

SI Boys Cross Country Syllabus- 2009

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 lifelong 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 four levels

Win CCS Division III Championship (Varsity)

Qualify for State Championships & finish higher than predicted ranking (Varsity)

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. Al Berrin		clubhell@aol.com
Assistant Coach	Mr. Helmut Schmidt		
Assistant Coach	Mr. Michael Thomas		mthomas@siprep.org

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- 2009

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 2008 schedule is included below to help student athletes plan how to use their time wisely to ensure success in both schoolwork and running.

Saturday, September 12th All levels	Earlybird Invitational- Toro Park, Salinas Bus leaves SI @ 5:15 AM, Returns 3-4 PM
Saturday, September 19th All levels	De La Salle Invitational- Newhall Park, Concord Bus leaves SI @ 6:30 AM, Returns 2 PM
Saturday, September 26th All levels	Westmoor Invitational- Daly City Bus leaves SI @ 7:30 AM, Returns ~ 2 PM
Saturday, September 26th Varsity	Stanford Invitational- Palo Alto TBA
Wednesday, October 7th All levels	WCAL #1- Golden Gate Park Races begin @ 2 PM, Last Race @ 5 PM
Saturday, October 10th Frosh, Soph, JV	Crystal Springs Invitational, Belmont Bus leaves SI @ 7 AM, Returns ~ 2 PM
Saturday, October 10th JV/ Varsity @ Fresno	Clovis Invitational, Fresno Bus leaves SI @ 7 AM, Returns ~ 7 PM
Wednesday, October 21st All levels	WCAL #2- Shoreline Park, Mountain View Races begin @ 2 PM, Last race @ 5 PM
Wednesday, November 4th All levels	WCAL #3- Crystal Springs- Belmont Races begin @ 2 PM, Last race @ 5 PM

Season Ends for Freshmen, Sophomore and JV Teams

Saturday, November 14th Varsity	CCS Championships- Crystal Springs, Belmont TBA
Friday-Sat. November 27th-28th Varsity- Overnight	CIF Championships- Woodward Park- Fresno Bus leaves SI @ 9 AM Fri., Returns ~6 PM Sat.

SI Boys Cross Country Syllabus- 2009

Team Rules

1. All contents of the *Athlete and Parent Handbook 2009-10* apply to the Cross Country Program. All student athletes at SI are expected to be drug and alcohol free.
2. **Attendance:** All athletes are expected to attend every practice, be fully prepared, and be on time. Practices are held 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 (cevans@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.etraxc.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 and regularly check 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 & Sign In:** 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)
 - 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 eTRaXC.com or sign in at the end of each run, or **violation of any other team rule or SI policy 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 \$26
Red Cross Country Water Bottle required for all athletes \$5

Freshmen/ Sophomore/ JV Teams:

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

Varsity:

Jacket	Suggested	\$85
--------	-----------	------

\$50 deposit required for 'Cats singlet & shorts

SI Boys Cross Country Syllabus- 2009

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/ events 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
_____	_____
_____	_____
_____	_____

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 # 1-please print) _____
(Email Address # 2-please print)

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)

Fall 2009 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, September 4th, 2009

Athletes without a signed contract will not be allowed to participate beyond September 5th, 2009.