

SI Boys Cross Country Syllabus- 2007

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 at 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 open to any student who is willing to commit his time and energy to the requirements of the team. 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*)
- Punctual daily attendance and consistent effort/ work ethic
- 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	Mr. Chad Evans	731.7500 ext. 459	cevans@siprep.org
Assistant Coach	Mr. Matt Farley, SJ	731.7500	
Assistant Coach	Ms. Jerilynn Caskey		
Assistant Coach	Mr. Helmut Schmidt		

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.

Sweats: All athletes are required to bring a sweatshirt, running jacket, etc. to practice each day.

Athletes who come to practice without running shoes, watch and/ or sweatshirt will be sent home and counted as absent, unexcused.

Miscellaneous

500 Mile Club and 300 Mile Club T-shirts will be awarded to those returning runners who have shown extraordinary dedication in preparing for the fall season.

SI Boys Cross Country Syllabus- 2007

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 2007 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 7th All Levels	Team Pictures After School- Upper Field
Friday, September 7th Juniors & Seniors	Team Dinner @ SI 6 PM- 8:00 PM
Saturday, September 8th All levels	Earlybird Invitational- Toro Park, Salinas Bus leaves SI @ 5:15 AM, Returns 3-4 PM
Saturday, September 15th Varsity/ Top 7 JV	De La Salle Invitational- Newhall Park, Concord Bus leaves SI @ 7 AM, Returns 2 PM
Saturday, September 22nd All levels	Lowell Invitational- Golden Gate Park Meet in Lindley Meadow @ 8 AM, Finish ~2 PM
Saturday, September 29th All levels	Westmoor Invitational- Daly City Bus leaves SI @ 7:30 AM, Returns ~ 2 PM
Wednesday, October 3rd All levels	WCAL #1- Golden Gate Park Races begin 2 PM, Last Race @ 5 PM
Saturday, October 6th JV/ Varsity @ Fresno	Clovis Invitational Bus leaves SI @ 7 AM, Returns ~ 7 PM
Saturday, October 13th All Levels	Workout at Shoreline Park, Mountain View Bus leaves SI @ 8 AM, Returns ~ 12 PM
Wednesday, October 17th All levels	WCAL #2- Shoreline Park, Mountain View Bus leaves SI after school, Returns ~ 7 PM
Saturday, October 27th All Levels	Workout at Crystal Springs- WCAL #3 Bus leaves SI @ 12 PM, Returns ~ 3 PM
Wednesday, October 31st 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 10th Varsity	CCS Championships- Crystal Springs, Belmont 10:00 AM
Sunday, November 18th SI- Carlin Commons	Cross Country Liturgy & Banquet 4 PM- 8 PM All Students & Families Invited
Friday-Sat. November 23rd-24th Varsity- Overnight	CIF Championships- Woodward Park- Fresno Bus leaves SI @ 9 AM Fri., Returns ~6 PM Sat.

SI Boys Cross Country Syllabus- 2007 Contract

For the healthy growth and development of student-athletes, cross country runners are strongly discouraged from participating in any other school or club athletics during cross country season. Rare exceptions may be made after consultation with the coaching and athletic department staffs.

Please list all other activities you are engaged in that may conflict with your regular attendance (six days a week; Monday-Saturday) at Cross Country practices and competitions.

Activity	Days/ Times
_____	_____
_____	_____
_____	_____

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)

(Print Name)

(Email Address- please print)

(Year in school)

Parent Portion

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

(Signature)

(Print Name)

() _____ - _____
(Primary Phone #)

(Email Address-please print)

Fall 2007 Individual & Team Goals

(Use the back of this page as necessary)

What is the one thing you would most like to improve/ work on this fall? (i.e. improve my GPA to 3.5 or higher, finish all workouts without walking, break 16 minutes at Crystal Springs, get fit for other sports, have 100% attendance at all workouts/ races, etc.)

What do you think you can do to achieve these goals (individual and team)? Explain.

Signed contract due to Coach Evans by Friday, August 31, 2007

Athletes without a signed contract will not be allowed to participate beyond August 31st.