



Cross Country 2019 Handbook

“One Falcon One Family”

2019 Coaching Staff

- Head Coach Jennifer Bolibol, C: 206-419-0734, E: jbolibol@nsd.org
- Head Coach David Weed, C: 425-308-0716, E: dweed@nsd.org
- Coach Parker Dahl, E: pdahl@nsd.org
- Coach Chris Houser, C: 206-914-2291, E: chouser@nsd.org
- Assistant Coach Susan Weed
- Assistant Coach Keagan Bolibol
- Assistant Coach Ryan Weed
- Assistant Coach Caroline Houser

Captains

Girls – Libby Roberdeau (12th), Grace Cirillo (12th), Elyn Lee (11^h)
Boys –Greg Tobias (12th), Jordan Kauffman (12th), Alex Kirchmeier (12th),

WHS Athletics Administrative Staff

- Athletic Director Cathy Boyce, 425-408-7415, E: cboyce@nsd.org
- Athletic Secretary Renae Hector, 425-408-7491, E: rhector@nsd.org
- Bookkeeping/Payments Nicki Kongkarat, 425-408-7504, E: nkongkarat@nsd.org
- Athletic Trainer Angela Calicchio 425-408-7493, E: angela.calicchio@seattlechildrens.org

Program Goals

- To teach all athletes about the sport of Cross Country and distance running.
- To instill values in student-athletes that can be utilized in all aspects of life: teamwork, sportsmanship, dedication, hard work, perseverance, goal setting and leadership.
- To build a competitive team that represents WHS and the NSD at KingCo and State.
- To create happy and healthy athletes that enjoy running and competing for their school.

Teams are about relationships. Share with one another our wins as well as our losses. The support and caring from “Team Falcon” often means more than just a win or loss. “Succeed as a Team” AND “Flourish as individuals”.

T.E.A.M.

Together Everyone Achieves More

Coaches:

Are to provide professional instruction and guide athletes to a positive, fun and successful cross country season. Coaches are here to help athletes understand how to overcome self-doubts and fears, and to provide opportunity for athletes to perform to the best of their ability.

Athletes responsibility:

Team commitment as well as commitment to improving oneself on a daily basis. Maximum effort and taking care of your body, your mind and your sense of who you are on this Team. This is done through proper balancing in a true Student/Athlete. Proper: *Rest, Diet, hydration, injury prevention* **(honest communication w/coaches and trainer)**

Be a great Teammate and “Team Falcon” member.

- Citizen--- Behave in a manner that reflects positively on you, our school, and our team at all times.
- Student--- Continue to pursue excellence. Resiliency, determination.
- Athlete--- Attend all practice sessions
Integrity with a meaningful attitude.
Become wise and coachable.

Whenever an Athlete interacts with Coaches, Officials, Team Mates and opponents.

T.H.I.N.K. - Thoughtful, Honorable, Inspirational, Necessary, Kind!?!

Practice specifics: Progressive mandatory practice in order to develop each athlete to their highest potential.

Communication

We will communicate with the team in 4 different ways:

- **Team Website** at www.falconxc.com will have current news and schedule information.
- **Team Snap** will be the main-hub for information related to workouts, events, quick updates or changes.
 - Please email Coach Chris Houser at chouser@nsd.org to get signed-up today!
- **WHS XC Newsletter** - Weekly email from the Coaches to the parents/athletes (typically sent on Sunday).
 - Please contact Coach David Weed if you are not receiving these emails. The newsletter is sent via MailChimp so occasionally it gets filtered in “spam” or “junk” folders. Be sure to flag messages as “safe” so you will always receive the newsletter.
- **Woodinville Athletic Website:** <https://woodinville.nsd.org/athletics/teams/crosscountry>
- **Athletic.net:** Check for meet schedule & results:
<https://www.athletic.net/CrossCountry/School.aspx?SchoolID=500>

Team Rules

POSITIVELY REPRESENT YOUR TEAM AT ALL TIMES:

- Speak kindly of each other.
- Leave no trash at practice or meets.

- Thank your parents, all volunteers, referees and meet directors at every event.

PRACTICE:

- You must be on-time. RTG Ready to go, the team depends on you to be on time!!!
- After 5 Absences for any reason, you must meet with the coaches about further participation.

ATTENDANCE AT PRACTICES AND MEETS:

- You must check-in and check-out with a coach personally or you may NOT participate in the next meet.
- All athletes are expected to ride the bus to each meet.

Team Policies

Cross country is a varsity and junior varsity sport. We are not a club or intramural program. We must follow WIAA and Northshore School District policies and rules for student athletes to be a part of our program.

- Athletes must attend and participate in 10 practices before they can compete in a regular season meet or invitational.
- Athletes must regularly attend and participate in practices throughout the season.
- Athletes must maintain passing grades in 6 of 7 classes and have a cumulative GPA of 2.0.
- Athletes may not miss practice or competition for an outside club sport. (WIAA RULE)
- Athletes that practice with the team are expected to compete.

Private Coaching

Athletes are expected to complete the scheduled workout with the team as directed by WHS coaches. "Individualized Alternative Workouts" prescribed by any outside coach or training group will not be allowed during WHS practice time. In addition, we strongly discourage consulting or training with a private coach or training group during the season. This is for the health and safety of the athletes and for the integrity of the team environment. Parents and athletes who have concerns regarding this policy may make an appointment with the coaches and the school's athletic director at the start of the season.

Road Races During the Season

We ask that athletes not participate in road races or "fun runs" during the season. Please focus your energy and time into training with our team and for our scheduled races.

Attendance Policy

Athletes are expected to be at practice every day. Any athlete who is going to be absent must contact Coach Bolibol or Coach Weed, before the start of practice. Email is the best way to communicate!

ACCEPTABLE REASONS TO MISS PRACTICE:

- Illness that keeps an athlete home from school
- Academic help from a teacher after school
- Doctor appointment (Please try to schedule outside of practice times)
- SAT/ACT test
- Running Start Classes – please speak to Coach Weed or Bolibol about your schedule!
- Pre-arranged volunteer responsibilities (Evergreen Hospital, etc.) Athletes must provide a written note from their parent listing the practice dates that will be missed.

UNACCEPTABLE REASONS TO MISS PRACTICE:

- Injury. You must check-in with a coach before you miss practice or competition due to injury. We will work with you on an alternative training program.
- Club sports (WIAA RULE)

Athletes who miss more than 20% of our practices or have an unexcused absence will be asked to meet with the coaches and an administrator to discuss their eligibility to train and race with the team. Attendance at practice is part of the athletic code that all athletes sign and is the MOST IMPORTANT requirement for the team.

Varsity Lettering Policy

AUTOMATIC LETTER

- Perform as a top 7 runner at any meet.
- Serve as Team Captain
- Girls – Break 20 minutes during a league or post season meet.
- Boys – Break 18 minutes during a league or post season meet.
- Qualify to run Varsity in the Post-Season State Qualifying event
- Qualify for State Championships

REGULAR SEASON

Athletes that perform at a varsity level (top 7 on the team) at our regular season meets or invitationals will receive a varsity letter at the end of the season.

Coaches reserve the right to grant varsity letters to athletes who become injured or ill and are unable to complete the season. Coaches reserve the right to award a Varsity letter to athletes that are helpful to the team in ways that aren't listed here.

VARSITY/JUNIOR VARSITY TEAMS

KINGCO VARSITY TEAM

7 boys and 7 girls will be chosen to race Varsity at the KingCo Championships on Nov. 2nd.

Athletes will be chosen on the following criteria:

- Athlete performance at league and invite meets based on times and placings.
- Attendance/Commitment to the team
- Overall health of the athletes the week of KingCo. Illness and/or injury will be taken into account.

League and Invite Meets

Our season is made up of two types of meets. League meets are between us and other KingCo teams. These are held on Wednesdays. Invite meets are held on Saturdays and include teams from all over the state and beyond. **Attendance is expected at every meet, both league and invites, during the season.**

Transportation to Meets

Transportation will be provided for athletes to away meets and is preordered to accommodate our team.

Please contact **Coach Weed** or **Coach Bolibol** at least a week prior to the meet if an athlete will **NOT** be participating in the meet. If athlete is unable to ride the bus to the meet it must be cleared 1 week prior to the meet by the A.D. Cathy Boyce and head coaches. Check our schedule for more information.

- While we realize it is a time commitment, it is required that all athletes to ride the official bus to the meets.
- Athletes may ride home with a parent, who must sign them out previous to leaving. We require all athletes check out with a coach before they leave the meet. Attendance is taken on the bus before it departs the race course and heads home to WHS.

- Athletes wishing to get a ride home with another athlete/parent **MUST** have a **parent-signed Consent Form** turned into the coaches a week prior to the meet.

Uniforms

Uniforms will be distributed during the first week of school. All athletes who have paid their participation fees will be provided with a jersey, and warm-up jacket. **Every athlete must purchase shorts and training shirt. Mandatory!** Please order the Short sleeve shirt in White- that will be our Team mandatory Warm-up shirt. (Shorts can be found at <https://eastbaystore.com/OFTS2050> The training shirt is at the Spirit Wear website at <https://falconsxc2019.itemorder.com/sale>)

- We ask that athletes wear their uniforms on meet days **ONLY**, not at practice or for spirit wear at home football games.

Replacement Cost = \$60-Jersey, \$100-Jacket, \$50-bag that are checked-out.

Athletes may turn in their uniforms on the two following dates: (Washed & in a bag with their name on it.)

- At the team closure/voting ice cream party. (At end of season, date TBD)
- **At the team banquet. (TBD)**
- Athletes who do not turn in their uniforms by **Nov. 22th** will be issued a fine.

Team Spirit Wear

We will be utilizing an online team store for WHS XC Spirit Wear. Athletes and parents are encouraged to purchase a team t-shirt. (For warm-up shirt, please order the Short sleeve shirt in White- that will be our Team mandatory Warm-up shirt.) The rest of this store is optional but I highly recommend the Asics aptitude pants as they will match the team Jackets we purchased. These will be the same pants for the Track season. Since our uniform does not come with pants and it gets quite cold during the XC season this would be a good option. <https://falconsxc2019.itemorder.com/sale>

PRACTICE SCHEDULE STARTING SEPTEMBER 3RD

- Practice will begin at 3:00.
- **RTG = Ready-To-GO!** Athletes need to be dressed and ready to go at the start of practice. Athletes need to stay for the entire practice unless they are excused by the coaches.
- On Mondays athletes will meet in the Mat Room for team meetings prior to practice.
- Athletes must arrange their own transportation to and from off-site practice locations. Upper classmen may drive fellow athletes with parent permission. ***Coaches are NOT allowed to arrange transportation or transport athletes in their own vehicles.***
- ***Please plan and arrange transportation for your athlete!***
- ***If you choose to carpool with a fellow athlete, consider contributing \$5 to help cover their gas expense.***
- On Wednesday, September 4th and September 11, there will be an optional yoga class in the mat room from 1:20-2:50 (during early dismissal time). We will also schedule additional yoga optional practices as scheduling allows during the season. These dates will be included in the weekly newsletter and on the falconxc website.

Equipment for Practice

Part of training and racing is being prepared. Athletes are expected to have the following for practice:

- Appropriate running shoes and running attire.

- Warm sweatshirts/sweats for cold days
- Running Watch
- Water bottle
- Varsity level athletes will be required to have cross country spikes for racing.
- Headphones are **NOT** allowed at practice.

Long Runs (Off-Campus)

Athletes will be placed into groups for our long aerobic runs based on ability and training speed. Athletes must follow these procedures:

1. Inform coach of the route you will take before you leave.
2. Stay with your group always.
3. Run in groups of 3 or more.
4. If an athlete becomes ill or injured, one runner must accompany him/her back to home base.
5. A coach will remain at home base always with a cell phone and first aid kit.
6. Stay on the trails and respect fellow park/trail users.
7. Return to home base in time allotment directed by the coach and check-out before leaving practice.

PRACTICE CHALLENGES:

Severe Weather

In case of severe weather such as wind, thunderstorms or heavy rain, the head coach will work with the athletic director in deciding the safety of running offsite. If practice is cancelled or the location changed, we will communicate in the following ways:

1. Remind.com blast from the head coach.
2. Intercom announcements at school.
3. Website Update.
4. Team Snap

Injury Policy

Athletes who become injured and are deemed unable to run by a doctor or athletic trainer must follow these procedures:

1. Must be cleared by WHS trainer in regard to a return to play protocol.
2. Attend the 1st hour of each practice to participate in core and injury prevention exercise (if physically able).
3. Work with the head coach regarding an alternate training plan (biking, swimming, etc.)
4. Once an athlete is recovered, he/she must obtain a written authorization from a medical professional clearing the athlete to participate fully. **This must be submitted to WHS trainer.** Only the WHS trainer may clear an athlete for return to play.

Off-Site Running Locations

Maps/Details to be posted on the team website.

Brightwater Facility: 22505 WA-9, Woodinville, WA 98072

Redmond-Watershed – South Parking Lot: 21760 NE Novelty Hill Rd, Redmond, WA 98053

St. Edward's Park: 14445 Juanita Drive NE,, Kenmore, WA 98028

Tolt Pipeline / Avondale Road: 15000 Avondale Rd. NE, Woodinville

Wilmot Gateway Park (Sammamish River Trail): 17301 131st Ave NE, Woodinville, WA 98072

Hollywood Hill Saddle Club: 15205 NE 172nd St, Woodinville, WA 98072

McCormick Park (Duvall): 26200 NE Stephens St, Duvall, WA 98019

Attachments:

- A Parent's Guide to Cross Country
- Local Area Running Resources/Stores
- Cross Country Meet Schedule