

Cross Country

Coach Jeremy Hulshizer

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Running shoes- We will be putting on a lot of miles this season. Please make sure your student-athlete has a good pair of running shoes (not tennis shoes). You can find a good pair of shoes for \$75-95 on sale. Any retail price higher than around \$140, you are paying for weight (a lighter shoe), not necessarily quality. If they like their current pair, buy another pair of the same.

Buying bottled water for practices- On days where we have difficult workouts, or it is hot, we like to provide our runners with cold, bottled water. We have had parents buy 24-packs of water to donate to the program for this. Please be on the lookout for water on sale and have your runner bring it to me. Thank you!

Chocolate milk for meets- Chocolate milk is a great recovery food for runners after a race. Be thinking about which meet you could bring a cooler of chocolate milk for runners to drink after a competition.

Day before meet team dinners- The day before a meet we have team dinners, hosted and put on by parents. Please be thinking about what date you could host a team dinner. These do not need to be pasta dinners, “carbo-loading” is unnecessary for a single 5k race. Whatever you feel is appropriate and can prepare for around 20 kids is great. We truly appreciate having parents put together these dinners for us, it is a great way for the team to bond. We will not have team dinner the Friday of a home football game, nor the Sunday before the Monday Woodbine meet.

Practices on Saturday- Cross Country is a sport where a single day off makes a big difference or the retention of cardio fitness. We do practice on Saturday mornings *until* about halfway through the season. After the final Saturday meet (at Harlan), we will no longer practice on Saturdays.

Meet Schedule: The calendar can be found on the St. Albert website and can be synced to your online calendar (Google calendar, Outlook, and others. It is also listed on the next page.

First meet is tues, Aug. 29: It will be here soon!

Missed Practice and Late Arrival Policy A student-athlete who misses 2 practices or more in the days preceding a meet for any reason other than sickness will not run in the meet. If you do not call (not text or email) or talk to coach face-to-face about being absent, it will count as an unexcused absence. Do not assume coach knows you are gone. Do not send a teammate to tell coach you will be gone. An unexcused absence will result in extra running. Arriving late will result in extra running.

Lettering Policy

A student-athlete will earn a varsity letter if he or she runs as one of the 7 varsity runners in any meet, maintains academic eligibility, and exhibits respectful and appropriate behavior the entire season. The runner must exhibit proper behavior and follow the school code of conduct at all times or risk their varsity letter. A junior or senior who has gone out for cross country and maintained academic eligibility during the season for at least 3 years will also earn a varsity letter. Final lettering status is always subject to the head coach's discretion.

Meet Schedule

Start times are based on the host school's scheduled time from last year and may change.

Date	Day	Meet	Bus Departure	Meet Start Time	Arrival at School (SA)
8/29/2016	T	Logan	2:45	4:30 (G JV & V)	8:15
9/2/2016	S	AL @ IWCC	none	8:45 (JV G)	
9/5/2016	T	Treynor	3:30		7:15
9/9/2016	S	LC @ IWCC	none	9:00 (JV B)	
9/12/2016	T	AHSTW	2:30	5:00G, 5:45B, MS	7:45
9/23/2016	S	Harlan	7:30		1:30
9/28/2016	R	Shenandoah	2:45		8:30
10/2/2016	M	Woodbine	3:00		7:30
10/5/2016	R	Atlantic	2:30		7:30
10/12/2016	R	Hawk-X	none- IWCC		
10/19/2016	R	Districts	TBD		

Head Coach: Jeremy Hulshizer

Assistants: Krissy Poston and Russ Sindelar

Jr. High: Jimmy Schmitt