

McCutcheon Boys Cross Country 2021

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Cross country is a great opportunity for athletes of all skill levels to compete, grow as individuals, and develop personal relationships with peers and coaches. The boys cross country program is a no cut sport. We believe in developing the character of each individual just as much, if not more, than their physical ability.

Official practice begins August 2nd and will run Monday-Friday from 2:20-4:30 after school. We have several weekday meets, but most meets take place Saturday. A full schedule can be found on the athletic website.

FAQs:

When is summer conditioning?

Summer conditioning will be held from 6am-7:30am Monday-Thursday through June. After the moratorium week (June 28-July 4th) we will have practice 6am-7:30am Monday-Friday. We will typically practice at either Wea Middle or McCutcheon; official location TBD.

Will my student/athlete be able to attend practice and make it to summer school?

Yes! We will release these students no later than 7:15, especially because some students may need transportation to or from their summer school location depending on where we practice. There is also a chance Coach Porter will be teaching summer PE, in which case practice will conclude at 7:15am.

When should we schedule our family vacation?

Moratorium week June 28-July 4th is the best time for vacation. If a student athlete has to miss conditioning due to a family vacation it will not be held against them.

Who will be invited to team camp? When is camp?

The entire team is invited to camp. Camp will run from August 2nd-5th. Location TBD. Camp is being planned to run as normal, but there is a chance we will have to cancel due to COVID restrictions. If this is the case we will attempt to plan some team bonding activities around Lafayette on August 2nd and 3rd.

Do final forms/physical need to be completed and turned in before attending summer conditioning?

Yes! Final forms determine if your athlete is cleared for participation. You can find the final forms link on the McCutcheon Athletic website. A physical must be turned in to the athletic office, not emailed. A new physical (dated after April 1st, 2021) is required.

Can my student be a multi-sport athlete? How does this work in the summer?

Yes. We have dealt with students playing multiple fall sports at the same time. Coaches will communicate on splitting practices. Tuesdays after 5pm is reserved for spring sports conditioning. Wednesdays after 5pm is reserved for winter sport conditioning. We will never interfere with winter or spring conditioning on Tuesdays or Wednesdays after 5pm.

My athlete plays on a travel team during the summer. How does this affect summer conditioning for cross country?

We don't want to overload your athlete, but they are encouraged to attend any conditioning practices that they can while playing other sports in the summer. We will work with each individual athlete to balance their workload. Conditioning is not mandatory, so athletes are able to participate in other activities during the summer.

My athlete has some aches and pains (rolled ankle, etc). Should we take them to the doctor?

If your athlete communicated their problem with the coaching staff, we can usually alleviate their issue with a trip to the athletic trainer, some basic rehab exercises, or some rest. Sometimes this is the best course of action as our athletic trainer has a lot of experience in dealing directly with this age group and their common issues.

Are there required items to purchase for cross country?

The only required item will be a team T-shirt. Your athlete will be given a uniform that will be returned to me at the end of the season. Although not required, we highly recommend buying running shoes for your athlete. It is a great idea to stop in Fleet Feet in Lafayette if this is your first time running cross country. They can analyze your athlete's stride and suggest a proper pair of shoes for them. Unfortunately, most running shoes are not cheap, but they are very important in injury prevention. Sometimes you can find sales at Dick's and various retailers.

We have an issue getting our athlete to or from conditioning!

If this is the case please reach out to me. I have never had a problem with getting a carpool set up, especially because many of our junior and senior athletes will be driving themselves and can assist (you will need to check this off in final forms).

I look forward to a great season!