday, September 8th so be sure to mark your calendars to still attend practice on Tuesday at 3:30pm rather than in the AM.

Afterschool practice is from approximately 3:30pm-5:00pm meeting by Gym Door 9. Watch Facebook (even during school week) for announcements regarding practice cancellations or time changes.

2021 Schedule (TENTATIVE as updated on 7/28/2021)

Please be sure you visit <https://www.richfieldschools.org/depts-progs/athletics>

Choose the Cross Country Link for general information. We also encourage you to register for “Notify Me” with Tri-Metro Conference. This is the conference we currently compete within and the “Notify Me” system will update you of schedule changes. Here is the link for the Tri-Metro Conference: <https://www.trimetro.org/g5-bin/client.cgi?G5genie=5>

Time denoted below is general time meet begins; it does not denote time athletes board buses to leave Richfield to attend a meet. For most meets/invitationals students will be released early. You must watch for the Facebook Post (approximately 24 hours prior to meet) which will notify athletes and parents regarding early release details as well as known “running times.” Athletes are responsible to watch for these posts to ensure they catch the bus to attend events.

Date	Day	Time	Opponent	Location
August 20	Friday	6:30pm	Meet the Spartans	RHS Gym
August 26	Thursday	4:00pm	Scrimmage vs. Multiple School	RHS
August 28	Saturday	9:00am	Alumni Run	RHS
Sept 1	Wednesday	4:30pm	Multiple Schools	Battle Creek Regional Park
Sept 3	Friday	8:00am	Multiple Schools	Rosemount High School
Sept 9	Thursday	4:15pm	Multiple Schools	Montgomery National Golf Course
Sept 16	Thursday	4:00pm	Multiple Schools	Bassett Creek Park-Crystal
Sept 17	Friday	3:30pm	Multiple Schools	Steve Michaud Park - Lakeville
Sept 18	Saturday	9:00am	Marty’s 24 Hour Marathon	McCartan House
Sept 24	Friday	4:00pm	Multiple Schools	Griak Invitational – U of MN
TBD	TBD	TBD	Homecoming Parade	RHS
Oct 3	Sunday	6:00am	Twin Cities Marathon Water Stop 9	Near Nicollet & Minnehaha Parkway
Oct 5	Tuesday	3:00pm	Multiple Schools	Gale Wood Farms - Minnetrista
Oct 9	Saturday	10:00am	Multiple Schools	Simley High School
Oct 12	Tuesday	4:00pm	Multiple Schools	Brookside Park - Bloomington
Oct 14	Thursday	4:00pm	Kennedy High School	RHS (SENIOR DAY)
Oct 19	Tuesday	4:30pm	Conference Championship	Battle Creek Regional Park
Oct 25	Monday	3:30pm	Lefty Wright Championship	Bassett Creek Park-Crystal
Oct 28	Thursday	TBD	Section 3AA	Valley Wood Golf Course – Apple Valley
Nov 6	Saturday	TBD	State Meet	St. Olaf
Nov 8	Monday	TBD	Year End Banquet	TBD
Nov 14	Sunday	TBD	Nike Invitational (By Invitation Only, <i>generally Seniors</i>)	Sioux Falls, SD

What is Cross Country?

The answer is simple. Cross Country is Fun! Our team encourages community and engagement for all members. We are your fall sports family.

Cross Country is similar to a road race in that it involves racing against a lot of people at one time. In Cross Country races aren't just athletes against athletes, but athletes against the elements (the course and the weather) and against themselves. Cross country is run on grass, dirt, mud, etc. The races take place in farm fields, on golf courses, at schools or at parks. There can be anywhere from 30 to 400+ athletes in each race.

Cross Country Vocabulary

Dual Meet – A meet between only two schools.

Tri-Meet – A meet between only three schools.

Invitational Meet – A meet between multiple schools.

Top 7-The scoring members of a Cross Country Meet

Starting box -designated areas where a team is assigned to on the starting line

False Start-leaving the starting before the gun sounds

Finish Chute-a rope bordered funnel past the finish line that moves runners into their single file order to finish

Kick-a burst of speed at the finish of the race

Pace-running speed over a particular distance

Pack-a group of runners in close proximity

Surge-a tactical increase in pace during the race

Personal Record (PR)-Personal best performance on a given course (**Important Fact: We always encourage our runners to do their personal best. That may not be finishing in the Top 10; rather, it is putting their best effort forward every time they put on their running shoes. Remember to celebrate each PR your student athlete achieves as they are the stepping stones.**)

Training Flats-running shoes designed for long wear during daily training

Racing Flats-special, lightweight shoes designed for racing, and not daily training.

Warm-Up- a running and stretching routine that gradually warms up the body for intense running.

Cool-Down-a jogging routine that allows the muscles to rid themselves of lactates and allow the body to gradually lower its temperature back to normal

Recovery Run - A run performed at an easy pace. Recovery runs serve to add a little mileage to a runner's training without taking away from performance in the harder, more important workouts that precede and follow them.

Base Run – A short to moderate length run undertaken at a runner's natural pace. They are not meant to be challenging, they are meant to be done frequently, and in the aggregate, they stimulate big improvements in aerobic capacity, endurance, and running economy.

Long Run – A base run that lasts long enough to leave a runner moderately to severely fatigued. The function of a long run is to increase raw endurance. The distance or duration required to achieve this effect depends on your current level of endurance. As a general rule, your longest run should be long enough to give you confidence that raw endurance will not limit you in races.

Progression Run - A run that begins at a runner's natural pace and ends with a faster segment at anywhere from marathon down to 10K pace. They are moderately challenging, harder than base runs but easier than threshold and interval runs.

Hill Repeats - These are just like the name sounds, hard uphill running repeatedly. They increase aerobic power, high-intensity fatigue resistance, pain tolerance, and run-specific strength.

Tempo Run - A sustained effort at lactate threshold intensity, which is the fastest pace that be sustained for one hour in highly fit runners and the fastest face that can be sustained for 20 minutes or less in less fit runners. They serve to increase the speed you can sustain for a prolonged period of time and to increase the time you can sustain that relatively fast face.

Interval Runs - Consists of repeated shorter segments of fast running separated by slow jogging or standing recoveries. (i.e. Marty's Mile Repeats)

What happens at a Meet?

Meets divide the runners in a variety of methods. The races may be separated by Gender, Varsity/Junior Varsity, Grade Levels or other ability designations depending upon the specific invitational terms. At the start of each race, the teams line up in areas marked on the ground about 6 feet wide called starting boxes. Each team gets a box. A starter gives them instructions and then says, 'Runners to your marks!' and then fires a starter pistol. Now the race is on. The runners will follow a marked course over 3.1 miles (at the start of the season it could be as short as 1-2 miles). At the finish there will be a line marked on the ground and an area after the line marked above ground using flags called a chute. After they cross the line and go into the chute, race officials will get each athlete's name or their race number if numbers are being used.

Scoring:

Each team member received points that are equal to their place. The top 5 from each team earns points. Even though varsity consists of 7 runners only the top 5 earn points. The team with the lowest points wins the meet. Tie breakers are determined by the 6th runner.

For example:

RHS: 1, 5, 7, 12, 14 = 39 points

Fake School: 2, 8, 9, 13, 16 = 48 points

Example School: 3, 10, 15, 19, 20 = 67 points

Random School: 4, 6, 11, 17, 18 = 56 points

Winner is the team with the lowest points-RHS.

Varsity Requirement:

The top 7 fastest runners are generally considered Varsity runners, but this can change from meet to meet. Sometimes more than 7 runners are allowed to run Varsity. The Varsity and JV line-up are determined by the coaches. Time alone DOES NOT dictate who runs Varsity. Varsity is determined by attendance, tardies, teamwork, athlete behavior at school and practice, grades, previous race times, and consistency at practice. Parents are encouraged to always ask about our decision, but they must understand all the criteria that is taken in consideration in order to determine the line-up.

JV Requirement:

JV is scored the same as Varsity. Technically, JV is the next 7 fastest, but we generally have unlimited entries for JV. So, for example, if I have 107 runners, the top seven would be Varsity, and the rest (100) may be considered JV unless the meet has additional classifications which may be more appropriate for an athlete (i.e. middle school specific events).

Student Athlete Policies

Eligibility

- ✓ You must have registered through the District Fee Pay System. Details on registration can be located at the Athletic Office link or by contacting the Athletic Office directly. Registration is required prior to attending any practice or competing.
- ✓ You must remain academically eligible per the MSHSL guidelines in order to practice or compete.
- ✓ You must comply with all guidelines as set forth by the MSHSL regarding behavioral expectations including but not limited to tobacco, nicotine and alcohol use as well as those described herein.
- ✓ Athletes must participate in a certain number of practices, to be determined by the coaching staff, before participation in any competition.

Equipment

- ✓ *Shoes & Socks* - These are the most important piece of equipment a runner can have. Blisters are usually caused by wearing socks that were not made for the kind of running we do. Stay away from 100% cotton socks and look for socks that are made of polyester, nylon or some sort of 'coolmax.' Most injuries are a result of blisters, or shoes that are worn down, not broken in, or not being fitted properly. When getting a new pair of shoes, take your old shoes with you to help the salesperson know a little about your style. When picking out new shoes, the color and brand name means nothing. Find the pair that feels the best to you. If you have been happy with your current model, stick with it. If your model has been discontinued, the salesperson should be able to recommend something similar. Most training shoes will usually cost more than \$50. If you are having difficulty getting shoes, please talk with one of the coaches.
- ✓ *Practice Clothing* - Each athlete is responsible for the clothes they wear at practice. Please have other articles of clothing available and for every kind of weather. The weather is always unpredictable.
- ✓ *Uniforms* – The school district provides each athlete with their running uniform which includes a loose fitted tank and running shorts. It is your responsibility to regularly launder your uniform and ensure it stays in good condition. If you fail to turn in your uniform at the end of the season, the Athletic Office will consider the cost of the uniform an “unmet expense” added to your student account. The Athletic Office determines the cost of the uniform; coaches do not have input concerning these charges.
- ✓ *Watch* - A basic watch with a stopwatch function can be found at most retail stores (walmart, target, etc.) for around \$15. A watch is not required but can be helpful to monitor your pace while running. You don't need a Fitbit, Garmin or Apple watch. These specialty watches are not allowed during certain meets.

Behavior

- ✓ *Punctuality* - Be on time. You are responsible for getting transportation to and from practice.
- ✓ *Communication* - If you are going to be late or absent from a practice or meet, you will let a coach know asap.
- ✓ *Uplifting words* - We will not use profanity or any other derogatory speech. Athletes and coaches will be uplifting in their speech encouraging teammates and fellow competitors.
- ✓ *Respectfulness* - Athletes will show respect for school property, coaches, officials, parents, competitors, one another, bystanders and themselves.
- ✓ *Alertness* - In practice & meets you will remain alert to:
 - Your coaches voice
 - Who else is on the track/course with you
 - The terrain you are running on
 - Your body (hydrated? injured?)
 - Keeping both your equipment and self safe
 - Meet announcements
 - When to report to your race

Practices

- ✓ Practices will start right after school Monday- Friday, unless otherwise announced. Practice is usually over by 5:00 p.m.
- ✓ Athletes are expected to wear clothing appropriate for running (e.g. shorts, shirts, running shoes, athletic socks, etc.)
- ✓ If an athlete needs to meet with a teacher, they need to let a coach know ahead of time. If they do not let a coach know, it will count as an unexcused absence.
- ✓ If an athlete needs to miss practice for any reason, they need to let a coach know ahead of time. (Mandatory academic school events, illness and family emergencies will be excused absences. Family vacations or other school activities may not be considered excused absences.)
- ✓ An athlete, who is excused from practice, must get the missed workout(s) from a coach and complete it on their own.
- ✓ We will stretch and talk before athletes leave practice. Do not finish running and just leave unless you have been advised you may do so by a coach.
- ✓ Athletes need to do THEIR absolute best they can each and every practice. If they improve, the entire team improves. Be respectful and represent the team while running around the community.
- ✓ Weather: We will practice outside unless lightning is present. Under such circumstances, practice may be moved indoors or cancelled.

Practice Safety:

- ✓ Run on the left side of the road, facing vehicles. When possible, run on sidewalks. This is so you can see the car coming and they can see you and gives you more time to react if needed.
- ✓ Stay off of lawns. We do our best to avoid routes that will take us onto or through anyone's personal lawn.
- ✓ DRINK WATER. Throughout the day at school, try to drink at least 64oz. of water.
- ✓ Earbuds for listening to music are not allowed during practice. You cannot use these during meets and listening to music makes it difficult to be aware of your surroundings while running through the community.

Training Regimen

- ✓ We try to incorporate a program that everyone can benefit from. It is tailored for all levels of athletes. The workouts are aimed to help improve everyone's time while also helping to improve athlete's overall success. The only way to maximize their potential is to practice every day and to give 100% at every practice. As the season progresses the workouts will intensify, athletes will run faster, work harder, and run longer. Athletes will become more fit, run faster, and become more confident, all which will lead to success. Please understand that runners develop over a long period of time and patience is key to success.
- ✓ Practice is tough and runners must understand that the only way to improve and to compete at a conference, section or state level is to get out of their comfort zone and outwork everyone else. Workouts are ran around town, at parks, and at the high school track. Please know that Coaches and/or Captains are always either running with student athletes, or meeting them somewhere to ensure their safety and provide water. Athletes are required to always run with someone for safety issues.
- ✓ Goal Setting. Setting high and realistic goals give an athlete something to work for. It enables people to work hard to achieve something they know they can reach, but know it will be very difficult to achieve. Reaching goals are extremely rewarding, but once a goal is reached, a new goal needs to be set.
- ✓ Base Training: Putting in miles in summer and continuing to put in miles in the fall allows for better training and less injuries.
- ✓ Strength Training: Fast runners are strong runners. Not only will you have fewer injuries, you will complete at a higher level and feel much better doing so.
- ✓ Speed Work, Long Runs, Recovery Runs: You race how you practice! Get in the habit of working hard, understand that putting in the effort at every practice will make you faster, stronger, and mentally tougher.
- ✓ Mental Toughness: Mental toughness can be learned. This is key! It will allow an athlete to overcome obstacles and persevere through anything that is put in their path.
- ✓ Consistency: You have to persevere through good and bad. As a team, or individual, we have to keep going regardless of what types of races or days we have. When you work hard every day, and especially on the days you don't want to, you become much faster and stronger than before.
- ✓ Learn from Experience: Understand that no matter how well you perform you can always learn and do more. Part of running is understanding that we will train hard and we will learn as we train. Improve form every practice, learn how to run and race, understand the workouts, learn how to help/support your team and improve as much as possible
- ✓ Preparedness: Proper Nutrition, Proper Rest, Proper Training (speed, recovery, tempo, long runs, etc.)

Meet Guidelines

- ✓ At least 24 hours before the meet the itinerary and the final line-up for the meet will be posted via Facebook and Schoology. We generally arrive at meets about 2 hours before the first race so that we have time to set up camp, walk the course, and prepare for the race. Runners warm up approximately 45 minutes before their race.
- ✓ Let your teachers know when you need to leave/miss class and make sure you have all work completed or with you for each class.
- ✓ Every athlete is required to ride the bus to meet with the team unless you have notified a coach and received permission for other transportation.
 - If you ride home from the meet with your parents, parents must sign each athlete out with a coach. Athletes must ride home with their own parents unless a coach has approved otherwise.
- ✓ Have your bag packed and bring with you when loading the bus:
 - Uniform
 - Team apparel
 - Extra sweatpants
 - Extra shoes and socks
 - Blanket
 - Snacks
 - Water
- ✓ Keep all bags and clothes at the team campsite. Athletes are responsible for setting up and cleaning up the campsite before and after the meet.
- ✓ Athletes will conduct themselves respectfully and responsibly before the meet, during the meet and awards and after the meet.
- ✓ Water - Make sure that you are drinking water throughout the day, but also have a water bottle with you at practice and meets.

Nutrition

- ✓ Nutrition refers to all the food we eat and drink. The food acts in the body as a fuel, providing energy and chemicals for movement, growth and to keep the body healthy.
- ✓ Age, sex, body build, state of health, and level of physical activity affect our nutritional needs.
- ✓ Cross Country is not a time to reduce calories or diet. Athletes work hard and proper nutrition is important.
- ✓ We need to take in all the nutrients we require to be healthy. If our diet supplies this, then we have a balanced supply of nutrients. Athletes have special nutrient needs for successful training and competition. A typical high-performance diet for an athlete involves carbohydrates (60-85%), protein (12-20%) and fat (20%).

Nutrient	Why Needed	Good Food Sources
Carbohydrate	Essential Energy	Rice, Wheat, Corn, Potatoes, Bread, Pastas, Fruits, Sugar, Honey
Protein	Growth, Repair, Energy	Lean Meats, Eggs, Fish, Chicken, Nuts, Lentils, Beans, Dairy Products
Fat	Slow Energy	Butter, Red Meats, Cream, Plant and Fish Oils
Vitamins Minerals Water, Fiber	Aid in the efficient use of other nutrients and regulate body processes	Obtained by a varied daily diet with plenty of fresh fruit and vegetables and drinking plenty of fluids.

- ✓ The Balanced Diet - Guidelines
 - Eat lots of different kinds of food: vegetables, fruits, fish, meats, dairy products and grains.
 - Eat fresh foods rather than ready prepared, canned or frozen foods.
 - Eat a high proportion of carbohydrate rich foods.
 - Grill, steam, or bake foods. Avoid boiling or frying.
 - Avoid fatty meals and sweet or salty snacks.
 - Check fiber by eating whole meal breads, cereals, and pastas. Eat brown instead of white rice.
 - Flavor foods with herbs and spices rather than salt.
 - Avoid carbonated beverages during the season. They break down bone and cancel out water consumption.
 - Drink lots of water, especially when it is hot. Water can make or break a good run.
- ✓ Pre-Competition Nutrition – Eating to Win!
 - The night before a competition consider carbohydrate loading with a good pasta dinner.
 - Eat a small, easily digested meal, usually less than 500 calories.
 - Eat about 2 ½ to 4 hours before competing.
 - Restrict fats and proteins since they are slowly digested.
 - Avoid foods that form gas in the digestive system.
 - Drink small amounts of water often: before, during, and after competition.
 - Don't eat anything you haven't had before, this is not the time to experiment.
 - **IRON IS IMPORTANT.** You may decide to have your primary care physician check your iron levels to determine if a supplement is appropriate.

Parent Guidance

Parents are vital to a successful program which leads to successful people.

- ✓ Parents are expected to model appropriate behavior. We encourage all parents to come out and support us as much as possible. You will make a difference!
- ✓ Parents are to support the team and encourage their athlete to fully participate in everything that the team is doing.
- ✓ If there are any problems that might arise, please contact a Coach at the proper time to discuss a solution to the problem.
- ✓ Parents can come out to watch practice but it is strongly encouraged to find out what type of practice is happening. Coaches want you to see how hard these athletes work but since some practices are running Richfield, it's hard to watch from one spot or any particular spot in general.
- ✓ Parents are encouraged to rally up as much support as possible for the program. The athletes work extremely hard and should be recognized for their efforts.
- ✓ Understand the role of the booster club.
- ✓ Understand how important summer training is to the success of your student athlete.

Watching a Cross Country Meet

- ✓ Parents should wear shoes and clothes that allow you to be very mobile and expect to get exercise.
- ✓ We encourage RHS XC fans to wear RHS XC sweatshirts or t-shirts or anything with RHS.
- ✓ When you arrive at the meet site, look for the start and finish, then try to scout central points where you can see as much of the race with as little moving around as possible. Meets typically last 2 to 3 hours. You may also look for the red "Richfield Spartan Tent" which will be the team's home base for the meet.
- ✓ Right before a race do not expect the attention of your student athlete, the athletes need time to warm up on the course, be briefed by their coaches, and prepare for the race with their teammates. Many parents are initially surprised about the seriousness their student athlete shows prior to entering the race. The intensity of competition may reveal a side of your young athlete's personality you haven't seen before.
- ✓ During the race, you can move from point to point along the course to cheer on the runners. Please stay out of their path and their way. Rules also forbid running alongside a competitor to pace and encourage him or her.
- ✓ At the finish of the race, the runners fall through a finish chute. It's okay to greet them then, but they may have to turn in a place card into their coach as soon as possible so the scores can be tallied. Know that our runners have other responsibilities after race, including taking a cool down and actively support their teammates that have yet to race.
- ✓ Typical symptoms of their effort and fatigue are breathlessness, general weaknesses, and sometimes a little nauseous. The mistake parents sometimes make are to take their student athlete off by themselves to try to take care of them. Please do not do this unless they have specific medical requirements. Most of the time they simply need to rest for a few minutes, drink some water, and recover.
- ✓ Also, expect the possibility of disappointed by your athlete after the race if the team did not win, and/or if they failed to achieve their goals. Later on, they will need verbal support rather than criticism.

Booster Club & Volunteer Opportunities

Our Booster Club is an essential part of the program. We have amazing parents that work extremely hard to provide everything needed for the season. We coordinate fundraisers, set up pasta dinners, plan homecoming activities and create sign-up genius' for meet treats. Junior Parents are in charge of setting up for our Senior Recognition Meet while Senior parents plan the end of season banquet.

Pasta Dinners

The day before a meet we usually meet somewhere to load up on carbohydrates (energy) while socializing with the team. This is a great team building experience. We look for two families to put these dinners on, one family is generally the host family (home, plates, utensils, napkins, glasses, drink and dessert) and one family is generally the meal family (pasta, sauce, bread, salad).

Meet Treats

On meet dates we provide post-run healthy treats for the athletes which include a drink, fruit and carb snack such as bottled water, Gatorade, fruit (apple slices, orange slices, bananas, grapes), trail mix, nuts, granola bars, and assorted bagels w/cream cheese or peanut butter. *Note: We always ask athletes about nut allergies so that may be appropriately taken into consideration for their safety.*

Homecoming Activities

RHS generally has a homecoming parade. CC participates in the parade (when it does not conflict with Invitationals). When we are in the parade, vehicles (or truck/trailer) will be needed to decorate as well as candy donations to pass out along the route.

RAHA Run & BBQ

We try to host a home meet against Holy Angels Academy. We invite administration from both school and have a post meet BBQ. RHS provides the BBQ hot dogs, water and dessert and AHA provides side dishes & chips. Funds we raise in the booster club help defray costs of any items not donated.

Run Club/Middle School Pizza Party

We traditionally host a pizza party for the Middle School Run Club as they are the feeder students into the high school program that begins in 7th grade. During some years, Coaches may decide to have all middle school students attend the pizza party rather than the year end banquet depending upon circumstances.

Senior Recognition Meet

We host a home meet which we recognize our Seniors. Junior Athletes make "general" signs to recognize Seniors while each Senior Athlete is responsible to make their own Senior Board highlighting their CC Career. Junior Parents put together the post meet on the course reception which includes either cake or cupcakes, water, lemonade, one rose per Senior Athletes to present to a family member as Coach Marty says a few words about the athlete. (Parents supply tables & disposable tablecloths). Funds raised by the booster club help defray costs of any items not donated.

Year End Banquet

We host a year end banquet. It is generally catered by Davanni's and held at RHS. We decorate tables with photos of the runners from throughout the season. The girl's team present "Paper Plate" Awards to

each female athlete. The boy's team hands out "gag gifts" to each male athlete. Seniors are presented with their Senior Gift (generally personalized RHS XC monogrammed fleece blanket). Letter & Scholarship Recognition Awards are made by the Coaches. Athletes vote on individual runner awards. Coach Gifts are presented. Funds we raise in the booster club help defray costs of the banquet.

Nike Invitational

Each year Nike sponsors a regional invitational in Sioux Falls, SD. Traditionally this event is for Senior Athletes, so their parents are responsible for the planning. Other athletes may be invited to attend depending upon ability levels and space. The booster club does NOT fund this event and each participant must pay their own way as we are limited in the number of athletes. Cost has generally been around \$150/athlete in order to cover gas, hotel, entry fee plus individual meal money.

Fundraising Opportunities

- ❖ We generally host 2-3 "meal nights" between August and October. In the past they have been held at Potbelly's, Davanni's, Local Roots and Chipotle. *Each dinner generally raises \$200-400.*
- ❖ We sponsor a mile marker water station during the Twin Cities Marathon. We must provide between 30-50 volunteers so it requires the help of many families. *We raise approximately \$500 by working this event.*
- ❖ During Fall 2020, we hosted our first ever Coach Marty Marathon because we were unable to raise funds in our conventional means. We asked each runner to secure donations for their "mile" commitment during the marathon. *This event raised just over \$1,000 and covered the missing fundraisers for the 2020 season.*
- ❖ We are always seeking new, innovative ways to raise funds during the season. If you have ideas, please share them. Keep in mind the time commitment that may be involved for each student athlete or family.

Cross Country Expenses Generally *Approximately \$1750/year if items are not donated.*

- ❖ It is important that the checking account balance does not go below \$750 as an appropriate carry over amount to the next season as seed money, preferably \$1500 so that each season is essentially raising for the next season rather than the current year's expenses.
- ❖ Homecoming Activities: *approximately \$100 if items are not donated*
- ❖ RAHA BBQ: *approximately \$300 if items are not donated*
- ❖ Run Club/Middle School Pizza Party: *approximately \$100*
- ❖ Senior Recognition (cake, flowers, drink): *approximately \$300 if items are not donated*
- ❖ Year End Banquet
 - Senior Gifts (approximately \$30/each) *Fleece Blankets with RHS XC Monogram & Runner's Name. Cost varies dependent upon # Seniors during the season. Generally around \$300 during an average year. It is important to watch for the blankets to go on sale so that Twin Size Plush Fleece may be purchased vs. smaller lap blankets. Cost per blanket should be kept to less than \$15 as monogram/personalization expenses are an additional \$10-15.*
 - Awards *Coach Marty orders awards. Cost approximately \$125*
 - Photos & Decorations for Banquet *Approximately \$50*
 - Catered Meal *Approximately \$250 to cover any expenses not covered by ticket prices*
 - Coach Gifts *Donations are requested so that approximately \$100/coach may occur*

