

# RAY-PEC CROSS COUNTRY



**2019 CC Manual**

# Ray-Pec High School Cross Country Informational Manual – 2019

## Purpose and Goals:

Cross Country is an important part of the athletic program here at the Raymore-Peculiar School District which is dedicated to the overall fitness, technique, and skills necessary to become a successful athlete as well as a productive citizen in our community. We have an outstanding staff of coaches who will be guiding these athletes to learn self-discipline, determination, commitment, integrity, positive attitude, work ethic, and have the self-confidence to strive for goals no matter how high they've been set. We will train hard. We will train smart. However, we will also take time to have fun along the way!

## 2019 Coaching Staff:

<u>COACH</u>	<u>TITLE</u>	<u>EMAIL</u>	<u>CONTACT #</u>
Mr. Jay Johnson	Head Girls Coach	rpxc707@gmail.com	(816) 686-5003
Mr. Jamin Swift	Head Boys Coach	Jamin.Swift@raypec.org	(816) 786-6925
Mr. Alan Shields	Assistant Boys	<a href="mailto:Alan.Shields@raypec.org">Alan.Shields@raypec.org</a>	(816) 896-5573
Mrs Niki Dudek	Assistant Girls	nicola.dudek@raypec.org	(816) 535-6822

## Cross Country basics:

- Everyone gets to participate!!!
- Run our races on grass (sometimes mud).
- 7 runners per team, 5 runners score.
- Add the top 5 places, lowest score wins.
- All races are exciting and fun to be a part of (including parents).

## Requirements for participating:

- Physical exam, catastrophic insurance, activity fee
- Academically eligible and in good standing with the school
- At least 1 good pair of running shoes and a wristwatch
- Racing spikes are good to have, but optional
- You MUST practice to attend meets
- BE ON TIME!!! (Practice will begin at 3:00 and end around 5:30)

## Cross Country Fundamental Principles:

- We are runners....We will run.
- Run as a team, win as a team.
- Everyone can contribute.
- Dedication, commitment, hard work, teamwork
- You must have a ROHO attitude every day!

## Letter requirements:

- Time: Boys-18:00 for 5K    Girls- 22:00 for 5K
- Compete at the varsity level for RayPec in more than half the races
- Top 5 finisher for RayPec in any varsity race
- Earn All-Conference All-District, or All-State status
- 4 year participant in cross country.

The coaches may also award a letter to an athlete who has contributed to RayPec's overall success as a team.

## Team Policies:

- 1) Do not plan any after school activity that will keep you from being dressed and ready to practice at 3:00. Before you leave, check out with your coach.
- 2) You will be excused from practice only if:
  - A) You are ill and miss school.
  - B) You have a prior arrangement with your head coach.
  - C) You have another school-sponsored activity and prior arrangement with your head coach.
- 3) **All** missed practices must be made up before you will be allowed to attend the next meet.
- 4) We will practice every day regardless of weather. The fall season is very unpredictable, so carry a wide range of clothes. We will practice in warm, cold, windy, rainy, and even snowy conditions!
- 5) Practice will last approximately 2 1/2 hours. Have your rides planned for 5:30. Arrange car-pooling as needed.
- 6) Any injury should be reported directly to your head coach. Any athlete, who cannot practice due to an injury, must still attend practice. The athlete will report for practice and then complete a rehab/therapy session with the school's athletic trainers.
- 7) All athletes must have a physical on file with the school before they are allowed to participate in practice. However, you must still attend.
- 8) All athletes must have catastrophic insurance. The school charges \$5 for this coverage.

- 9) All athletes must have 14 days of practice before they are allowed to compete in meets as mandated by MSHSAA.
- 10) Athletes are responsible for all equipment checked out. Uniforms, sweats, and heart rate monitors are expensive! If you check out equipment, be prepared to pay all dues for lost, stolen, or neglected equipment. Report any missing or damaged equipment immediately! Equipment will be checked in the Monday after your last race.
- 11) Profanity at practice and meets will result in serious consequences. Repeat offenders will be dismissed from the team. Our behaviors reflect directly upon our school and community.
- 12) Use or possession of tobacco, vaping, alcohol, and/or drugs will result in immediate expulsion for all athletes involved.
- 13) NO JEWELRY CAN BE WORN DURING PRACTICE OR MEETS. (Watches are not considered jewelry by the state)
- 14) Teams must wear similar uniforms. In case of cold weather, clothes worn under the jersey must be of the same color. At Ray-Pec, we will wear BLACK tights and BLACK t-shirts if necessary.
- 15) Athletes choosing to ride home with parents from meets must have prior approval by the head coach and a signed letter from an administrator. The parent or guardian must sign-out their child with their head coach. The athlete may only be signed out by their parent or legal guardian. We want ALL athletes to ride the team bus home from meets as we plan to celebrate and hand out additional awards on the way home. Athletes not ride the bus will miss out on those opportunities.

----- Return to Your Head Coach -----

I, (Parent/Guardian's Name ) \_\_\_\_\_, have read the above the information and clearly understand all policies set forth by the coaching staff. By signing below, I acknowledge the consequences for any infractions including behavioral or equipment. Being my child's legal guardian, I also give them permission to ride home with me from cross country meets.

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guradian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 2019 Cross Country Practice Schedule

<b>Date</b>	<b>Event</b>	<b>Time</b>
Aug 3 to August 11	State Rule Dead week no workouts with coaches	
Aug 11 Sun	Parent / Runner Meeting @ HS Library	7:30 pm
Aug 12 Mon	First Practice @ HS	3:00 PM - 5:30
Aug 13 Tues	Practice @ HS	3:00 PM - 5:30
Aug 14 Wed	Practice @ HS	3:00 PM - 5:30
Aug 15 Thur	Practice @ HS	3:00 PM - 5:30
Aug. 16 Fri	Practice @ HS	3:00 PM - 4:30
Aug 17 Sat	Mid Night Relay Practice	7:00PM - Mid Night
Aug 24 Sat	Practice @ 7am HS/ Course workday	9:00 am
Aug 29 Thur	Intrasquad race	6:30 pm
Aug 31 Sat	Practice 7am / Course workday	9:00 am
Sept 2 Mon	Labor Day Practice	6:00 PM
Sept 7 Sat	Cass County Championships @ Belton	9:00 AM
Sept 14 Sat	RayPec Invite @ RayPec & Cookout	9:00 AM
Sept 21 Sat	Bonner Springs	8:00 AM
Sept 28 Sat	State Course in Columbia	9:00 AM
Oct 5 Sat	Varsity Chillepepper @ Fayetteville ARK	TBA

<b>Oct 5</b>	<b>Sat</b>	<b>KC Classic @ RayPec</b>	
<b>8:00 AM</b>			
<b>Oct 12</b>	<b>Sat</b>	<b>Conference Championships @ LS North</b>	<b>10:00AM</b>
<b>Oct 26</b>	<b>Sat</b>	<b>Districts (Var Only) @ ????????</b>	<b>10:00AM</b>
<b>Nov 2</b>	<b>Sat</b>	<b>Sectionals (Var Only) @ ??????</b>	<b>10:00AM</b>
<b>Nov 9</b>	<b>Sat</b>	<b>State (Var Only) @ Columbia</b>	<b>TBA</b>