

2026 Grizzell Cross Country Handbook

Welcome to the Grizzell Cross Country team! We are thrilled to have you joining us this season. Although athletes may compete individually, our program is grounded in the belief that cross country is a team sport first, where effort, sportsmanship, and encouragement of teammates matter just as much as performance. This handbook outlines how our team operates and includes important information to help everyone have a successful season. Our purpose is to build a healthy, positive team culture where athletes support one another and grow together.

Our Coaching Staff:

- Michael Waun - Head Boys Coach
- Kenneth Schuster - Head Girls Coach
- Samantha Kendle - Assistant Coach
- [Maddie Legerski](#) - GMS Athletic Trainer

1. Practice Schedule and Summer Running

[Please click here to see the practice schedule](#)

Once school starts, we will have a regular practice time that goes from 3:20–5:00 PM and will meet by the softball field.

We will not be participating in as many dual meets as previous season as the OCC is giving schools an option to whether or not we want to schedule dual meets as they begin to steer away from middle school cross country dual meets.

We might have a few dual meets on our schedule but most if not all of our meets will be invitationals.

Attendance Expectations:

2. Eligibility & Attendance Policies

- Athletes should attend a minimum of 4 practices per week
 - Up-to-date physical required before athlete is able to practice

2026 Grizzell Cross Country Handbook

- Athletes should attend practice in its entirety, unless discussed with a coach ahead of time
 - Excessive time absent will result in forfeiture of participating in future meets or even the possibility of being removed from the team.
- Athletes should email both Coach Waun and Coach Schuster for any absences (waun_michael@dublinschools.net & schuster_kenneth@dublinschools.net)
- Per OHSAA rules, athletes must complete 10 practices before competing in meets
- Missing 2+ days/practices in a week = not eligible to run in that week's invitational.
- Missing 2+ meets throughout the season = ineligible for the State Meet
- Exceptions: Illness & school-sponsored events
 - These excused absences do not count against meet or invitational eligibility

3. Training Expectations

- Running happens every day
- Bring/wear good running shoes
 - Columbus Running Company offers a give-back to the school if you mention you have a Grizzell athlete
 - Spikes are not required, but are extremely helpful, especially in rainy/wet weather
- Self-care:
 - Foam rolling/stretching at home is encouraged
 - Report persistent soreness or pain to coaches
 - Next step after coach check-in → school athletic trainer
- Daily habits:
 - Hydrate throughout the school day
 - Eat performance-supportive foods, especially on meet days
 - Bring snacks/water to school
 - A water bottle is required to participate in practice/meets (if forgotten, athlete could be sent home and it would count as an absence)
 - Bring layers & extra clothes (especially socks), as well as a garbage bag for athlete's backpack, in case of rain

4. Communication

- All updates from coaches are communicated through:
 - Final Forms
 - sportsYou
 - End-of-day school announcement

5. Equipment, Fees & Spirit Wear

- Uniforms:
 - We will hand these out before our first invitational.
 - You are responsible for the care of the uniform throughout the season.
 - Lost or damaged uniforms will need to be replaced resulting in a replacement fee.
 - Uniforms must be returned by the end of the season or families will be charged

2026 Grizzell Cross Country Handbook

6. Meet Procedures

- Leaving Meets
For both home & away meets, athletes may leave ONLY:

Sign-Out Requirements (Away Meets + Invitationals Only)

- If an athlete is not riding the bus home from an invitational or away meet, a parent/guardian must sign them out via Google Form
 - If another adult (grandparent, family friend, etc.) is taking an athlete home, that must be communicated to both coaches prior to the meet
- After form is filled out, athlete must confirm that it was completed, and inform a coach they're leaving at the designated time (either after the 4x100m or at the end of the meet)
- Failure to sign out & inform a coach the athlete is leaving = ineligible for the next meet
 - This does not count as a missed meet for invitational eligibility
- If you leave the meet early, it will count as an unexcused absence, and affect your eligibility to run future meets

7. Additional Information

- Team Picture Day: Tuesday, August 18 (time TBD)
- Team Captains
 - We have four team captains total: one 8th-grade girl, one 8th-grade boy, one 7th-grade girl, and one 7th-grade boy. Captains are selected through a combination of team voting and input from the coaching staff.
 - These captains will help with daily practice activities, assist throughout meet days, the end of year celebration, and support their teammates both on and off the track