

2020 CLOVERLEAF

Cross Country

Student/Athlete Packet



Coaches

Garth Gucker, Marty Ryan

Philosophy of Cloverleaf Cross Country:

The purpose of Cloverleaf Cross Country is to develop athletes physically, intellectually and emotionally. In order for each runner to achieve the most from participation this season, a measure of self-discipline and responsibility will be needed. Although cross country may appear like an individual sport, we will place emphasis on the team first mentality, and our team goals will be placed ahead of individual ones. When we succeed as a team, every runner has a part in that success. The basic requirements of our runners are that they come ready to work towards their individual potential, view their training with an open mind, and be willing to commit to the goals their teammates have agreed upon. Ultimately, participation in cross country should help develop a love of running, sports, and teamwork that lasts beyond their high school graduation.

The expectation is for the Cross Country team to continue to be the class act that they have been for many years. This program has seen many successes at the conference, district, region as well as state level. This group has conducted themselves with a high level of class and it is EXPECTED that the above attributes WILL NOT change.

Team Goals:

Team goals will remain constant year in and year out. As a team, Cloverleaf High School will strive to do the following every year:

1. Have a winning record
2. Have at least 1 new name on the Top 3.1 List
3. Finish in the top 2 at Portage Trail Conference
4. Qualify athletes/team to the Regional Meet
5. Qualify athletes/team to the State Meet
6. Place athletes in Collegiate programs
7. Have NO disciplinary actions throughout the season

Individual Goals:

Individual Goals need to be established by the athletes and should change as their goals are met. The coaching staff will discuss and monitor these goals through the course of the season.

Practice & Meet Policy:

VOLUNTARY PRACTICES:

Voluntary practices begin Monday, June 1st and run Monday through Friday, July 31th. Mandatory practices begin Sunday, Aug 2nd. This is important to everyone because you must have 10 mandatory practices in before your first meet.

1. The summer calendar will have meeting times/dates if you wish to run with your teammates.
2. Coming to voluntary practices is voluntary, but once at practice, athletes agree to follow the rules and expectations of the coaches. In other words, once 'at' practice, the practice is no longer voluntary.
3. Athletes will log their runs on running2win.com website

SUMMER CAMP:

The coaches, although not required by the school, enjoy offering the Cloverleaf Cross Country team a camping experience. This serves as an opportunity to foster team unity, discuss season goals and experience some of our season's hardest workouts. It's also a great time with a lot of fun and some great food. Our camp experience is truly unique.

Camp Title: Team Camp of Champs: Heartland Conference Retreat Center, 3201 County Rd 225, Marengo, OH 43334 OH Aug 9th – Aug 13th

Team Camp Requirements:

1. All Team Forms/Physicals must be on file by Aug 1st
2. Must be in good team standing. No current team/school discipline/academic issues to be eligible for camp
3. Must meet the summer mileage for each experience year. Lessens the chance of injury
 - a. 1st year: 75 miles
 - b. 2nd year: 100 miles
 - c. 3rd-4th: 125 miles
4. Camp Fee: \$190 but the cost is ONLY \$75 if you complete 2 of 3 options below
 - a. Complete community service project with team (2 hours)
 - b. Help with course work at CHS on the cross country course/trail (2 hours)
 - i. Dates to be announced via Remind 101
5. Those not attending camp will practice together during the middle school time slot and coached by the middle school staff

MANDATORY PRACTICES:

Voluntary practices will NOT count toward your 10 practices. The state of Ohio requires 10 days before participation in a meet is allowed.

1. Practice will be from 3:00 –5:30pm (unless otherwise scheduled on the team calendar).
2. Attendance at practice is mandatory. If you do not practice you **WILL NOT** participate at meets. Team meal is Thursday evening from 5-6 p.m. at Cloverleaf High School starting the week of our first meet.
3. If you are absent from school, you cannot practice that day. You must be in school by 9:15am to practice or participate in a meet and cannot leave prior to 1:15pm.
4. If absent the day before a meet, your participation in the meet will be decided on the reason of your absence. An excused absence will allow you to participate, while an unexcused absence will keep you from participating.
5. Missing/skipping practice or leaving practice early without notifying the coach is an unexcused absence.
 - a. An email/note/text from a parent (not student) will be acceptable
6. Vacations during Mandatory practice need to be communicated through Coach Gucker prior to August 1st. Each missed day must be made up prior to competition in meets.
 - a. Please note that missing practice for work is not excused. Holding a job during cross country is a decision that is up to each individual. If you decide to hold a job during the season, be sure to schedule your hours around practice.
7. Athletes will warm-up, stretch, and practice as a TEAM.
8. **REQUIRED EQUIPMENT AT ALL PRACTICES:**
 - a. Athletes will wear a minimum of a shirt and shorts during all practices and warm-ups unless given permission by a coach.
 - b. Quality training shoes are required to reduce the risk of injury. Track shoes from the previous season will not suffice. Spikes are not permitted at practice unless otherwise directed by the coach.
 - c. A watch with stop-watch functions is required. Athletes *may* be assigned a heart-rate monitor. This can serve as their watch if it has timing capabilities.
 - d. Athletes and parents should be aware of the weather and plan accordingly. Depending in the temperature, if the athlete is not dressed appropriately, that will result in staying in the locker room and missing a practice.

First Offense: verbal warning from coach, parent/guardian notified

Second Offense: suspension from meet

Third Offense: expulsion from team (loses all award privileges)

*****The athlete may be started at any offense level depending upon the severity of the discipline problem. High School Administration may become involved at any point during this process*****

*Our practice policy is based on the necessity of good communication. The coaches' responsibilities are to communicate when practice will be held, what time practice will be, and when the bus leaves/returns for away meets. It is the athlete's responsibility to stay informed and to communicate to his/her parents what the practice schedule is. It is also the athlete's responsibility to attend ALL scheduled practices.

Communication:

Remind 101: Text the following message “@ggucke” to 81010 to receive updates

Google Classroom: classroom.google.com ; log in; contains summer mile calendars, lifting

- join Cloverleaf Cross Country: Login code: emycmoh

Website: http://coltsathletics.org/cross_country

Photos: You can view meet photos on Tony and Cindy Morris website

<http://morrisphotos.com/>

Email: Garth.gucker@cloverleaflocal.org or marty.ryan@cloverleaflocal.org

Coach Gucker 330-201-2979 or Coach Ryan 330-815-1587

Summer Rewards

Summer T-Shirts:

- 1st year runners log more than 160 miles between June 1st-August 1st
- 2nd-4th log more than 250 miles between June 1st and August 1st
- Must be logged on team running log

Lettering:

There are several ways a runner may earn a varsity letter:

1. Run in the Varsity race(Top 7) 75% of the time.

2. Earn 5 points during the season.

Runners Earn:

1 point will be rewarded when a runner finishes in Top 50% of the team varsity race based on their time even if they ran the JV Race.

or

1 point will be rewarded to any open runner who runs faster than a varsity finisher from our team.

or

.5 point will be awarded for every Lifetime Personal Record. (A freshman's first race does not count as a PR)

1 point will be rewarded for breaking 5 min(boys) or 6 min(girls) during the team mile at the end of season.

*In the event the race is combined (entire team runs in one race) or allows for more than 7 runners in a varsity race, only those athletes finishing in the top 7 for our team will receive a point.

3. Continued Excellence

Senior runners who have demonstrated excellence in effort, attitude, and leadership during all of their years with the program will receive varsity award. (It is the athlete's responsibility to be aware of the status of this award)

4. Voluntary Practices

1 point will be awarded to any athlete attending 75% or more of the voluntary team runs

5. Summer 5K

.5 points will be awarded for every 5K race run in the summer with a maximum of 1 point being able to be earned through summer 5K races.

Determining the Top Seven Varsity Runners

The 7 runners that represent the varsity team will be made up of the 7 fastest times from the previous race. On some occasions, the top seven will run in a separate race, and on others the team will run together. This fosters competition and gives all the runners a chance to make varsity every week. Once the team reaches the conference meet the coaches reserve the right to change the top seven based on performance and the best interest of team success for the remainder of the season.