

Parent Guide to Waukesha South Girl's Cross Country

Mission Statement

The Waukesha South Girl's Cross Country Team is focused on providing a providing a **POSITIVE** experience for all girl's that participate on the team.

Team Goals”

The Waukesha South Girl's Cross Country program is dedicated to teaching athletes to be successful. We believe that success is a learned characteristic. We strive to instruct athletes to be successful by teaching them how to set goals, instilling the work ethic and discipline that running requires especially perseverance. We strive to teach the importance of the mind and body working together and that training the mind to be self confident and strong at the toughest moments of competition will improve athletic performance. We teach that success is dependent on effort and that one's own personal improvements and achievements measure one's level of success no matter where someone might finish in competitions.

We practice good sportsmanship and stress the importance of being humble in victory and gracious in defeat. We teach the importance of helping each other with instruction, support and encouragement. We finally want this to be a fun experience where there is camaraderie and friendships being built. This program has been built on these characteristics. These characteristics are the building blocks of success not only in athletics but especially in life.

Schedule

The schedule includes the starting times for the meet and the meet site. We try to provide the meet directions and times for each individual race the week of the meet. (Directions to the race sites are on the team web site). Check with your daughter as we provide that information to them when we receive it. Athletes are expected to ride to and from the meet with the team. When an exception is made, it should be taken care of ahead of time with a form completed in the athletic office.

Practice Times

Practices are everyday after school from 3:30 to 5:15. When someone can not be at practice, they must notify the coaches ahead of time and give the reason they can not be there. Absent from practice and not notifying the coach is considered unexcused. If a runner is unexcused from a practice they will not run the next meet.

Communication

Athlete communication is considered the **KEY** to success. We understand we have extremely talented athletes that participate in other school activities any may compete on non school teams. The coaches are more than willing to work with athletes and **FAMILIES**. Communication is the key to making things work. The first step is athlete communication, with parents providing supportive or backup communication.

Team Rules

The athletic code covers all Waukesha South athletes is the first level of rules for the team. Our policy is very much the same as other sports. All runners are expected to be at all practices unless excused by the coaches ahead of time for a legitimate reason. **If a runner is unexcused from practice then he will sit out the next meet.**

Shoes, Watches & Water Bottles

The most vital piece of equipment to a runner is a good pair of training shoes. We expect all the varsity runners to get a pair of meet spikes as well. We will supply the replaceable spikes for their shoes. Many of the JV runners and some freshmen will get spikes as well but that is optional. Now days there are so many good running shoes and places to purchase them that we don't recommend just one store or place to buy them. A general rule should be to try on 2-3 pairs of shoes and not just buy the first pair that you try on (or to buy the shoes because they "look cool"). It is very important that each runner has a "runner's watch" to monitor themselves during a workout. This needs to be a digital watch with a stopwatch feature. The price of these watches can be as low as \$10. We expect everyone to have a water bottle at school so that they can begin hydrating right after a workout.

Injuries

With the training that we do, it is normal to expect some aches and pains that are not considered to be injuries. We have a certified trainer at school everyday from 2:30 to 5:30. She is the first person to see when an injury occurs. Many times she will be able to recommend alternative training such as an exercise bike or weight room. If someone sees the doctor, the coaches and trainers should be made aware of this.

Scoring Cross Country Meets

Adding the place finishes of the team's top five runners scores meets. The coaches select the varsity, which are 7 or 8 runners in a race. The 6, 7 and 8 runners, while not scoring for a team, affect the other teams scores if they finish ahead of any of the other teams' top five runners. In effect, they "bump" the other team's runners down. In a race with unlimited entries as our JV and frosh races are, we have many runners who act as "bumpers".

Varsity v JV Athletes

Varsity v. JV athletes is determined on a week-to-week basis. Based on the meet 7 or 8 athletes can run Varsity at a given meet. The coaches reserve the "last" spot on varsity be determined on a week to basis. The top 6-7 spots will be determined on the previous week's performance.

Varsity LETTER criteria

The Varsity Letter criteria are performance based.

Athletes that complete a 5K race in 22:30 and compete in at least 5 team meets will receive a Varsity Letter. (Exceptions will be made for injured athletes)

Questions:

Please contact Head Coach Eric Lehmann with any concerns or question.

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