

“The will to win is overrated, because everyone wants to win. It’s the will to prepare to win that makes a difference.”
~ Bobby Knight

“If you want something that you have never had, you must be willing to do something that you have never done”
~Author unknown

Cypress Woods Cross Country

TEAM HANDBOOK



TEAM RULES AND EXPECTATIONS

GENERAL

1. Represent CY Woods HS with PRIDE, HONOR, and CLASS. How you act in class, the hallway, on trips, and in the community is directly related to how others will view our team.
2. Be at and on time to all practices, meetings, travel, and study hall. (Unless prior arrangements have been made with coach)
3. Take care of the locker room. Take pride and care of it. Your belongings are your responsibility. YOU MUST LOCK YOUR LOCKER!!!
4. Respect all coaches, student assistants, and especially your teammates.
5. Attend every class and be on time to your classes. Since you may miss periodic classes due to team travel, be in class every day to prevent falling behind. Teachers will appreciate this in the long run. You are a student-athlete! Notice that student comes first. Remain academically eligible. Stay in tune with your teachers and work. Keep them informed of your absences. If a problem occurs in class, let me know ASAP if I can help.
6. Sit in the front row of every class and participate in class.
7. Get the best education possible: stay eligible, do your homework, study, pass TAKS, graduate.
8. Be Coachable
9. Have a burning desire to be a part of something great.
10. Excessive write-ups, discipline issues in the classroom, cell phone issues, Failure to comply with school personnel will be dealt with on a case by case basis.

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Training Room and Injuries

*****YOUR HEALTH IS OUR #1 CONCERN*****

1. **If you do not seek treatment, you are not injured!** The trainers and coaches will decide if your injury needs treatment or not...not you! Some injuries need to be worked and some need total rest. The trainers and coaches will make those decisions.
2. Located next to the Weight room
3. David Wilkinson is the Head Athletic Trainer
4. Treat all student trainers with respect at all times. They are there to help you.
5. If you need treatments, please arrive early for treatments.
6. If you are injured, that does not mean that you can miss practice. You will report to the training room for treatment or rehab during the normal practice time.
7. Respect what the trainer says. Do what the Trainer says. We need you healthy.
8. If you feel pain, not muscle soreness or out of shape pains, let the trainer or the Coach know immediately. Do not push it!
9. If you experience over training, loss of appetite, sleep, are constantly tired, or unusual pain, let the coach know immediately.
10. When possible, please see the trainers before seeing your own personal doctor.

11. We have doctors that you can use if needed. They work with Cy-Woods athletes to get them in ASAP. If you need one of our doctors, ask your coach or the trainer.
12. COMMUNICATE with your coaches and trainers.
13. You must clean your legs off prior to entering the trainers room by washing them in the shower!

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Equipment

1. LOCK YOUR LOCKERS!!!!
2. Take care of your uniforms and work out gear. It is your responsibility. Make sure you have completed and turned in an equipment checkout list given to you by your coach.
3. Each item is numbered on the garment tag and it is your responsibility to know your number.
4. If possible, depending on the budget, I will do my best to provide racing spikes and training shoes. However, be prepared to purchase them if needed.
5. If you quit or are released from the team, you are responsible for your equipment. Failure to turn in all equipment will result in repayment of each item in full.
6. Lockers must remain clean and no writing is allowed on the lockers of any kind.
7. Do not wear school issued equipment, except T-Shirts, to class or anywhere other than meet. (UIL rule).
8. Theft will not be tolerated. If you are caught stealing from your teammates, you will be removed from the program immediately.

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Practice Standards

1. Take care of all injuries, prevention and rehabilitation, before and after practice.
2. If you cannot attend practice or will be late, please let the coach know beforehand. All it takes is a simple call (Coach Zarate cell: 281-413-9027)
3. Be on time to all practices. We will begin exactly at the designated time.
4. Attend all practices, meetings, and competitions with a positive attitude and with the frame of mind that you will increase your skill.
5. Give 100% of yourself to the workout. Practice in the frame of mind as in competition.
6. Do not track in dirt/grass after workouts. You must rinse legs off prior to going into the trainers room. Take your shoes off outside and knock the dirt off on the sidewalk, not the wall.
7. Do not complain or whine.
8. Encourage teammates.
9. Always respect your coach at all times. He will always have your best interest at heart and in mind.
10. Refuel during and after workouts.
11. Always properly cool down after practice.

12. Listen to your body. That means that if you feel ill or have an injury, let me know so that we can plan accordingly. An easy day can prevent many off days due to injury. Prevention is the key.
13. Get plenty of rest, do not stay up late.
14. Do not neglect your academics.
15. Enjoy your free time. Athletes need a way to balance training, work, and studying. Join organizations, have fun.
16. All athletes must keep a t-shirt on during practices in accordance to CFISD policy.
17. All team practices must be on campus grounds. **No off campus running allowed. No Exceptions. You must stay on one of the three campuses that we have here. No running on Skinner Road or Spring Cypress Road.**
18. **On occasion, the team will travel to alternate practice sites on CFISD transportation. Only a parent can drive you to or from if you do not ride the bus.**
19. Teams will be determined based on time and on time only. Only those that are deemed able to compete at the Varsity level will be placed on Varsity. If you feel that you should be on Varsity, see the coach first and foremost.

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Travel Standards and Guidelines

1. Any team member not present on the designated departure time will be left behind. If you are left behind, you will not compete that day, even if you drive yourself. No exceptions. Arrive early and keep this in mind for your protection from this: If you are 10 minutes early, you will be considered late. BE EARLY, so you can help your teammates load. If a special circumstance occurs and you can't ride the bus-communicate this with your coach ASAP.
2. Every team member will travel **to and from** the meet with the team on the district provided transportation. No exceptions, unless in the event of an emergency. Parents may arrange in advance to take you home from a meet, however, this must be done in advance and proper procedures must be followed.
3. All athletes are expected to be prepared and have all equipment ready prior to their departure.
4. Misconduct on team trips will not be tolerated. If you misrepresent your team, your school, the CFISD, and yourself, you will be suspended from further team travel at the discretion of the head coach. Removal from the team is and will always be an option.
5. Accessories that you were not supplied by the head coach must have prior approval by the Head Coach if you plan to wear them in the meet. Only approved accessories will be permitted.
6. **YOU ARE NOT ALLOWED TO HANG OUT IN ANOTHER TEAM'S CAMP OR BRING OTHER TEAMS TO OUR CAMP.**

7. **When you are at a meet, I expect you not to be fooling around or to be engaging in horseplay. Save that for after your events are complete. Do not bring Boyfriends/girlfriends in the team camp or be involved with them until your events are complete.**

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Attendance Policy

1. Daily Attendance is required. If you are unable to attend, it is your responsibility to contact the coach.
2. If you are tardy, you will have an "opportunity workout" that will consist of 100 push-ups after practice. If you are late again, the number of push-ups will be increased. On the third tardy, you will have a 100 yd. "Frisbee Drag" and you will be recorded with one absence due to the accumulation of three tardies.
3. Three tardies equals an absence. Two absences equal a missed meet.
4. If you miss a 6:00 AM workout due to being late or any other reason, that workout will be made up during the athletic period on that same day. Failure to do so will result in a 5 point deduction from your grade.

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Workout / Meet Requirement

1. Completed workouts are a requirement for participation in weekly meets.
2. Failure to complete designated workouts will result in a warning. Upon the second incomplete workout will result in a missed meet.
3. If you are too injured, too sick, or too out of shape to complete workouts, you will be considered too injured, too sick, or too out of shape to compete in weekly meets.

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Meet Expectations

1. When at a meet, do not leave (walk the course, restrooms, etc...) the designated team area until your coach has told you to do so.

2. Once told to do so, each team must walk the course together, as one team (Freshman, JV, Varsity)
3. Teams will be determined based on time and on time only. Only those that are deemed able to compete at the Varsity level will be placed on Varsity. If you feel that you should be on Varsity, see the coach first and foremost.
4. Parents are required to sign their student-athlete out prior to leaving the meet. In most cases, athletes are expected to ride the bus home after meets unless prior arrangements are made with the coach.
5. Athletes are expected to cheer on their athletes and to support their teammates.
6. With limited coaches and numerous races, each athlete is expected to be on task and to know when they race. Many times one team will need to be warming up while another race is taking place. As a result of the other race, the coach will not always be at the team camp to tell you when to warm up, it is your responsibility to be properly warmed up and to be ready for your race.
7. Every athlete needs to be warming up at least 30 minutes prior to their race. Any less time than this will be deemed as insufficient. A proper warm up should last at least 30+ minutes.
8. Athletes will need to report to the starting line at least 10-15 minutes prior to the start of their race.
9. Each athlete will need to get with their teammates and do a 10-15 minute cool down. **THIS IS A MUST!!!**

Practice Attire

1. Each athlete will be required to wear a full length T-shirt during every practice.
2. Female athlete shorts must be long enough to the point that improper body parts are NOT exposed as a result of wearing your shorts. PLEASE DO NOT ROLL YOUR SHORTS TO THE POINT THAT ANYONE CAN SEE YOUR EXTREME UPPER THIGH!!!
3. Proper shoes will be required for participation. Failure to bring the correct shoes will result in you not participating that day, therefore resulting in an "Absence". You will be given push-ups, Frisbee drags, and bear crawls to do on the grass as a result of not bringing your shoes.
4. Rain is not a reason to cancel practice. If you do not want your hair to get wet, bring a plastic bag. Lightening will be the only reason that we will ever cancel practice outside.
5. Consistent failures to dress out or to wear proper shoes will result in lowering the six weeks grade or removal from the athletic period.

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Athlete Expectations

1. Do your best at all times
2. Be extremely loyal to your teammates, coaches, and school
3. Represent Cy Woods HS to the best of your ability on the field, in the classroom, and in the community.
4. Practice like a champion. Never give up, give it your all and outwork your opponent.
5. Race like a champion. Never give up, give it your all until the last second.
6. Be coachable
7. Keep the locker room clean
8. Be unselfish. Be a team player
9. Be trustworthy. We need to be able to depend on you, so do your teammates!
10. Control the things that we can control
11. Have a burning desire to be a part of something great.
12. All players are expected to be in exceptional health and physically fit. Not only are you capable of higher performances when you are fit, you also greatly decrease your chance of injury and greatly increase your recovery time. Being fit includes but, is not limited to:
 - A. Diet
 - B. Sleep
 - C. Physical Health/Conditioning
 - D. Mental Health/Stress
 - E. Proper body composition

Parent Expectations

1. Parents should be respectful of the coaching staff at all times. Decisions on rosters for each meet are made by the coaching staff and are based on practices, past races, and attendance.
2. If there is a concern, the Head Coach should be contacted first. The Campus Athletic Coordinator will require that you speak to the Head Coach first prior to discussing the issue with you.

3. Parents are responsible for signing their student-athlete out prior to taking them home from any team related event that is away from the school.
4. Parents should be supportive and encouraging to the Student-Athlete at all times.
5. Let the coach be the coach and the parent be the parent. Coaching your daughter/son from the bench will only confuse/embarrass/distract your student-athlete. Be supportive!
6. No parent will be allowed on the field at meets or during practices. Practices are closed and all parents/family must remain in the stands.
7. Have fun and enjoy your son/daughter's time in high school. It will be over before you know it!
8. Support the Cy Woods Athletic Booster Club!

WHAT YOU CAN EXPECT FROM YOUR COACHES

1. TO CARE ABOUT YOU! TO TREAT YOU AS A MAN/WOMAN AND RESPECT YOU.
2. TO BE HONEST WITH YOU.
3. TO MAKE ALL DECISIONS BASED ON WHAT IS BEST FOR THE TEAM THEN WHAT IS BEST FOR THE INDIVIDUAL.
4. TO ASSIST YOU IN ANY WAY POSSIBLY NOW AND AFTER YOU GRADUATE. "MY DOOR IS ALWAYS OPEN".
5. TO WORK YOU HARDER THAN YOU HAVE WORKED BEFORE. TO DEMAND EXCELLANCE.
6. TO PROVIDE DIRECTION FOR YOU TO SET AND ACHIEVE YOUR GOALS.
7. TO PUT YOUR HEALTH AND SAFETY ABOVE ALL CONSIDERATIONS.
8. TO DO EVERYTHING WITHIN OUR POWER TO IMPROVE OUR PROGRAM AND MAKE THIS THE BEST HIGH SCHOOL IN TEXAS TO GET AN EDUCATION AND TO RUN CROSS COUNTRY.
9. TO SET A POSITIVE ENVIRONMENT AND EXAMPLE FOR YOU.
10. TO GUARANTEE YOU THAT YOU WILL BE A BETTER MAN/WOMAN FROM THE EXPERIENCE OF RUNNING CROSS COUNTRY AT CY-WOODS HIGH SCHOOL.

Time / Distance Requirements to Make Varsity

Girls

Cross Country

3200 – 13:20 or top 5 athletes

Boys

Cross Country

Top 6-7 athletes

***** Senior athletes who fail to meet the qualification times will not be allowed to compete at meets.**

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Letter Policy

Earning your "CW" letter jacket is an honor and will be given to those varsity athletes who do one of the following:

Cross Country

1. Participate in the Varsity competition in the District Championship meet.
2. Participate in four or more Varsity competitions throughout the Cross Country season and is in good standing.
3. Is a senior Student-Athlete that has been a member of the Program for more than two consecutive years and is in good standing.

* Becoming academically ineligible during the season will disqualify a student from receiving a letter jacket.

RANDOM DRUG TESTING (2008-2009 CFISD Student Handbook)

In a proactive measure to maintain a drug-free environment for all students, members of the CFISD Board of Trustees adopted a policy [FNF (LOCAL)] to establish random student drug testing for students participating in competitive extracurricular activities. The use of illegal drugs poses serious health and safety risks; therefore student drug testing should serve as a deterrent to the use of illegal drugs and to provide students a reason to resist peer pressure. The policy is not intended to be punitive in nature, but rather by adopting a random student drug testing the district desires to:

- Provide for the health and safety of all students
- Undermine the effects of peer pressure by providing a legitimate reason for students to refuse illegal drugs
- Prevent injury, illness, or harm to students that may arise as a result of drug use
- Give parents an opportunity to intervene and get a student help if needed
- Create a higher standard for students in CFISD
- Allow teachers to focus their energy and time to educate students and increase academic achievement

STEROID POLICY (2009-2010) CFISD Student Handbook)

Steroid use by teenagers has increased over the last several years to enhance athletic performance. It is illegal and a violation of the state and district policy for students to use steroids without a doctor's prescription. Students possessing, using, or delivering steroids could result in removal to a Disciplinary Alternative Education Program. To learn more about steroids contact: Substance abuse and Mental Health Services Adm., National Clearinghouse for Alcohol and Drug Information, 800-729-6686 or TDD 800-487-4889, linea gratis en español 877-767-8432 or website www.ncadi.samhsa.gov

FUNDRAISING POLICY

As an active member of the cy-woods Cross Country program, you understand our goals for our program. To achieve the highest standards of success, fundraising is necessary. Through fundraising we are able to get more equipment, supplies, and extras that will help us compete at the highest level possible. All athletes will actively participate in all fundraisers.

COLLEGE RECRUITMENT

Student-athletes are often given the opportunity to participate in college when they show outstanding talent, academics, and citizenship. Colleges decide whom they will recruit. Your coaches can only make recommendations. I will do all I can for those desiring a chance to run at the next level. When I speak to college coaches I am totally honest regarding players' performance, abilities and attitude. All players wanting to run collegiately must register with the NCAA clearinghouse. More info can be found at <http://www.ncaa.org/wps/ncaa?contentid=263> More college bound information will be given at a later date. Please ask your coach if you have any questions regarding recruiting or eligibility.

First Period Cross Country

1. Each athlete is required to be at each Cross Country practice at 6:00 AM. Failure to complete the workout at 6:00 AM will result in the athlete completing the workout during first period. Failure to do so will result in a 5 point deduction from the 6 weeks grade each time this will happen.
2. On days that the team practices off campus Coles, each athlete must ride the bus to and from the park, no exceptions. Failure to catch the bus to the park will result in the athlete running on their own and will count as a missed workout.
3. On bad weather days, practice will be held inside within the school, even on Wednesdays.
4. Monday afternoon's will be dedicated to running at Spring Creek Park. The student-athletes must ride the bus to and from the park. Varsity and JV athlete are the only ones required to attend this practice. All others are welcome to attend based on available space on the bus.
5. No IPODS will be allowed during the workout, except on long run days, such as Wednesday's
6. If an athlete needs to visit the vending machines, they need to do so before the school day begins. After 7:25 am, you are not allowed to be anywhere other than the lock room or athletic hallway, unless arrangements have been made with your coach. All athletes must remain behind the entrance to the second gym when in the hallway.
7. Cross Country athletes are expected to participate in Track & Field during the Spring semester. Any athlete that does not participate in Track & Field will be removed from the class.
9. All Cross Country athletes are expected to be enrolled in the Cross Country class. Those unable to be in the Cross Country class due to schedule conflicts or graduation requirements will be handled in an individual basis.

Cross Country After School Practice

1. This is as important as our morning workouts and the expectations are the same.
2. Practices will begin at 2:45 pm and will end no later than 3:30 pm. (Except on Monday's, practice will end at 4:30 on Monday's)

EACH AND EVERY CASE WILL BE DEALT WITH BY THE COACH ON A CASE BY CASE BASIS AND AT THE COACH'S DISCRETION.

Discipline Management Plan

****DISCIPLINE IS SOMETHING YOU DO FOR SOMEONE, NOT TO SOMEONE****

The Cross Country and Track program at cy-woods considers discipline to be the cornerstone on which to build our program. We believe that participation in extracurricular activities is a privilege. The majority of students want to belong to something positive and wholesome. In order for us to achieve our goals, we must all work together to ensure that we are disciplining our Cross Country and Track athletes for the greater good of the Cross Country and Track programs, the athlete, and Cy-Woods high school.

Your coaches are here to advise, counsel, mold and direct you to take a positive position in our school and community. As Cy-Woods Cross Country and Track athletes you will be held **accountable** for all rules and regulations posted in your student handbook and Cross Country and Track manual as well as standards that set you apart as young men and young ladies and good citizens.

In order to make this plan work we will need the support of the Cross Country and Track athletes, parents, faculty and administration. We want our athletes to be successful and to reach their full potential. We feel that this type of program will help them to accomplish their goals by reducing the number of poor decisions so many young people make. A person's conduct and character is something he can control and with our help they will make choices that lead to excellence on the pitch and in life.

GENERAL GUIDELINES

1. DO RIGHT: YOU KNOW THE DIFFERENCE BETWEEN RIGHT AND WRONG. DO WHAT IS RIGHT AND AVOID THOSE THINGS YOU KNOW TO BE WRONG.
2. TREAT OTHERS THE WAY YOU WANT TO BE TREATED. TREAT YOURSELF AND OTHERS WITH RESPECT. ("YES SIR/MAM, "THANK YOU"...))
3. DO NOT DO THINGS TO EMBARRAS YOUR FAMILY, TEAM, SCHOOL. YOUR CONDUCT REFLECTS ON ALL THESE GROUPS AND YOU HAVE THE RESPONSIBILITY TO REPRESENT THEM TO THE BEST OF YOUR ABILITY.
4. ALL DISCIPLINE SITUATIONS WILL BE DEALT WITH ON AN INDIVIDUAL BASIS. WE WILL TREAT ALL SITUATIONS IN A MANNER WE SEE AS FAIR. PLEASE REMEMBER FAIR DOES NOT NECESSARILY MEAN EQUAL.
5. OUR RESPONSE TO A SITUATION WILL BE BASED ON THE FOLLOWING CRITERIA:
 - ❖ WILL THE DISCIPLINARY ACTION MAKE HIM A BETTER MAN/LADY?
 - ❖ WILL THE DISCIPLINARY ACTION MAKE HIM A BETTER STUDENT?
 - ❖ WILL THE DISCIPLINARY ACTION MAKE HIM A BETTER CROSS COUNTRY / TRACK ATHLETE?

- ❖ WHAT EFFECT WILL THIS ACTION HAVE ON THE PROGRAM?
- ❖ HOW WOULD I EXPECT MY SON TO BE TREATED IN THIS SITUATION?

MINOR OFFENSES

EXAMPLES OF MINOR OFFENSES WOULD BE CLASSROOM MISBEHAVIOR, INAPPROPRIATE LANGUAGE, COMPLETION OF ASSIGNED TASK, NOT HAVING PRACTICE CLOTHES.

DISCIPLINE ACTION FOR MINOR OFFENSES MAY INCLUDE ANY OR ALL OF THE FOLLOWING:

1. VERBAL RESPONSE
2. STUDENT-COACH CONFERENCE
3. ROLES OR LUNGES OR SOME FORM OF OPPORTUNITY WORKOUT

MAJOR OFFENSES

EXAMPLES OF MAJOR OFFENSES WOULD BE: PERSISTANT MINOR OFFENSES, STEALING, ALCOHOL/DRUG OFFENSES, SEVERE DISRESPECT TOWARD ANYONE, FIGHTING, CRIME AWAY FROM SCHOOL, GANG INVOLVEMENT.

DISCIPLINE ACTION FOR MAJOR OFFENSES MAY INCLUDE ANY OR SEVERAL OF THE FOLLOWING:

1. SCHOOL ADMINISTRATOR ACTION
2. STUDENT-COACH CONFERENCE
3. PARENT-STUDENT-COACH CONFERENCE
4. STUDENT "ATHLETIC CONTRACT"
5. ROLES/LUNGES/OPPORTUNTIY WORKOUT
6. SUSPENSION FROM THE CROSS COUNTRY/TRACK PROGRAM
7. ELIMINATION FROM THE CROSS COUNTRY/TRACK PROGRAM

** A ATHLETE RECEIVING DMC (IN-SCHOOL SUSPENSION) FOR ANY REASON WILL ALSO BE HELD ACCOUNTABLE FOR FURTHER ACTION FROM HIS COACHES. THIS WILL BE HANDLED ON AN INDIVIDUAL BASIS.*

OUR COMMITMENT

WE WANT TO TAKE A STRONG, POSITIVE POSITION IN REGARDS TO DISCIPLINE. WE FEEL WE WOULD BE DOING OUR ATHLETES AND THE PROGRAM A GROSS INJUSTICE IF WE DID NOT MAKE THIS KIND OF EFFORT. WE WANT OUR ATHLETES TO KNOW WE CARE FOR THEM AS INDIVIDUALS AND TEAM MEMBERS. WE WANT OUR ATHLETES TO KNOW THAT THEY ARE ACCOUNTABLE TO THEIR TEAMMMATES.

Cy-Woods Cross Country Rule Agreement

I, _____, hereby agree to represent Cypress Woods HS, the Cy-Woods XC team, and myself with PRIDE, RESPECT, HONOR, LOYALTY, and INTEGRITY. I agree to be dedicated and committed to the team, my training, and most of all my academics. I will respect my teammates, other team members, and the coaching staff. I will abide by the rules and codes of the team, District, and UIL. I understand that if I break the rules or misrepresent any of the above that I may be penalized or dismissed from the team. I also understand that Coach Zarate or other coaches reserve the right to evaluate each situation individually, and treat it fairly. I understand the time and commitment of training, academics, meetings, and travel in being a student-athlete at Cypress Woods High School.

Date: _____

Student-Athlete Name: _____

Student Athlete Signature: _____

Parent Signature: _____

Coach Signature: _____



Cy Woods Wildcats
Fall Track & Field Contract

Cypress Woods Cross Country Athlete Information Sheet

Name: _____ Birthday: _____

Social Security Number: _____

Home Phone: _____ Cell Phone: _____

Home Address: _____

Parents Name: _____

Mom's Work Number: _____

Mom's Cell Number: _____

Dad's Work Number: _____

Dad's Cell Number: _____

Student's E-mail Address: _____

Parent's E-mail Address: _____

Are you working? _____ If so where? _____



Team Philosophy

1. There is no “I” in TEAM. In Cross Country, it takes 5 to score and to make a team. If you consistently come in third on the team, strive to come in second or first. If you come in first for the team, continue to work hard to stay there. The better we make ourselves, the more successful we will be.
2. Be a team member: Support, encourage, and challenge. When your team members are down or are having a bad day, step up and be a leader.
3. Plan your race strategy. Everyone prepares for competition differently. Choose what is best and works for you and succeed with it.
4. Be intense, a desire to do it right. Develop pride and a competitive spirit in one’s self.
5. Improve every day. Take each practice as a challenge. Support your teammates, but strive to go beyond their expectations. This will only makes us stronger.
6. Be result orientated. Have the want to not only win, but to do better than the last race.
7. Be positive. Cross Country is a hilly ride. There is always an upside to everything.
8. Be a leader and follow the rules. Win with respect.
9. Sportsmanship! You represent Cy-Woods HS, your team, and yourself. Encourage and congratulate your competitors. Do not speculate on a win nor disrespect any other team.
10. Be first class in every aspect.

**WE WILL BELIEVE WE CAN!
WE WILL PREPARE TO WIN!
WE WILL PRACTICE TO WIN!
WE WILL COMPETE TO WIN!**

There is no trying. Either you will do it or you will not!

A way of life...

1. RUNNING FOR CY-WOODS IS ABOUT HAVING FUN!

Everyone runs for different reasons. For some, it is an expression of freedom. Some run to race, running is their competitive outlet. For some it is an addiction, for most a positive one. For some it can be a form of release, an escape from the day-to-day grind. For most of us, it is a combination of a lot of different things. If you asked every person on this team the reason that they run, you may very well get a different answer from each person. It is my hope that each of you, if asked why you run, would somehow in some way say that at least part of the reason that you run is because it was fun. Not the ha ha or go out and party kind of fun, but the kind of fun that comes with feeling good and good about yourself. For you to be successful in this sport, you need to appreciate that kind of fun. Sure it is important to strive for excellence and win district, regional, and state, but it is equally if not more important for you to enjoy the ride along the way. The real joy in the sport or just about anything in life is not to get so caught up in the reaching the end result or product that you don't appreciate the process.

2. RUNNING AT CY-WOODS IS ABOUT EXCELLENCE!

Excellence can be measured in many ways. For some it is about making an Olympic team. For others it is about finishing the race, while for others, it may be qualifying for the top seven on the team. Like everyone having different motivations for running, everyone's measure of excellence can be a little different too. All I ask as the coach is that each of us adopts the achievement of excellence as part of our running philosophy. Make a commitment to be the best runner that you can be. Take the physical abilities that you have and maximize them. You are all bright, motivated young people or you would never have reached this point. Attending Cy-Woods High School is about excellence and this program is an extension of that. Give your best to this program and you will achieve excellence not only on the track but also in the classroom and more importantly in life.

Our “GAME PLAN”

GAOLS: Plan the work, work the plan.

SETBACKS: Don’t think of yourself as a failure. Despite temporary setbacks, you can bounce back to greater heights than before. As the saying goes, we get knocked down just so we can get right back up again. Keep that in mind and realize that we only gain experience and strength from setbacks.

HARD WORK: If you really want to move up, you must be prepared to buckle down.

PERSISTENCE: A winner isn’t someone who falls down several times, but the person who picks themselves up one more time than their competition.

SELF-RELIANCE: Always listen to the experts, but use your own judgment, because you are the only person running in any particular situation (race/competition) at that time.

TEAMWORK: Strong ties provide great support but also require great sacrifice.

LOYALTY: Believe in your coaches, teammates, oneself, and the workouts; doubt can do more to defeat a runner than any other team.

A FINAL THOUGHT: The worth of this team isn’t really measured by the events won, or the times done, or the points scored, but whether we keep the values we learn and how we apply them after we leave the program.

BUILDING TEAM HARMONY

1. Get to know your teammates.
2. Go out of your way to help your teammates whenever you can.
3. Give positive feedback to your teammates whenever you get the chance.
4. Remember both negativism and positivism is highly contagious.
5. Give 100% effort in practice, and work hard on your weaknesses.
6. Resolve conflicts with teammates as quickly as possible.
7. Get your attitude and disposition right before going to practice and meets.
8. Don't be a load mouth or a showoff. Nobody likes a person who boasts about themselves and their past accomplishments. Be a gracious winner!
9. Be fully responsible for yourself and your actions.
10. Be your own best igniter.
11. Communicate clearly, honestly, and openly with your coaches.
12. Don't forget to have fun!

INGREDIENTS TO EXCELLENCE

1. Great champions and great teams acquire a reputation and an aura of invincibility. Remember, when the very best teams step to the starting line, the rest know who they are, and that everyone else is competing for second.
2. Do not be arrogant, but have total self-confidence. The best will not yield to the rest.
3. Pursuit of being number one is a hard road to follow. Mental conditioning must include learning to be pressure-proof.
4. Practice leads to perfection. The racing whole must be broken down into separate parts, with each one practice and honed to a fined edge.
5. Don't train to train; train to compete. Do the same in workouts as in competitions; train hard.
6. All competitions call for tactics. Smart tactics depend on competitors knowing what is happening all around them.
7. Really great and consistent winners are those whose only satisfaction comes from success. Winning isn't everything, but wanting to do one's best is.

THE ROAD TO SUCCESS

THE ROAD TO SUCCESS IS NOT STRAIGHT
THERE IS A CURVE CALLED FAILURE...
A LOOP CALLED CONFUSION...
SPEED BUMPS CALLED FRIENDS...
RED LIGHTS CALLED ENEMIES...
CAUTION LIGHTS CALLED FAMILY...
YOU WILL HAVE FLATS CALLED JOBS

BUT...
IF YOU HAVE A SPARE CALLED DETERMINATION...
AN ENGINE CALLED PERSEVERANCE...
INSURANCE CALLED FAITH...
A DRIVER CALLED JESUS...

YOU WILL MAKE IT TO A PLACE CALLED SUCCESS!

...A SIMPLE WORD OF ENCOURAGEMENT!

GOAL SHEET INFORMATION

I want you to set at least three short-term and three long-term individual goals and a team goal for the season. You will turn these into me and I will keep them on file. You may set additional goals, but you need to set at least three.

Name: _____

Short Term Goals (no more than two months)

1.

2.

3.

Team Goal:

Long Term Goals (2 Months or more, season)

1.

2.

3.

Team Goal:



Individual Cross Country Tactics

1. Avoid starting too fast. Make a move through the field as the early pace begins to lag.
2. An exception to the advice above: when the race is run on a narrow trail where passing is difficult, establish position early. Sprint the start if required.
3. Once you are out of sight, around a corner, or over a hill, increase the pace slightly. Discourage followers who will see later that they have unexpectedly lost ground and give up the chase.
4. Pass opponents just before coming to a single-file area on a course. Don't let them slow down the pace here.
5. On windy days, run closely behind opponents. Let them break the wind.
6. When running behind other athletes, never watch their feet. Keep your head up and look at what is going on around you.
7. When opponents start carrying their arms higher during the race, assume that they are tiring. Pass them then.
8. While passing, always give the impression of being fresh. Increase the pace slightly, and hold it until you are well ahead and unable to be passed.
9. "Check out", which means increasing the pace a few strides. Use this technique as a way to gain a physical and mental lift as well as to get the jump on an opponent.
10. Become a sprinter instead of a distance runner at the finish by making the necessary changes in running form. Finish as if the line were 10 yards past where it actually is. Do not save energy for the finish. Your training will allow you to always have a kick. Do not save for one!

CY-WOODS CROSS COUNTRY NUTRITION

REFUEL, ESPECIALLY AFTER ACTIVITIES

PLENTY OF CARBS- This is your main source of energy. If you purposely or accidentally do not intake these items one day, you will feel your energy drop the next time you do activities. (pasta, bread, potatoes, rice, cereals, crackers)

CALCIUM- This is important not only for your bones, but also muscle contraction. Women utilize much more calcium than men do, so refuel more. If lacking, you will experience cramping, muscle twinges, side stitches, shin splints, fractures, other injuries, and will lead to major reproduction problems in later years. Can be found in dairy products, dark green vegetables, breads, and nuts.

IRON- Important for energy and nutrient balance – in protein, especially red meats, dates, prunes, apricots, raisins, and beans.

VITAMIN C- needed for bodily functions. You stress in school, athletics, and life issues; this will be your lifesaver. Will help keep your mind focus, healing, fight infections, and other illnesses. (100% juices, citrus fruits, green vegetables, tomatoes, and potatoes)

PROTEINS- For growth and repair, helps keep energy storage up. Slows metabolism of carbs (main energy source) will not increase muscle the more you eat. (peanut butter is a great snack)

FATS- limit greasy and fast foods. Your body needs some fats, especially the more you burn calories. You do need fats for energy, especially distance runners. Eat moderate amounts.

POTASSIUM- needed for muscle contractions. (Bananas, squash, sweet potatoes)

WATER- Lots! Drink lots of water. Try to eliminate cokes, and coffee during the season.

Energy bars, mighty vitamins, power drinks, energy drinks are all fads and money flushers. Do not waste your money or your time!

Be smart in the cafeteria, Eat foods that you know will help your performance, rather than hinder it.