



SP EAST CROSS COUNTRY

Program Handbook 2023



PROGRAM PHILOSOPHY

Cross Country is a lifelong sport where athletes compete individually, but their individual efforts determine the total success of the team and program.

Cross Country is a sport where athletes are responsible to listen, work, and compete to their full potential. Coaches are responsible to train, critique, and help each athlete to reach their full potential.

Cross Country is a sport where you have numerous opportunities to become better individually and be part of a team. Through self-discipline and dedication you can prepare yourself as an Endurance Athlete.

ATHLETE RESPONSIBILITIES

Being part of a team requires great commitment and sacrifice. Athletes are expected to conduct themselves with honor and responsibility.

Rules for Commitment to the Team

1. Each athlete must be on time to every practice and not leave practice early.
 - All athletes must be dressed and ready to practice at the designated practice time (4:05 PM).
 - Practice usually ends at 6:15 PM
 - The first few weeks of practice will occur in the morning (see calendar).
2. Each athlete must attend every practice and every meet.
 - Please see Practice and Meet Calendar (yellow) and plan family, school, work, and other events accordingly. Being part of the cross country team is a privilege and should take priority when scheduling other activities.
 - The only reason to miss a practice or meet is for a family emergency or school event and must be cleared by a coach prior to your absence. Athletes should not be missing practice for work, babysitting siblings, or routine doctor appointments.
 - Multi-sport athletes may create a training schedule with both Coach Block and Coach Maughan to juggle being part of multiple sports (club soccer, mountain biking, club swim, etc) in the fall.
3. Each athlete who goes home ill during the day must contact a coach and inform them you will be missing practice.
4. Each athlete will take ownership for communication.

If an athlete needs to communicate absences, the athlete should email their coaches (Coach Block and Coach Maughan) and then cc (carbon copy) their parents/guardians with the message.

5. Each athlete must bring the proper attire to each practice (inside, outside, and the pool).
 - Appropriate clothing includes: t-shirts, shorts, sports bras, sweatpants, sweatshirts, training shoes, competition shoes, hats, and gloves.
 - Appropriate clothing does not allow for belly buttons to show. Athletes must keep their shirts on at practices and meets.
 - As weather cools in the fall, appropriate clothing includes athletes wearing long sleeves and long pants to warm up. Staying warm helps warm up athletes and prevents injuries and soreness.
 - All athletes must have a backpack/string bag for both practice and meets.
6. Each athlete must remain at a meet until every teammate has finished his/her events and award ceremonies are completed.
 - If there is a special case when an athlete needs to leave a meet early, prior permission must be granted by the head coaches.
7. Each athlete may not use a cell phone at team meetings, practices, or meets.
 - If a student-athlete needs to use these items they need to get permission from a coach.
 - Cell phones may be used for music, but not for social media, games, etc.
 - Cell phones will be used in the weight room as part of the weight training program (TrainHeroic).
8. Each athlete must check in and check out at each practice and meet.
9. Each athlete will be responsible for all uniforms, warm-ups, and equipment issued to them.
 - Athletes will be assessed the cost for any lost, missing, or damaged items. Team warm-ups and uniforms are available for purchase in the team clothing order form. It is recommended everyone buys their own warm-up jacket.
 - At the end of the season, athletes are required to turn in all team issued warm-ups and uniforms after completing their final meet. Clothing will be collected the same day as the athlete's final meet.
 - If an athlete quits during the season or is removed from the team, equipment must be returned to a coach immediately.
10. Each athlete will wear a school-issued uniform and warm-up jacket at all cross country meets. At meets, all athletes will warm-up as a team, wearing the team warm-ups (warm-up jacket or team shirt depending on the weather).
 - It is recommended that athletes purchase their own team shirt, warm-up jacket, and competition shorts through the clothing order..
 - Athletes must provide their own black warm-up pants for cross country meets.
 - Spandex and clothing worn under the uniform must be completely **black**; please plan accordingly when purchasing such items.

Rules for Athlete Conduct

1. Each athlete must treat all coaches with proper respect. Talking back, arguing, fooling around when a coach is talking to the team, or refusing to do what is asked will not be tolerated.
2. Each athlete will treat teammates with respect and friendship. There will be no talking bad about, harassing, or making fun of a teammate for any reason.
3. Each athlete will treat their competitors and athletic facilities (both home and away) with respect. Keep in mind this also includes social media.
4. Profanity will never be tolerated.
5. Athletes will be respectful to all teachers, administrators, etc. at school.
6. Athletes will maintain quality grades (no F's and limited D's) in all of their classes.
7. Athletes will do the following at meets:
 - Compete to the best of their ability
 - Cheer for their teammates
8. Athletes will follow the school district's [Extra Curricular Handbook](#).
 - Don't make alcohol, drugs, or vaping a part of your high school experience.
 - Be accountable to your teammates, coaching staff, and family.

It is impossible to list every possible rule that athletes will be expected to follow. The most important item to remember is that you represent a well-respected and championship program. All athletes are expected to demonstrate maturity, good judgment, and respect for competitors in all their actions.

These expectations are for the upcoming cross country season and for the off-season (including social media). Our program expects you to meet these expectations 365 days a year.

Athletes who do not follow the expectations will face one or more of the following consequences depending on the severity of the incident.

- Meeting with coaches
- Specialized practices
- Dismissal from practice and an unexcused absence
- Suspension from one or more meets
- Dismissal from the team.

TEAM SELECTION

One of the responsibilities of the coaching staff is to decide who will be on the team. Team tryouts will take place over the first few weeks of practice. You will not make the team based on talent alone, nor will you be dismissed from the team because of lack of talent. We will keep each member of the team who is willing to work hard and abide by team rules. Anyone who does not demonstrate a good attitude, character, and work ethic will be dismissed. Every coach and athlete should understand that cross country is fun, but also requires an enormous amount of work and self-discipline. If someone's poor attitude, lack of character, or laziness make it less fun for the coaches or athletes, the team will be better off without that person.

The Varsity team is determined by race results. Typically, meets require a varsity team consisting of 7 athletes. Occasionally, a coach's discretion is taken into account. Junior Varsity races are usually unlimited. So, athletes on Varsity and JV have the same number of competitions during the season. Athletes must be in good standing with the coaching staff, athletic department, etc. to compete.

COACHING STAFF RESPONSIBILITIES

The coaching staff of Sun Prairie Cross Country wants to create a respected program where we help students become successful in and out of the competitive arena. We coach because we believe each athlete and our team can be successful and we truly enjoy what we do. We will be respectful to athletes, parents, and officials. We will come to practice everyday prepared to train and instruct all athletes. We will make decisions based on what will be best for the team and for each athlete on the team.

PARENT/GUARDIAN EXPECTATIONS

We understand that all parents/guardians want to see their children succeed. The success of the athletes and program will require the support of the parents/guardians in addition to the support of teammates and coaches. Here are some expectations that the cross country program has for the parents/guardians of athletes.

1. Be encouraging to your child.
2. Be respectful and supportive of coaches and other athletes on the team. It is important that a positive atmosphere is fostered at home.
3. Be encouraging to fellow parents/guardians and help make those new to the program a part of the XC family.
4. Lend a hand with the booster club.
5. Be supportive of the team policy to ride home from meets with the team and remaining at awards ceremonies until they are complete.
6. Plan your vacations so your child can still attend practice and meets.
7. Go over the calendar with your child and ensure your child communicates absences to the coaching staff in a timely manner.
8. Encourage your child to take ownership of their schedule and help/remind them to email their coaches (both Coach Block and Coach Maughan) with absences, concerns, etc.

To resolve any disagreements/issues, the following procedure will be followed:

1. Athlete meets with a coach.
2. Athlete meets with the cross country coaching staff.
3. Athlete sets up meeting with head coaches, parent/guardian, and athletic director

Understand that it may take the coaching staff a while to respond to any communications. Please take into account that the staff has responsibilities outside of coaching cross country (teaching, family, etc.) and will respond to any communications as soon as time for processing and other commitments have been met.

Throughout the year, emails are sent to keep cross country families informed of upcoming events, meet information, results, statistics, camps, etc.

We appreciate all that you do to ensure the success of your children. We cannot be a successful program without your help and support.

SCHEDULE CONFLICTS

Please look over the [Practice and Meet Calendar](#) with your family and check for conflicts (family vacation, doctor/dentist appointments, weddings, etc.). Please turn in a list of your family conflicts (date and reason for the conflict) to a coach ASAP. If you use an electronic calendar for your family, please add <https://tinyurl.com/SPEastXC> to your calendar.

REQUIREMENTS TO PARTICIPATE

In order to participate in Cross Country the following must be completed:

1. Signed up using Infinite Campus → <https://www.sunprairieschools.org/>
 - Helpful Information at <https://www.sunprairieschools.org/east-high/athletics/forms>
 - Use the tabs, especially Online Registration Information
2. SPEHS Physical Form
 - List of Physicals are online

Athletes without the above completed will not be allowed to practice until all are completed.

If you have questions about the requirements or need forms, please go to the Athletic Office at the high school.

Cross Country starts **Monday, August 14th** - athletes who are not signed up by then should still report to the team meeting. The cut-off day for adding athletes to the team will be **Monday, August 21st**.

We are looking forward to a great year and hoping that all of you will enjoy your experience on the Sun Prairie East Cross Country Team.

CHECKLIST FOR 1st DAY OF PRACTICE - Monday, August 14th

- ☐ **Signed up** via INFINITE CAMPUS
- ☐ Submitted **Physical Forms** to Athletic Department
- ☐ **Athletic Clothing** - including quality shoes
- ☐ **Athletic Lock** - purchase through Infinite Campus School Store "SPE Athletic Lock"
- ☐ **SP East XC Clothing Order Form** through Badger Sporting Goods
 - ☐ <https://spexc-23.itemorder.com/shop/home/>
 - ☐ Order due Friday, August 4th @ 8:00 AM
- ☐ Add **@SP_EastXC** to your Twitter, Instagram, and/or Facebook
- ☐ Add SP_EastXC Electronic Calendar (<https://tinyurl.com/SPEastXC>)



XCountry General Information 2023

LOCKERS

All students are required to buy a lock (\$5.00 on Infinite Campus School Store “SPE Athletic Lock”). Once the lock is purchased online, it can get picked from the SPEHS Athletic Office and use a locker in the athletic locker room. Lockers should never be left unlocked while unattended. We will get lockers the first week of practice – do not get a locker on your own, we will do this as a team. This athletic lock is the student-athletes for their entire high school career. *Reminder: Cell phones cannot be used in the locker room.*

SHOES

Quality training shoes are important to prevent leg injuries and pain during the season. Training shoes should be supportive and have good tread. Athletes with leg/shin/foot problems in the past should visit a running store (Endurance House, Movin Shoes, Fleet Feet, etc.) and get professional advice before purchasing new shoes.

Competition shoes (spikes) may need to be purchased, depending on your skill level. If you are not sure about what kind of shoes to purchase, please talk to a coach for advice.

BACKPACKS

Students carry a backpack or string bag to practice and competitions. The backpack/string bag is for athletes to carry shoes, warm-ups, water bottles, food, etc.

INJURY & ILLNESS

Any athletes with injuries need to report them to a coach **before** they go to the trainer.

Students with injuries or receiving treatment for an injury need to **report to the meeting** before practice. If athletes need to ice before practice, they must pick up the ice from the training room, then report to the meeting. Athletes can ice their injury during the meeting then dispose of the ice and bags appropriately.

DESTINATION PRACTICES

Throughout the season, the team will be traveling to different locations for practice. The school district will provide transportation to and from destination practices.

Athletes and families will be informed of these practices ahead of time so everyone is aware that we will be traveling via bus for practice. Also, these practices may take longer than a ‘normal’ practice. We will inform both athletes and families regarding these extended practices.

XCountry CLOTHING ORDER

Badger Sporting Goods → <https://spexc-23.itemorder.com/shop/home/> due **Friday, August 4th**

It is recommended but not required to purchase the following items. We hand out uniforms, jackets, and black competition shorts to everyone for the season.

EAST FEAST

Athletes and families will have the opportunity to bring items to share with the SP East Athletes, Parents, Fans, etc. on meet days. A sign-up form will be sent out to families ahead of each meet, please take some time to look over these sheets and help contribute to the East Feast.

LETTERING

Athletes may earn a letter during the course of a season by accumulating **15 points** (see below).

- **Varsity Race** → **3 Points** (includes a top 7 athlete on the team in races where Varsity is designated).
- **Secondary Varsity Race** → **2 Points** (a junior varsity athlete who runs a time that beats the top 50% of competitors from the varsity race.
- An average of 3 races (5000 meters) under 17:20 for boys and 21:15 for girls.
- Compete in the Big 8 Conference (Varsity Race), Sectionals, or State Meet.
- XC participant for 4 years.
- Coaches' discretions.

AWARDS

Athletes may earn an award at the end of the season. Below is a list of awards athletes have earned in previous years.

- Legacy Award (Seniors)
- Most Valuable Endurance Athlete
- Zutter Award (Positivity - Selflessness - Perspective)
- Kaltenberg Award (Character-Work Ethic - Determination)
- Outstanding Newcomer, Sophomore, Freshmen
- Most Improved

COACHES

The Sun Prairie Cross Country Team has many qualified and experienced coaches. Please see a coach if you have any questions/concerns regarding the season.

Doug Maughan	Co-Head Coach	608-834-7667	PMMS	dpmaugh@sunprairieschools.org
Joel Block	Co-Head Coach	608-318-8071	CHMS	jeblock1@sunprairieschools.org
Clara Williamson	Assistant Coach	608-834-7984	Horizon Elem.	clwilli@sunprairieschools.org
Jonah Nelson	Assistant Coach	n/a	Out-of-District	jtnelso@sunprairieschools.org
Payton Siehr	Volunteer Coach	n/a	Out-of-District	paytonsiehr@gmail.com



SP EAST CROSS COUNTRY

Handbook Acknowledgement



All athletes on the cross country team are expected to abide by the rules as listed in the Handbook. Please take some time and go over this with your family. By signing this acknowledgement, you are stating that you have read the handbook and will abide by the program's expectations.

Athlete Name _____

Athlete Student ID# _____

Athletes Signature _____

Athlete Phone Number _____

Parent Name(s) _____

Parent Signature _____

THIS CONTRACT IS DUE BY MONDAY, AUGUST 14th

PLEASE BRING IT TO THE FIRST PRACTICE.