



SI CatPack Cross Country Sport Syllabus 2004

Philosophy

The Cross Country Program (XCP) is an extension of the SI classroom and exists to further the growth of the total person as described in the document "The Graduate at Graduation." While the classroom environment strives to develop "life long learners", the XCP aspires to instill a commitment to "life long running and fitness." The XCP is no longer a "no-cut" sport for sophomores, juniors and seniors. Freshman XC will maintain a "no-cut" policy which means that the coaches will not cut an athlete based on the speed/pace that an athlete can run. This inclusive policy enables freshman athletes of varying abilities and goals to be a part of a team. However, all team members will cut themselves if they fail to demonstrate sufficient commitment to:

- Improving as a runner (MAGIS)
- Daily attendance (except Sundays)
 3 Strikes Rule (see below)
- Punctuality (Practice starts 20 minutes after school concludes....2:35 p.m.
 most days)
- Consistent effort/work ethic
- Positive attitude
- Supporting teammates
- Following team rules
- Practicing good sportsmanship in victory and defeat

Seasonal Goals

To win WCAL championships at all levels.

To win a CCS Division III championship at the varsity level.

To qualify for the State Championships and finish higher than our predicted ranking.

Coaching Goals

To always place the safety of athletes as top priority.

To facilitate the improvement of each athlete.

To place the best possible team on the course each meet.

To maintain a "No Cut" team for Freshman, only.

To instill a passion for life long running and fitness.

To foster team unity and sportsmanship

To prepare and assist athletes to continue to compete at the college level.

To help runners learn to be "self-coached" and self-directed

Team Rules

1. All contents of the Athlete & Parent Handbook 2004-05 apply to XCP. Pay particular attention to the fact all athletic teams at St. Ignatius are expected to be drug and alcohol free (see page 11 in the Athlete & Parent Handbook).
2. Attendance: All athletes need to attend every practice and be on time. We usually practice six days per week. Practice should conclude most days by 5:00 pm. If an athlete cannot attend a practice or a race, it is critical that he let Coach Grady know in writing, by placing a note in the XCP basket, in Room 118 prior to the practice or race. If an athlete is off campus, Coach Grady or his voice mail can be reached at 682-5074. Missing a practice without informing Coach Grady may result in suspension from competition. Three unexcused absences (Three Strikes Rule) will result in the athlete being "cut" from the team.
3. Punctuality: Practice starts at 20 min. after the conclusion of the school day. Be on time to practice. Being late to practice chronically may result in being dismissed from the team. Two unexcused tardies in one week may result in suspension from competition.
4. Communicate: Tell a coach when you are hurt or have a problem. Coaches are not impressed with your ability to run in pain.
5. Academics always come first. Keep your grades up. Academics cannot serve as an excuse for missing a race or a practice if it is simply due to not budgeting one's time correctly.
6. "Stay the course" It is critical that all runners stay on the prescribed workout course on a given day. The coaches need to know where the runners are at all times. If a runner fails to sign-in, the coaches need to know where an athlete may be so it is imperative that athletes not deviate from the stated course.
7. Safety must always come first!
 - Obey all traffic laws, in particular, always cross streets on green lights and/or always use the nearest cross walk.
 - Never insist on the right of way
 - Always be courteous to others, particularly drivers
 - Always run the prescribed workout for the day
 - Always stay in a group of three or more (even if it means slowing your pace to accommodate others)
 - Note: Failure to find other runners to pace with may result in having to workout on the track
 - Always sign in when returning to campus at the end of a run
 - At Irving & Sunset Blvd., as you enter Golden Gate Park, use the cross walk and wait for a red light to stop the Blvd. traffic
 - Rivera and Sunset will be the start and finish of all our training runs.
8. Respect: Be courteous to others teammates, coaches, your opponents, bus drivers, bicyclist, pedestrians and drivers of vehicles. Always recognize that you are representing SI when you are at practice or at a meet.

Equipment Requirements

Shoes: All members of the XCP are expected to start the season with a new pair of "trainers"

Racing flats are recommended but not required.

Sport watch: All Distance Runners (DRs) **MUST** have and **WEAR** a watch to practice every day

Heart Rate Monitor: Recommended for Top 15

Sunscreen: All DRs are required to have sunscreen in their locker to be applied before all practices.

E-mail address: All DRs need to have a current e-mail address to facilitate communication with coaches and sending in goals for each week.

Miscellaneous

500 Mile Club T-shirts (RED) and 300 Mile Club T-shirts (BLUE) will be awarded to runners who achieved this status (and thoroughly document in a Training Log) during the months of June, July, and August.

Top 12 shirts will be awarded to runners who finish in the Top 12 if their commitment to team goals is exemplary. Top 12 shirts will be required at Thursday's practice. A DR can only wear his Top 12 shirt to practice if he has maintained his Top 12 status, however, the shirt is his to keep.

Uniform Purchase: Thursday, September 2nd in the Student Activity Center. (Note: 2003 prices listed below, 2004 prices will be given out on Weds, 9/2)

Non-Varsity

Singlet	\$17	Required
Shorts	\$12	Required
Sweat Top	\$25	Optional
Sweat Pants	\$21	Optional
Total	\$75	

Varsity

Singlet	\$26	Required
Shorts	\$17	Required
	sub	\$40
Sweat Top	\$45	Required
Sweat Pants	\$28	Required
Monogram	\$25	Required
Var. Jacket	\$70	
Total	\$211	

Make checks payable to SI Athletics (No uniform will be issued without a check)

Staff

Head Coach
Head Distance
Assistant Coach
Assistant Coach

Kevin Grady
Coach Al Berrin
Dan Lang
Chad Evans

Telephone

415-682-5074
415-665-9657
415-731-7500, ext. 6799
415-731-7500, ext. 6459

Chaplain

Fr. Jerry Hudson, SJ

Captains

Rob Alvarado
Chris McGuire

Nick Alvarado
Matt Peck

