

SI Boys Cross Country Syllabus- 2006

Philosophy

The Cross Country Program at St. Ignatius is an extension of the SI classroom and community learning experience, and exists to further the growth of the whole person as described in the "Graduate and Graduation." The classroom strives to develop "life long learners." The Cross Country Program aspires to instill a commitment to "life long running and fitness."

The Cross Country Program is a "no-cut" sport for freshmen. This means that the coaches will not cut an athlete based on the speed/ pace that an athlete can run. However, all team members may cut themselves if they fail to show a commitment to:

- Improving as a runner (*magis*)
- Daily attendance and consistent effort/ work ethic
- Punctuality (practice begins 20 minutes after school finishes)
- Supporting teammates
- Following team rules
- Practicing good sportsmanship in victory and defeat

Season Goals

Have every athlete improve through the course of the season

Win WCAL championship at all levels

Win CCS Division III Championship (Varsity)

Qualify for State Championships & finish higher than predicted ranking

Coaching Goals

Always place the safety, well-being and enjoyment of athletes as top priority

Place the best possible team on the course for each competition

Maintain a "no-cut" team for freshmen

Instill a passion for life-long fitness; help runners to be self-coached and self-directed

Prepare and assist athletes to continue to compete at college level

Foster team unity and sportsmanship

Coaching Staff

Head Coach	Chad Evans	731.7500 ext. 459	cevens@siprep.org
------------	------------	-------------------	--

Head Distance Coach	Al Berrin	415.665.9657	clubhell@aol.com
---------------------	-----------	--------------	--

Assistant Coach	Matt Farley, SJ	731.7500	
-----------------	-----------------	----------	--

Chaplain	Mr. Paul Hanley		
----------	-----------------	--	--

Equipment Requirements

Shoes: All athletes should start the season with a new pair of training shoes.

Racing flats are recommended, but not required.

Watch: All athletes must wear a digital stopwatch to practice each day. Athletes who come to practice without a watch will be sent home and counted as absent, unexcused.

Sunscreen: All athletes are required to wear sunscreen for every run.

Miscellaneous

500 Mile Club (red) and 300 Mile Club (blue) T-shirts will be awarded to those returning runners who have achieved these levels during the summer.

SI Boys Cross Country Syllabus- 2006

Meet Schedule & Times

Due to the nature of our competitions (and our location at the northern end of the Central Coast Section), participation in Cross Country often requires long days for travel and competition. The fall 2006 schedule is included below to help student athletes plan how to use their time wisely to ensure success in both schoolwork and running.

Friday, September 8th Juniors & Seniors	Team Dinner @ SI 6 PM- 8:30 PM
Saturday, September 9th All levels	Earlybird Invitational- Toro Park, Salinas Bus leaves SI @ 5:15 AM, Returns 3-4 PM
Saturday, September 23rd Frosh/ Soph/ JV/ Varsity	Lowell Invitational- Golden Gate Park Meet in Lindley Meadow @ 8 AM, Finish ~2 PM
Saturday, September 30th Frosh/ Soph/ JV/ Varsity	Westmoor Invitational- Daly City Bus leaves SI @ 7:30 AM, Returns ~ 2 PM
Wednesday, October 4th All levels	WCAL #1- Golden Gate Park Races begin 2 PM, Last Race @ 5 PM
Friday, October 6th Freshmen & Sophomores	Team Dinner @ SI 6 PM- 8:30 PM
Saturday, October 7th Varsity @ Clovis- Fresno	Bus leaves SI @ 7 AM, Returns ~ 7 PM
Saturday, October 14th All Levels	Workout at Southern Site- WCAL #2 Bus leaves SI @ 8 AM, Returns ~ 12 PM
Wednesday, October 18th All levels	WCAL #2- Southern Site Bus leaves SI after school, Returns ~ 7 PM
Saturday, October 21st All Levels	Workout at Crystal Springs- WCAL #3 Bus leaves SI @ 8 AM, Returns ~ 12 PM
Thursday, October 26th Varsity & Seniors	Center Meet- Crystal Springs- Belmont Bus leaves after school, Returns ~ 6 PM
Wednesday, November 1st All levels	WCAL #3- Crystal Springs- Belmont Bus leaves SI after school, Returns ~ 7 PM

Season Ends for Freshmen, Sophomore and JV Teams

Saturday, November 11th Varsity	CCS Championships- Toro Park- Salinas Time TBA
Sunday, November 19 SI- Carlin Commons	Cross Country Liturgy & Banquet 4 PM- 8 PM All Students & Families Invited
Saturday, November 25th Varsity- Overnight	CIF Championships- Woodard Park- Fresno Bus leaves SI @ 9 AM Fri., Returns ~6 PM Sat.

SI Boys Cross Country Syllabus- 2006

Team Rules

1. All contents of the *Athlete and Parent Handbook 2006-07* apply to the Cross Country Program. All athletic teams at SI are expected to be drug and alcohol free.
2. **Attendance:** All athletes are expected to attend every practice, and be fully prepared on time. All athletes are expected to attend practice six days a week (Monday- Saturday) for the duration of the season. Weekday practices usually conclude by 5 PM.
If an athlete cannot attend a practice or a competition, it is imperative that he inform Coach Evans in writing (cevens@siprep.org) prior to the practice or competition.
3. **Punctuality:** Practice begins 20 minutes after the conclusion of the school day. Athletes are expected to be ready to practice at that time.
4. **Logging Miles:** In order to prevent injury and design appropriate workouts, all athletes are required to record their workouts using www.ccllog2.com, at least once a week.
5. **Communicate:** Tell a coach when you are hurt or having difficulty. We want you to be healthy and enjoy your participation with the Cross Country Team. **All athletes need to have a current email address to facilitate communication with coaches.**
6. **Academics:** Your grades are your first priority. Read that again. Your grades are your first priority. Participation in athletics at SI will require that you plan ahead and manage your time.
7. **Stay the Course:** As we are often off campus for runs, it is critical that all runners stay on the prescribed workout course for that day. Coaches need to know where runners are at all times. Runners are required to sign in when returning from runs.
8. **Safety:** Safety always comes first. For all workouts:
 - Obey all traffic laws (cross streets on green lights only, in crosswalks, etc.)
 - Never insist on the right of way
 - Always run in groups of three or more (even if it means slowing down to accommodate others)
 - 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 red light to stop traffic on Sunset
 - Rivera and Sunset will be the start and finish for all of our training runs
9. **Respect:** Be courteous to teammates, coaches, opponents, cyclists, pedestrians and all vehicle (bus, van etc) drivers. You are representing SI both when you practice and compete.
10. **Have fun!** Cross Country is a great sport- make the most of your season!

Nota Bene: Missing a practice or competition without notifying the coaching staff ahead of time, chronic tardiness, running "off course," failure to log miles on ccllog.com or sign in at the end of each run, or **violation of any other team rules or SI policies may result in suspension from competition and/ or removal from the team at the coaching staff's discretion.**

Uniform Purchase

Red Cross Country Polo required for all athletes \$25

Varsity:

Singlet	Required	\$25
Shorts	Required	\$25
Sweat Top	Optional	\$45
Sweat Pants	Optional	\$28

Non- Varsity:

Singlet	Required	\$25
Shorts	Required	\$26
Sweat Top	Required	\$27
Sweat Pants	Required	\$22

\$50 deposit required for 'Cats singlet & shorts (Varsity only)

SI Boys Cross Country Syllabus- 2006 Contract

Student Portion

I have read and understand the Boys Cross Country Syllabus. I agree to strive to meet the expectations stated in the philosophy section, and agree to follow all team rules.

(Signature)

(Date)

(Print name)

(Year)

(Address)

(City)

(Zip)

() _____ - _____
(Home Phone)

(Email Address-please print)

Parent Portion

I have read the Boys Cross Country Sport Syllabus. I agree to support my son in meeting his responsibilities in being a member of the Boys Cross Country Team at SI.

(Signature)

(Date)

(Print name)

(Email Address- please print)

Team Dinners

_____ Yes! I would be willing to help provide/ prepare food for a team dinner.

_____ Friday, September 8th (Jr. /Sr.) _____ Friday, October 6th (Fr. /So.)

Signed contract due to Coach Evans by Friday, September 1, 2006

Athletes without a signed contract will not be allowed to participate beyond Sept. 1st.