

Martin Luther King High Cross Country

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A NOTE REGARDING OUR UNIQUE CIRCUMSTANCES IN THE MIDST OF THE 2020 QUARANTINE

As of this writing in May 2020, the future is still very much of an uncertain thing. No one knows for sure what the summer will look like, what the start of school will look like, if we will still be quarantined, if there will or will not be a Fall season ... LOTS of questions and no one knows for sure about any of the answers.

We are very much on a "wait and see" mode of operation.

Due to these uncertainties, we are taking a different approach to the start of our season. There will be no "summer camp" like there has for the past 21 years. Instead, we will officially start the season on Monday, July 27 and use the next month to get students ready to race.

Hopefully, this will be a “one-year wonder” and by 2021 we will be back to how things have worked well for us for the last two decades with a summer camp and all of the activities that take place during this time.

THE BASICS FOR CROSS COUNTRY: WHAT YOU NEED

Due to the uncertainties that are present due to COVID 19, **there is no “Summer Camp” in 2020.** We hope to return to a formal, fee-based summer camp in 2021.

Therefore, our season starts on Monday, July 27. Our first race is scheduled for August 29.

Practice will start at 7:00 AM for the last two weeks of summer, then, after school starts on August 10, it will start at 3:00 PM

Physicals/Paperwork: All athletes must redo their doctor’s physical and RUSD Emergency Packet and submit to Coach Peters on July 27th. Because of the virus and difficulty in getting to see a doctor, this requirement MIGHT be adjusted by the RUSD. We will let you know when that announcement has been made.

Running Shoes and Running Gear: We recommend that all runners purchase well made running shoes for training on concrete. We HIGHLY recommend that you visit The Running Center in Redlands to get fitted for a proper pair of shoes by runners who are experts in running shoes. <https://www.runningcenters.com/>

Wear a comfortable t-shirt and running shorts. Long, baggy shorts made for gyms, the basketball court or for comfort are not acceptable.

PRE-SEASON TRAINING RECOMMENDATIONS

It is an expectation that athletes arrive in shape. Therefore, you should be training on your own or, preferably, in groups of similar ability in the weeks of June and July.

Rookies, you should do some running as well prior to our first day of camp.

Follow the training recommendations that will be posted on www.kingcrosscountry.com in the weeks from now until we start the season.

TEAM SELECTION PROCESS AND STANDARDS

How to make the team and remain on it through the season

To make the team, RETURNING KING XC RUNNERS must meet a minimum time requirement by August 8, 2020.

For ROOKIES TO KING XC a minimum time requirement must be met by the end of August to compete and remain with the team into the competitive season.

Athletes must earn and then maintain their place on the team. Following are the requirements:

1. Displays a Consistent Positive Attitude.

Athletes of any ability level who negative attitudes toward their teammates, the sport, training, the coaching staff or the well-being of the program will not make the team. Such attitudes are detrimental to the team bonding process and will not be tolerated.

Prior experience with King Cross Country will NOT guarantee a position on the team.

Electronic forms of dialogue (social media and otherwise) that are damaging, demeaning to individuals or the team will not be tolerated and if discovered will be grounds for team discipline up to and including dismissal from the team.

Conversation, texting, joking, or any other form of communication that demeans another person's race, gender or identity will not be tolerated and will be grounds for team discipline up to and including dismissal from the team.

2. Shows Consistent Quality Effort in practice.

Athletes who make a habit of walking for any part of a practice after the first two weeks of the season will not be selected for the competitive season. Deliberately cutting a prescribed route to gain a shorter distance is viewed as showing a distinct lack of effort.

3. Demonstrates a Minimum Ability Level.

Concerns of safety and liability require that the coaches be able within reason, to monitor all runners on the team. Therefore, runners must demonstrate the ability to run at an adequate speed to ensure visibility and group contact. Much effort

will be made by the coaches to motivate and instruct all runners to be able to maintain reasonable contact with the group. Should a runner NOT be able to consistently finish workouts without walking, within a reasonable time-gap of the group, such a runner will not be selected for the competitive season.

All athletes must meet minimum time standards to make the team. Below is a listing of the marks for both ROOKIES and VETERANS.

TIME STANDARDS REQUIRED FOR MAKING THE 2020 TEAMS IN ORDER TO RACE AND MAKE THE FINAL SEASON COMPETITIVE SEASON

All athletes on the initial roster (rookies and veterans alike) must meet the time requirements for 3 miles on a time trial that will be held on August 22, 2020.

Standards for competition are:

9-11th grade rookie girls: 25:30

9-11th grade rookie boys: 23:30

12th grade rookie girls: 23:30

12th grade rookie boys: 20:45

Veterans of King XC must meet a personal standard by August 22:

(Veterans are boys and girls who have run at least one year of King XC). Check the website for that standard.

To be eligible for 6th Period Athletic PE (if desired) Rookies must meet the following standard by August 8

On a three-mile course:

Girl, 9th - 11th grade rookies must run 28:00 or faster

Boy, 9th - 11th grade rookies must run 26:00 or faster

Girls in 12th grade who are rookies must run 25:00 or faster

Boys in 12th grade who are rookies must run 23:00 or faster

Those desiring to be enrolled in the 6th period PE class (generally, this is 9th and 10th graders) must be consistently present in the first two weeks of the season that precede the start of the school year.

As always, the coaching staff reserves the right to select anyone for the roster for extenuating circumstances.

STATEMENT OF RISKS ASSOCIATED WITH RUNNING CROSS COUNTRY

The coaching staff has taken great care in planning the structure of the program to assure the safety and well-being of the athletes who participate in it. However, it is imperative that students and parents alike be aware of the risks inherent in the sport and the recommendations for safe conduct.

1. The team uses the surrounding streets and neighborhoods of King High School for training. Virtually all of the workouts are held off campus. Potential dangers from dogs, people and cars are part of the training environment on a daily basis
2. Injuries can and do happen when participating in sports. Injuries common to distance runners are sprains, joint pain and shin splints. Wearing of quality running shoes and proper stretching and warm up routines can alleviate injuries. When possible, runners should avoid running on concrete
3. Health concerns associated with heat are potentially life threatening. Proper hydration with water throughout the day as well as while training is strongly recommended to avoid heat-related illnesses.
4. Asthmatic conditions can be exacerbated with exercise. Those diagnosed with any level of asthma are encouraged to take precautions and use appropriate inhaler medication even while training if necessary.

King Cross Country will take action to assure the safety of those participating, including:

1. "J walking" on any non-residential street is strictly prohibited. Penalty for J walking is a one-week suspension from the team. On the second violation, the student will be cut from the team
2. Practice times are adjusted to avoid excessive heat and smog. In the summer, 7:00 AM start times are held for this reason, and in September, 5:00 PM start times are held.
3. Coaches actively try to monitor all athletes, but due to disparate ability and effort levels, athletes are encouraged to use the "buddy system" – letting others on the team know if they are turning around mid-workout or are in physical trouble.
4. Coaches are assigned different ability group levels to monitor on a workout so that as much adult supervision as possible is present.
5. On hot days, the coaching staff provides water stops within the workout. On all days, runners are encouraged and allowed to stop for water at any point along a running route when the athlete feels it's necessary.
6. Coaches provide ongoing instruction on the importance of proper running shoes and injury prevention
7. Coaches provide ongoing encouragement to hydrate **THROUGHOUT THE DAY** to avoid heat-related issues/concerns
8. Should an athlete fall significantly behind the group, the coaching staff reserves the right to turn the student around to remain closer to school

CLUB SPORT POLICY - FULL COMMITMENT TO THE TEAM REQUIRED

The coaching staff will require all juniors and seniors to be fully vested in the cross country program and 100% of its requirements.

Specifically, this means there is to be no involvement in club sports of any kind (including running clubs) during the cross country season. Missing Saturday invitationals (or leaving early) is not acceptable due to club games, club races or other activities. Participation in Saturday invitationals is an expectation except for illness or family emergencies.

Exceptions are made for underclassmen (9th and 10th graders) or for rookies who are in the 11th and 12th grade, as we feel the first two years of high school are a time of experimentation and growth and trying a new sport is commendable. In time, we believe it is healthy for student-athletes to make a choice to either run cross country or pursue other endeavors.