

Bednarcik Cross Country Basic Information for Parents and Runners

Welcome! Cross Country is a great sport and by participating in cross country your child will become a better person and a better athlete. They will work hard, but they will also have a lot of fun and gain confidence in themselves. We hope that you, and your child decide to be a part of our great tradition! Below you will find some information we have gathered through the years that is generally helpful to most parents in answering the questions they have about the sport of cross country and the upcoming season.

Coaches: Amy Truemper and Mike Linden

Running is a very demanding sport physically and mentally on athletes. In order to be successful it takes hard work, dedication, and commitment to train the body to run long distance.

Runners will experience general fatigue and tiredness - A normal consequence of beginning to train is muscle soreness. If runners have not run enough over the summer, this may last for up to 2 weeks.

Runners need to watch their health – Runners need a nutritious, well-balanced diet. (Generally 65-70% carbohydrate, 15-20% protein, 15% fats). On race days runners generally like to stay away from fried, fatty, cheesy or sugary foods and carbonated or acidic drinks. Runners also need to stay well hydrated. Water or watered down juices are best. They should try to stay away from drinks with sugar, caffeine, or carbonation.

Runners need adequate rest – Because of the high energy demands athletes need time to rest and recover from tough workouts. They should aim for 7 and 8 hours of sleep a night, especially 2 nights before a race.

Runners need good training shoes – Proper training shoes help avoid injuries associated with running. There are many types of running shoes for different purposes and types of feet. Running apparel stores often have people who know running or are runners that can help pick out the right shoes.

Meet Days – The goal of our training is for runners to race at their best, especially at the end of the season. Race days can be chaotic. Expect that you may not get much attention from your son or daughter or the coach on race day. Coaches and runners are focusing on the races. Athletes are expected to warm up and cool down with their team, be briefed by their coach before and after the race, and prepare for the race with their teammates. Parents are sometimes surprised by the seriousness or competitiveness of their son or daughter. Also, expect the possibility of some disappointment that may occur from a race. Athletes may need emotional space after the race, but will need support and encouragement following.

Benefits to Cross Country: friendships, fun activities, being a part of a middle school team, the rewarding satisfaction in working hard and pride in doing a great job! CC helps you stay disciplined, get good grades, and develops confidence and a positive attitude!

What you can do as a Parent to support the team:

- *Attend* the meets and *encourage* your child and the team but also acknowledge the efforts made by opposing teams. Negative comments can quickly damage our team's progress. Remember that running is 90% mental and 10% physical.
- *Insist* that your son/daughter eats and sleeps well.
- *Ask your child* a question, rather than telling what you thought of the meet.
- *Realize* that the courses are all different, so comparing times may be difficult. Appreciate how much effort your son/daughter puts into the race, win or lose.
- *Learn* about running and the sport of cross country.
- Be aware of team expectations on the contract.

BEDNARCİK CROSS COUNTRY

TEAM CONTRACT

Cross country is a sport of team and individual competition. You work with teammates for a team score, but in each race you try to better your own personal race time. To be successful at both of these goals, you must commit your time and effort to the team. Even though cross country does require hard work, we do still manage to have FUN.

Below are our expectations for the Bednarcik Cross Country Team.

1. Practice is the key to running long distance. If you do not practice, you will not run in meets. **If you are going to miss practice you need to communicate this the day before to the coaches with your reason.** Emergencies are the only exception. If you have more the **ONE unexcused absence** you will be removed from the team. Your absence affects the team, don't let each other down.

2. When at cross country meets, practice or in your classes **you represent Bednarcik** Cross Country. Your actions reflect on the team, coaches and yourself. If you behave in a way which results in a disciplinary consequence, you could be suspended and/or removed from the Cross Country team based on the severity of your actions.

3. **Keep your grades up!** School comes first and we do follow eligibility rules. If you are ineligible you will not practice or run in the meets.

4. Communicate with the coaches! If you have questions, concerns or worries you need to let us know by setting up an appropriate time to discuss these issues. As a junior high school student, you should be able to talk to us and we are glad to hear your comments and concerns.

5. Your ride must be able to pick you up on time after practice and when we return from meets. If late pickup becomes an issue that is reoccurring, we will have to sit down and examine your participation with the team.

We expect your own **personal best!** Our commitment to you is to make you the best cross country runner you can be. By doing this we feel you will have fun running and succeeding with the Bednarcik Cross Country Team. Our goal for the season is to be as successful as we can, which may mean showing improvement or winning a conference title. Only time will tell, however, with hard work this team will accomplish great things this season.

To be able to compete in practice and meets athletes will need all of the following as soon as possible:

1. A sports physical turned into the school nurse
(PLEASE give a copy to the coaches on your 1st practice. We can also turn it in to the nurse for you.)
2. This contract page signed by both athlete and parent/guardian.
3. REGISTER ONLINE on the athletics webpage 8to18 <http://il.8to18.com/bednarcikjr>
4. Pay the \$80.00 sports fee (paid online through pushcoin which is accessed through the website 8to18)

Coach Linden: mlinden@sd308.org or 630-636-2561

Coach Truemper: atruemper@sd308.org or 630-636-2562

I agree to the aforementioned conditions of being a part of the Bednarcik Cross Country Team.

Runner's signature: _____ Date _____

Parent/Guardian signature: _____ Date _____

