

## **East High School Cross-Country 2020 Parent/Athlete Guide**

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Assistant Coach: Abi Bever

Administrators:

Head Principal: Sam Mirich                      307-771-2663

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### Websites/Communications:

- East High Athletics Website: [east.rschooleams.com](http://east.rschooleams.com). Click on Cross Country for schedule, trip itineraries, and contact information.
- Facebook: Cheyenne East Cross Country – you will need to ask administrator for permission. This is one main location for real-time communication and information about important or changing times, dates, and events.
- Remind App: Class Code: @g22hb26kk. This is a two-way communication platform through which all team announcements, times, dates and events will be posted. You may also use Remind to communicate directly with coaching staff.

### Coaches' Mission:

*To promote teamwork, commitment, personal growth, and positive characteristics in developing student-athletes while facilitating individual and team success.*

### Expectations of Athletes:

Do your best at every moment.

Be kind to one another.

Have fun.

Listen to and learn from your coaches.

Say positive words.

Challenge yourself.

Represent your school, self, and family well.

Come to practice and be on time – Communicate absences in advance.

We have a three-strike policy for athlete behavior. An athlete will receive a strike any time a coach deems an athlete's behavior as **excessively**:

- Disrespectful to a coach or teammate
- Inappropriate for a school sponsored activity (this includes repeated use of language that cannot be said on TV)
- Offensive to an individual or group of people
- Or if they are excessively late to or absent from practice, bus, or meet without excusal from a parent, participating in another school/classroom activity, or advance communication.

Strike one: Coaching staff will have a discussion with the athlete explaining the reason for the strike and appropriate remedy of the behavior.

Strike two: Coaching staff will have a discussion with the athlete as above, and will contact the athlete's parent/guardian to discuss behavior and policy.

Strike three: Coaching staff will have discussions as above. If an athlete was scheduled to run a JV race the week of the third strike, they will not be allowed to participate in the meet. If the athlete was scheduled to run in the Varsity race the week of the third strike, they will run in the JV race in the meet or not at all.

Further strikes: same as strike three for the week of the offense.

#### Practice Schedule:

August 17-21:

- 7:00 am – 8:30/9:00 am – meet at Brimmer Park in the grassy area along Windmill Rd.
- August 18: Cross Country Parent Meeting – Okie Blanchard Stadium, 6:00 pm

August 22:

- 7:00 am – 8:30 am – Mandatory Practice if in need of 9 practices. Meet at Brimmer Park.

August 24 – October 24:

- M-F (with exception of meet days): 3:15 pm – 5:00 -5:30 pm – meet at Brimmer Park
  - o Early in the season we will be done closer to 5:00 and later in the season we will be done closer the 5:30
  - o Days before meets will be closer to 4:45
- Saturdays (with exception of meet days): optional recovery long runs, 8:00 am, location TBD.
- We will have short morning practices on Mondays and Wednesdays at 6:30 am, from September 2 – October 7 with a focus on strength, stability, and injury prevention. No running.

#### Frequently asked questions:

1. What special equipment do we need?
  - Please have new, comfortable, supportive running-specific shoes. This is the most important factor for injury prevention. Specialty running shoes such as Asics, Brooks, Nike (not Nike Free), Hoka, Adidas, Saucony, New Balance, and Mizuno are great choices.

- Many of our courses are on grass or dirt and spikes can be worn in races and do improve performance. Spikes are not required but are recommended. The spikes you wear for cross country and track can be the same, unless they are specialty jumps spikes or sprint spikes. For courses with a large amount of pavement/dirt, most athletes prefer to wear light-weight racing flats, but regular training shoes are perfectly acceptable. Specialty running shoe stores such as Foot of the Rockies (by Target) can help with recommendations for training and racing shoes (they also offer an athlete discount for our students and sponsor our team).
  - We have new uniform shorts available, but some of our athletes choose to wear their own shorts. Girls will need plain black spandex shorts that remain comfortably in place while running. Boys will need plain black running shorts or appropriate spandex shorts. Small logos are okay.
  - Masks are required at all times during practice and meets unless running. Water cannot be shared. Please bring a water bottle (or 2!) to practice every day. Please bring a shoe bag/backpack as all individual masks and water bottles will be stored in separated bags during practice.
2. What should I wear for practice?
- We run outside every day, regardless of the weather. Please dress appropriately for weather and in layers that can be shed. Shirts must be worn on school property. General guidelines:
    - o Above 50 degrees: shorts and t-shirts/tank tops
    - o 40-50: long sleeves and shorts, maybe a light hat/gloves
    - o 30-40: long sleeves and running pants or tights, hat and gloves
    - o Under 30: Extra top layer, definite hat and gloves
    - o Rain or snow: water-resistant top layer
3. Should I run through pain and potential injury? NO! Please come and talk to the coaching staff right away, so we can help you get through the season healthy!
4. How does a cross-country meet work?
- Our athletes will run a 5K (3.1 miles) on a course that is greater than 75% unpaved surface such as grass or dirt.
  - Typically, a team's top 7 boys and girls are allowed to run in the varsity race for their gender and the remaining athletes will run in the Junior Varsity race for their gender. We will sometimes have an athlete run in a JV race even if they are in our top 7 if we feel it is appropriate for their development or performance level. Varsity racing decisions will be made prior to each meet and are always evolving throughout the season.
  - Cross-country is a team sport!!! Teams are given a score based on the individual places of the top 5 finishers for each team. 1<sup>st</sup> place = 1 point, 2<sup>nd</sup> = 2 points, 76<sup>th</sup> = 76 points, etc. Low score wins!

#### Varsity Lettering Requirements:

We use a time standard for Varsity Lettering: Girls - 21:42 5K time (7-minute mile pace), Boys - 18:39 5K time (6-minute mile pace)

We provide many opportunities to earn "lettering points" throughout the season and summer. For every point an athlete earns, the time they are required to run to letter is made slower by 2 seconds.

For instance, if a boy earns 10 lettering points during the season, he earns 20 seconds off the lettering time and would have to run an 18:59 5K to earn a varsity letter. This system rewards students for going above and beyond minimal expectations and for performing at a varsity level for our team.

All athletes who run at the State Cross Country meet will receive a varsity letter, even if they did not meet the time standard.

Lettering point opportunities:

- Attending optional Saturday long runs or providing evidence of completion if unable to attend (playing in a soccer game counts).
- Earning "varsity points" by placing in our team's top seven boys or girls at any meet, regardless of whether they ran in the Varsity or JV race.
- Lettering points were rewarded throughout the summer to athletes who completed and logged certain mileage milestones.

#### "Making it to State"

We are allowed to race 7 boys and 7 girls in the State cross country meet and we will bring 1-2 alternates of each gender in case of injury or illness. There are many factors that go into our state team selection beyond just racing times and results, such as racing and training consistency, work ethic, attitude, behavior and the age of the athlete. We will try our best to be fair and transparent in our decision-making process and we know how much the opportunity means to our students. Please have your student discuss any questions or concerns with us. This is what it typically takes to "Make it to State:" Boys – 19:00, Girls – 22:30

#### "Making the Board"

East High School Boys and Girls Top Ten All-Time (5K Distance)

Girls:

Mackenzie Marler	17:37	2017
Amanda Grout	18:29	1996
Kiana Rief	19:20	2009
Toni Oestman	19:25	2005
Kelly Koughl	19:40	2007
Abi Bever	19:45	2008
Abbie Frederick	19:54	2014
Mikaila Trujillo	20:00	2019
Becky Hammitt	20:09	2000
Marti Peterson	20:18	1992

Boys:

Caleb Richter	15:11	1997
Michael Kesy	15:41	2012
Michael Downey	15:55	2014
Austin Huff	15:56	2006
Nate Frederick	16:13	2014
Michael Upton	16:32	1995
Jeff Gregorio	16:32	1987
Monte Still	16:37	1988
Zach Richter	16:44	1995
Jeremy Rief	16:46	2018

## East High School Cross-Country 2020 Season Schedule

Friday, August 28	Cheyenne Invite	North Park	TBD
Friday, September 4	Burns/Pine Bluffs Invite (JV)	Burns/Pine Bluffs	TBD
Saturday, September 5	Douglas Invite (Varsity)	Douglas, WY	TBD
Friday, September 11	Laramie County Invite	Prairie View	TBD
Friday, September 28	Cheyenne Invite II	North Park	TBD
Friday, October 2	Wheatland Invitational	Wheatland, WY	TBD
Friday, October 9	Leroy Sprague, EHS	Prairie View	1:00 pm
Friday, October 16	Conference Meet	Cheyenne, WY	TBD
Saturday, October 24	State Championships	TBD	1:00 pm

\*Times are currently TBD, but most Friday meets begin in the afternoon, around either 1:00 or 4:00 pm. Saturday meets are typically in the morning around 9:00, with the exception of the State Cross Country Meet.

## WHSAA COVID-19 Cross Country Practice and Competition Guidelines (as of 8/14/20):

### i. Practices

1. A symptoms log must be kept with names and symptom check form with all that have entered the facility to include adults.
2. Hand sanitizer shall be used by every participant and coach prior practice.
3. Workouts/practices should be conducted in “pods” of participants with same runners working out together to limit overall exposure.
4. Runners should maintain the recommended six feet of distancing between individuals and have no physical contact with each other.
5. No sharing of equipment.
6. Face coverings are not recommended while running, but are required before and after practice and while social distancing measures cannot be followed.
7. Lockers shall be used for practice only, no clothing or equipment shall be left in the locker room overnight.
8. All participants should provide own water bottle with plenty of water

### ii. Events

1. Screening of athletes shall be done by the coaches of each team and shall include the WHSAA Covid-19 Symptom form or a developed QR code.
2. Screening of officials, workers and all other meet personnel shall be completed by the host team.
3. Regular season contests will be limited to no more than 30 participants in a race and no more than 112 participants in a meet (this would allow for JV and Varsity).
4. Create starts and finishes to discourage congestion (staggered/wave/interval starts are available options)
5. Multiple races could be held
6. No pre or post-race handshakes or fist bumps should take place
7. Teams should not mass collect warm-ups at the starting or finish areas.
8. Face coverings are not recommended while running but are required before and after meets (when not racing) for everyone (coaches and athletes).
9. All event workers should have face coverings, and gloves when appropriate
10. No pre or post game gatherings should take place to assist in limiting exposure. (i.e. Tailgating, BBQ's, etc.)
11. All participants should provide own water bottle with plenty of water