

BISHOP AMAT CROSS COUNTRY 2024

FALL NEW STUDENT ATHLETE WELCOME PACKET

Greetings! First and foremost I would like to welcome you to the Amat Cross Country Community. Our program has undergone some major changes recently so I would like to take some time to share with you the pillars of our new program. Our program is rooted in developing the young student athlete's mental, emotional and physical capabilities so that when called upon to come together as a team, they are their best to do so. We accomplish this mighty task by prioritizing an educational approach to coaching.

We recognize that the sport of cross country is a novelty to most, so we gladly take on the role of educating our members (students and families) on the many dimensions of the student athlete experience as it relates to our sport. We refer to this concept as the "Eight Dimensions of Wellness," which recognizes that an individual's well being is composed of eight mutually co-dependent areas (physical, emotional, social, intellectual, environmental, spiritual, occupational, and financial) that can affect one's health and quality of life if neglected. Educating our runners on this provides them valuable insight into how they can balance the challenging athletic and academic demands of being a student athlete. Ultimately, it provides runners the ability to take ownership of their lives and master balancing each dimension before they depart in hopes of pursuing higher education and greater athletic goals after their time at Bishop Amat.

We also align our coaching philosophies and styles with the L.A. Archdiocese coaching curriculum, *Play Like A Champion*. This curriculum creates the perfect equation for establishing a positive winning culture by using the G.R.O.W. equation. Our team prioritizes setting goals through the Gold, Silver, Bronze method which recognizes that success happens across a spectrum of outcomes and allows runners to list out mastery or performance goals that the coaching staff should focus on helping them achieve. Our coaching staff moderates how we communicate with our runners and maintain a positive coach to athlete relationship. Our runners recognize that they must take ownership of their athletic career and embrace the Amat tradition of excellence. All of these things culminate in a positive winning culture that embraces the success of our runners on and off the course.

Lastly, we conduct ourselves in an environment that embraces the Catholic identity of our school and recognize that it is through our faith that all things are possible. We are privileged to operate in space where aligning ourselves with moral virtues is protected and embraced not only by the coaching staff but also by our runners. This creates a community seeking to explore the gifts that God has bestowed upon us while simultaneously answering his call of stewardship.

Best regards,

Coach Huerta

New Student Athletes To-Do list

The following are all items that must be completed before you can practice/compete on ANY sports team at Bishop Amat Memorial High School.

1. Student Athlete Physical
 1. Complete after June 1st. Physicals done prior are at risk of being ineligible prior to the end of the current school year.
2. Sportsware Registration -www.swol123.net
3. Pay \$175 Athletic Fee -
 1. Required of all student-athletes. One time fee regardless of the number of sports for the current school year.
 2. Athletic fee payments may be paid online or in person.
 1. Online payments may be paid via the school website (bishopamat.org) <https://secure.acceptiva.com/?cst=j7ukdh>
 2. In person payments may be made in the Athletic Office located in the (Northeast corner of the gym, upstairs.)
 3. If paying by check, please write your name and student's ID number on your check in the memo section.

If you have any questions, please contact the athletic office at (626)962-2495
ext. 7412

Team Communication

Student Athlete Communication

We will maintain communication with our student athletes through WhatsApp:

WhatsApp Group Invite

chat.whatsapp.com

Parent Communication

1. WhatsApp



Bishop Amat XC - Parents

WhatsApp Group Invite

chat.whatsapp.com

Clear and consistent communication is essential to our team's success and ability to function at a high level. We see this as a matter of our students taking ownership of their involvement in this extracurricular activity. To begin the process of registering with our team's group chats and/or google classroom, please provide Head Coach Luis Huerta with the following: 1) First/Last Name 2) Phone Number 3) Email

Send this information to the number: (714)835-3477

We understand that not all of our students will have access to their own personal cell phone. The google classroom will be required of everyone, regardless of cell phone access, to enroll in. It will serve not only as a message board for team information, but student's

will submit various “assignments” throughout the season. These assignments will include a goal sheet, running log, personal resume (for recommendation letters), etc.

Team Code of Conduct

2024-2025

First and foremost, our team is ultimately governed by the school's student code of conduct and abides by all of its rules and processes.

Cardinal Sins of Cross Country:

- Lying to teammates and coaches.
- Stealing team equipment - Personal belongings, team gear, etc.
- Chronic tardiness and absenteeism.
- Using disrespectful language towards teammates and coaches.
- Participating in unapproved activities during practice time.

Appropriate dress:

All dress for practice and races will be in accordance with Bishop Amat's code of conduct. You at all times represent Bishop Amat on campus and throughout the community.

Process for conflict resolution:

1. **First Offense:** When an incident is observed and reported by a student, coach, parent or member of the local community; the student who is in violation of the team's code of conduct will be issued a first warning and must partake in a debrief on the matter with the head coach. After which, the parent(s)/legal guardian(s) of the student will be informed of the incident, along with the talking points from the debrief. The athletic department will always be notified of any conflicts that arise during the season.
2. **Second Offense:** Upon another violation of the team's code of conduct, the student athlete will be removed from practice and must partake in a debrief on the matter with the head coach. The parent(s)/legal guardian(s) of the student will be asked to arrange a meeting with the head coach and student; where the head coach will create a behavior adjustment plan. This behavior adjustment plan will list the behavior(s) that is/are in question and create a plan for the student to develop habits that are in line with the team's code of conduct. The athletic department will once again be informed of the matter.
3. **Third Offense:** Upon a third violation of the team's code of conduct, the student will be suspended from all team activities till the incident in question is evaluated by the coaching staff. The parent(s)/legal guardian(s) of the student will be asked to immediately remove the student from practice. The coaching staff will then meet with the athletic department to discuss the incident and confirm the student's expulsion from the program.

Mission Statement

“Elevating our youth’s personal and social development through speed, endurance, and strength.”

* Our team is aspiring to create a community of young runners eager to develop their physical abilities while learning the fundamentals of respect, community, consistency and grit. Our coaching staff are educators first and foremost, so we understand that our runners are still discovering crucial elements to our sport and to being active. We want to facilitate this process and enable our runners to grow as individuals both on and off the track/course.

Core Values

* **RESPECT** - due regard for the feelings, wishes, rights, or traditions of others.

This is a global sport , thus our program is open to any and all people. We need our runners to resemble this inclusivity and learn to work with people who may have unfamiliar traits.

* **COMMUNITY** - a group of people living in the same place or having a particular characteristic in common.

Our program is looking for players within our community willing to connect with peers and become a group of global citizens. This means we want to cultivate a culture of openness, inclusivity and outreach.

* **CONSISTENCY** - the quality of being enduring and unchanging

Our program will enable our participants to balance all of life’s challenges and transitions. As our adolescents grow, the number of distractions and obligations they’ll have will grow as well. We want to enable our runners to form life long habits that allow them to maintain a sense of wellbeing.

* **GRIT** - courage and resolve; strength of character.

Our program will teach runners how to meet challenges head on and use critical thinking to come up with a solution . Personal record or season best, we want our players to draw a lesson from any experience and grow past it.

Winning Words

Synopsis

* Our program will use WINNING WORDS to create teaching opportunities for players. These words are meant to be positive and are essentially traits found in successful athletes.

We are ultimately striving to enable our youth to embody these traits and create opportunities for them elsewhere in other sport programs.

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GRIT

- PATIENCE
- KINDNESS
- GRATITUDE
- CHEERFULNESS
- CONFIDENCE
- INDEPENDENCE
- COMMUNITY
- ENERGY
- CONSISTENCY
- BALANCE
- TEAMWORK
- TRUSTWORTHY
- BRAVE
- AND MORE!!!!

* Each practice will be themed with one of our winning words. Coaches will be prepared to have a short talk about the winning word of the week and throughout practice teach runners how the winning word applies to practice and life away from sports.

How To Be A Sports Parent

Be a facilitator, not an instigator.

- Creating a positive environment for your youth to develop their interests in sports and activity begins with the parent(s).
- We offer a recreational approach to novice runners with the intention of preparing them for traditional competition.
- Our format for practices and competition is an educational approach where we gradually and methodically establish the expectations of traditional play throughout the season.
- We recognize that we are servicing a wide spectrum of ability and experience, thus warranting a large degree of flexibility and specificity in coaching methods and goal setting.

Success is a spectrum of results, not an absolute outcome.

- We have chosen to prioritize personal development and mastering the process of our sport rather than winning medals or trophies.
- We have instilled an educational approach within our programs where we can split resources across a spectrum of talent and ability in order to create tailored goals for individual players.
- Win or lose a race, we can always reflect back on the progress each of our runners have made throughout the season and even in that final competition.
- We hope that our parents could recognize the progress their children make as well and celebrate that with them.

Be a parent, not a coach.

- It is relatively rare to find a coach who can successfully coach their child.
- We encourage our parents to become self aware of their coaching ability.
- Some ways you can assist your child's development:
 - Listen to how their practice went.
 - Join them in their routines.
 - Celebrate their progress big or small!