



“KAIZEN”

2021 Cross Country Important Season Dates (Tentative) & Team Evaluation Guidelines

Returning parents and team members listed below you will find important dates for the 2021 season that I would like to stress are still tentative. The meet schedule will be announced as soon as I can confirm dates for specific meets.

- April 15 – 2021 TSSAA Physicals must be completed after this date
- May 3 - Parent Meeting returning team members – 6:30 p.m. Lecture Hall
Fundraiser – Nashville Soccer Club – Dates & Times TBA
Summer Training
- June 7 - Summer conditioning begins – Mon, Tues, Wed, Thurs, Fri
 - 6:00 – 9:30 a.m.
- Siegel Running Camp – Siegel Track - Grades 1st – 8th
 - June 21 – 22 – 23 – Siegel Track 6:00 – 8:00 p.m.
 - All team member’s volunteer
- **TSSAA Dead period – June 28 – July 11 – No contact with coaches.**
- Summer conditioning resumes – July 12 – Mon, Tues, Wed, Thurs, Fri
- All American Running Camp – Ashville, NC - <http://www.crosscountrycamp.com/>
 - July 18 – July 23 – Optional, but highly recommended for all team members
 - Normal training will continue for those who do not attend camp.
- **Season Training**
- **July 26 - Official training begins**
 - **Family vacations during the season, July 26 – November 6, are not a valid excuse.**
 - **All team members – Monday thru Saturday**
- July 26 – Parent/Team Meeting – 6:00 p.m. Siegel H.S.
- July 29 or July 30 - Team Event – 12-hour relay – Siegel Track 7:00 p.m. – 7:00 a.m.
- August 6 – Students first full day
- August 21 – Siegel Under the Stars 2 Mile – Siegel Track
- August 28 – First meet – Location TBA
- September 25 – Roy Griak – St. Paul, Minnesota – Varsity Top 7 boys/girls only - **hopefully**
- Saturday Oct 2 – Meet – Location TBA
- **Oct 4 - 8 - Rutherford County Fall Break**
 - Oct 7 - 9 - Training resumes – you must attend all training to be considered for the region/state team.
 - Anyone who expects to contend for a varsity top 10 spot please plan accordingly.
 - College visits and vacations are not valid excuses to miss these training dates.
- Oct 28 - Region 4AAA Championships – Cedars of Lebanon
- November 6 - TSSAA Large School State Championship – Hendersonville

Boys

2017 – 2018 - 2019 Large School State Champions
2020 Large School Region 4 Champion
16 State Appearances – 10 Top Ten Finishes

Girls

2012 AAA State Runner – up
2020 TSSAA Large School Region 4 Champion
18 State Appearances – 10 Top Ten Finishes



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Team Evaluation Guidelines

To be ready for the fall, we must put in the time and the miles in the summer. When required training begins July 26, your teammates will count on you to be ready to go. Knowing how hard it can be to run on your own, we will once again follow our normal summer training schedule. **We will count on all team members to attend summer training days, when you are in town.**

Returning Team Member Evaluation: There will be three criteria that all returning team members **must** meet to be a member of the 2021 team. **We will require all returning team members that you attend a minimum of ten summer training days, but if you are in town, we know your teammates can count on you to be there.**

1. Attend summer training – returning team members will attend **10 out of 20** summer training sessions with a **coaching staff member present, in its entirety, wear a watch, log your daily training on Final Surge.**
2. Qualify through 2-mile time trial results – returning team members will be provided a 2-mile time to meet based on their ability and 2020 past results.
 - **All returning Juniors and Seniors must make their time to make the 2021 team.**
 - **All returning Sophomores will not race in a meet until they have exceeded their time.**
3. Log your miles in the Final Surge app daily to keep track of your training throughout the summer/season.

We must know of any conflicts before school is out. If the conflict is accepted, we will set up an alternative training program for you to follow through FinalSurge.com to enter your training while you are away. These conflicts are not because of taking a lot of vacations.

Expectations for Varsity candidates

Returning 2020 cross country team members whose goal is to race Varsity during the 2021 season

- Must have been a full-time member of the 2021 track team.
- This includes attending all track training and track meets for the full schedule.
- Only those who are playing a Siegel spring sport are excluded.
- If you are hurt once your injury is healed, you are expected to resume training with the distance team if you plan to race Varsity.
- If there is a family related issue, please discuss this privately with Coach Young.

Thank you for your support and “GO STARS”

Phil Young
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