Weiss High School Cross Country 2025

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Goal Statement:

Weiss High School will field cross-country teams that celebrate work ethic, team loyalty and competitiveness.

- **Team**: This is a team sport. We will approach practice and competitions in a way that builds up the team and community
- **Work Ethic:** Nothing in life worth having will occur without working hard. We will strive to work hard every day to be better today than we were yesterday.
- **Team Loyalty**: Everyone who wants to be a part of this team will celebrate team over self. We will value others on our team at practice, during meets, and when we are together at school.
- **Competitiveness:** We understand that the team's success is based totally upon individual competitiveness. We will compete with those around us because every point matters.

Coach's Philosophy:

Cross country is a sport that emphasizes mind over body. Truly, we have to train our bodies for long, competitive races. Everyone in our sport does that. To be successful, however, we have to train our minds to not accept mediocrity at any level of our training or competition. Athletes are also expected to display and exercise a strong sense of self discipline. In Weiss's history we will have some truly great cross-country teams. Those teams didn't accept mediocrity from themselves or from each other.

TRAINING

Training Schedule

In our season, we will work pace, hills, over-distance, and sprints. We have several longer distance training days and several sprint days. The longer distance training days range from 5-8 miles and the sprint days will be 400 and 800 repeats or a combination of both. We will also incorporate recovery weeks and days. Meets are typically on Wednesday, Thursday, Fridays and some on Saturdays. We will take off the day before a meet and then the team will get together and run on the weekend for accountability and recovery to get ready for practice the following week.

Practice Procedure:

Practice will begin at 6:30 am. The meeting site for daily practices will be designated and announced. We will do weight training, agility and interval workouts. In general, practices will end between 7:30 and 8:00.

Practice Attendance:

Attendance is required at all practices. If you will miss practice, you must notify the coaches immediately when you know you will be out by email and or the team app. School related events will also be excused. A no call/no show will result in being disqualified from the meet for that week.

Practice Clothing:

Runners are expected to have running shoes and running attire

Water:

Water breaks are allowed and planned for throughout each day's workout. However, the athlete is responsible for bringing his or her own water bottle and making sure it is filled before practice.

Running Safety:

We practice often on the streets and roads of Wolf Pack Dr., Weiss Ln, and Pflugerville Parkway. We coaches stand at the intersection when runners are crossing to insure safety and to stop cars. Athletes should be aware of their surroundings at all times. Not all drivers are courteous or even paying attention to the runners around them. Also, never assume that they are aware of you. Runners run on the sidewalk at all times and never on the road.

SELF REGULATION

Health Matters

Being a runner demands a lot from the body. The body is a machine that responds well with proper maintenance but lags and sometimes falls apart with poor maintenance. The two biggest maintenance issues are what fuel we are putting into our bodies and what rest we are giving our bodies.

- Hydration: Every person is different but the recommendation is 64 ounces of water per day. Runners carry a water bottle with them throughout the day and refill it often.
- Food: Runners eat healthy, balanced meals and steer clear of fast food restaurants during the season.
- Rest: On rest days, runners rest. On workout days, runners go easy after practice. Healthy bodies get 7-9 hours of sleep per night.

Even healthy athletes have injuries and get sick. The coach should be made aware of sickness or injury at its first appearance.

Illegal Substances

This section refers to tobacco, alcohol and other controlled substances. As a participant in a PfISD activity it is expected that you will not use any of these substances at any school event. Observation of an athlete's use of these substances by a school official will result in suspensions as per the Weiss High School Policy. As a runner who is training the body to be successful in 5K races, it is my advice that you avoid these substances at all times. Eventually the machine that is your body will fail if you partake in these substances.

Eligibility

It is expected that students will maintain passing grades in their classes. WHS eligibility policy states that students cannot be failing any classes by the UIL Eligibility Check. Coaches will monitor grades and will actively pursue assistance for athletes who are failing any classes.

COMPETITIONS

Assignment of Varsity/Junior Varsity:

The decision by the coach of who is running varsity and junior varsity is solely up to the coach. Decisions will be made based on past performance as well as practice habits. Sometimes the reasons for decisions are complicated. The coach will always try to visit with those folks on the bubble so that everyone understands the reasons for the decision. Runners who are unable to complete practices for an extended period of time will not be enrolled to run in meets.

Meet Behavior:

There are many things that occur when we are at meets. The coach cannot always be monitoring our students and/or our campsite. It is the coach's opinion that our student-athletes are mature enough to represent Weiss whether there is a coach standing there or not. Misconduct at meets by a student-athlete from Weiss will result in consequence and possible suspension from going to other meets. Weiss teammates should help each other police our team's campsite; including cleaning up before we leave.

Meet Clothing:

We are a team. Our clothing should represent the team. Wear issued Weiss Cross Country gear to all meets and into the place we eat. Any issued gear must be returned or there will be a replacement cost for any missing or damaged items(s). All Weiss Cross Country issued gear is to only be worn for practices and meets, not for everyday use. Any questions regarding appropriate meet wear can be directed to the Coach.

Team Expectations:

Limited jewelry is allowed to be worn when running. Only stud earrings, no large jewelry. Coaches discretion on necklaces. No unnatural hair color will be allowed for participants for in-season participation to occur. We run as a team, we will look uniform as a team in representing our program.

Road Trips:

All athletes are expected to ride to events on the bus. Athletes may ride home with parents for a special situation or if there is an important need to do so and must provide an alternate travel form 24 hours in advance for approval by the coordinator and/or head coach of the sport.

Varsity Lettering Requirements:
Varsity letters will be awarded to all runners that compete in at least two varsity events. Seniors in good standing with the program may be given a varsity letter at Coach's discretion.

Banquet and Awards:
There will be a banquet at the end of the season to recognize each athlete and award athletes for their success.

Fundraising:
Fundraising will be expected during the school year and during the summer before the season starts up full throttle.

College Signing/Commitment:
Must finish in good standing in our Cross Country program for a school signing to be held through the program. The head coach needs to be given the paperwork to review for the student-athlete to sign. The coach will organize the signing and communicate that information.

Communication Expectations:
Athletes are expected to communicate with their head coach first. If there are any concerns, after the athlete has spoken to their coach; the following will occur: Conversation with parents, athlete and coach. Next step would include the campus athletic coordinator, etc. (refer to the PfISD handbook).

Eligibility:
Refer to the PfISD Eligibility calendar and the UIL No Pass, No Play policy.

Participation:
Participation in PfISD athletics is a privilege, not a right. Honor and cherish the opportunity to run for your school. It is the head coach's discretion on all consequences if team, campus or our district athletic expectations aren't met. The head coach determines participation.

Cross Country Athletic Participation Contract
Agreement Form

Note: *By reading the below statement, and signing this document, you are agreeing to the terms and conditions that are set forth in this document as well as our Pfisd student-handbook, Weiss athletic and student handbooks as well as stating you will follow all required UIL rules governing participation in athletics in Texas.*

I, _____, am committed to the Weiss Cross Country program. As a selected participant, who has accepted a position in this program; I will adhere to the expectations and operating procedures of the WHS Cross Country program and Pflugerville ISD student-athlete expectations for participation.

As an athlete, I am committed to follow all campus, district and UIL policies for academics and athletic participation. I am committed to staying drug, alcohol and tobacco free. I will choose to demonstrate good morals and values in my life choices. I am committed to helping my teammates be the best people they can be. I am committed to representing our school core values of demonstrating: Integrity, loyalty, grit, honesty, family and humility. I will demonstrate good sportsmanship at game contests whether I am a participant or a spectator at all UIL sponsored events.

I understand that my participation in Weiss Cross Country in Pflugerville, ISD is a *Privilege, not a Right.* I do understand that if I fail to meet my program and district expectations as a student-athlete, consequences will occur that include but are not limited toMeet suspensions, or possible team removal. By signing this document, I am stating that I will adhere to all expected program policies and team operating procedures. I fully understand that there are consequences that could be enacted, should I choose to violate any of those policies, expectations or our program operating procedures.

_____ _____ ___ / ___ /_____
Athlete Printed Name Athlete Signature Date Signed

_____ _____ ____ /___ / _____
Parent Printed Name Parent Signature Date Signed