

# Waukesha West Boys Cross Country- Expectations

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## Waukesha West Athletics Mission Statement:

It is the mission of the Waukesha West Boys Cross Country program to help student athletes develop essential attributes that include the ability to persist through challenges, goal setting, strong sportsmanship, commitment to excellence, and leadership skills. Through participation in this program, athletes will learn that developing these essential attributes are equally critical to positive outcomes and fuller lives. In an ever changing world that demands that our young adults have the ability to self manage their time and learn to embrace change, cross country will serve as an engaging vehicle for developing these skills.

## Team Expectations:

### 1.) Attendance:

Athletes will be required to attend practices from 3:30 to 5:30, Monday- Friday and attend Saturday practices (unless coaches have specified otherwise). We understand that circumstances arise and some exceptions for missed practices will be made if **communication has taken place between athletes and coaches**. If attendance with an athlete becomes a problem, the following can occur.

- i. Conference with captains
- ii. Conference with coaches
- iii. Meeting with athlete, coaches and parents
- iv. Removal from roster.

### 2.) Excused absences vs. unexcused absences from practices/meets:

1. Acceptable reasons to miss:
  - a. Personal family circumstances
  - b. School obligations that could not be dealt with at another time (with a note/email from student providing teachers' email so coaches can follow up)
  - c. Illness (Athletes still needs to email coaches)
  - d. \*\*\*\*\* *Too many unexcused absences from practice can be an issue. In the past, some athletes have been too involved with other extra curricular activities and were not able to invest the attention needed to be part of the sport.*
2. Unacceptable reasons to miss practice

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- a. Work (you may work after practice- give them our practice schedule!)
- b. Studying/making-up assessments that could have been done at another time (you may study at practice instead of train if needed.)
- c. Scheduled events that could be scheduled at different times

### 3.) Communication:

Our main way of communicating information about meets, practice schedules, and other random happenings will be through our **team website** on <https://www.westwolverines.com/page/show/873735-cross-country-boys-2019-> . As it pertains to specific meet info, we will make this available to you as soon as we get meet info from the host school. We will post this on our website as soon as we can!

### 4.) Lifting:

Lifting and abs will be required for all athletes a minimum of two times per week.

### 5.) Equipment/ clothing:

Athletes will need running shoes, a stopwatch, and comfortable training attire that include shorts, pants, and short/long sleeve shirts depending on the weather. Also, runners will benefit if they have a pair of racing spikes.

### 6.) Busing:

- a. Athletes will be required to take the bus to all of the meets on the 2022 schedule. The buses will leave prior to the start of the meet so that runners may walk the course and warm up properly.
- b. Athletes may leave at the conclusion of the last race if they have a signed note from a parent/guardian. However, athletes may not (under any circumstances) leave the meets with other athletes or parents.
- c. Athletes cannot drive themselves to any of the meets under any circumstances.
- d. Federal Law currently requires masks on buses.

### 7.) Running off- campus:

- a. Athletes will be leaving the Waukesha West Campus on training runs. Cross Country is a sport that requires participants to run anywhere from 3-12 miles on training runs. Because of this, athletes will be leaving the Waukesha West Campus during practice time.
- b. There are specific routes for each day and athletes will be required to stay on these during runs in case of bad weather, injury, or any other problems that could occur.
- c. **If runners DO NOT stay on route-** Any athlete that fails to abide by this procedure and is clearly running off of an established running route during supervised practice time, will

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be REMOVED FROM THE TEAM for the rest of the season. Coaches MUST know where athletes are at all times for obvious safety measures that we take very seriously.

- d. ***Athletes MUST carry their phones with them if possible while running off-campus.*** We would ask all athletes who own phones to carry that device with them when running routes off-campus (this does not include our warm-up loop, when warming up). This new measure is a step that we are taking to ensure the safety of all and at all times. Athletes will now be just a dial away from help if needed. Athletes without phones will be safer too, because typically we are running in packs or pairs. Athletes will be coached by us regarding who to call under what circumstances and when. In addition, athletes will be required to score 100% on our emergency action plan quiz prior to our first competition.

### 8.) Off- season training:

1. Running is a sport of longevity. For runners to meet their maximum potential, they must be committed to training in the off season. All of the programs that experience perennial success have organized practices in the off-season. This helps build team cohesiveness and also gives the athletes a chance to be positive leaders for others. Although practices cannot be “mandatory” during the off-season, coaches do expect returning runners to be at these off-season practices that will be held by captains.
2. If athletes do not attend these practices on a regular basis, they will not meet their full potential. Also, if there is a close competition between teammates for a varsity spot, the nod will be given to the athlete that committed more time in the off-season.
3. Track is also highly encouraged and fundamental in the development of each athlete. Much like the off-season training, runners who do not do track will not reach their full potential.

### 9.) Fundraising:

1. **CC Fundraisers: These fundraisers go directly into the team budget!**
  - a. Pick N Save Brat Fry
  - b. Culver’s nights
  - c. Chocolate orders

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## 2022 Boys Cross Country Meet Schedule/Bus Times

\*\*\* Bus times are always tentative and subject to change- Please check our site the week of the meet to make sure!

<b>Date/ Bus departure:</b>	<b>Meet/Time</b>	<b>Who?</b>	<b>Location:</b>
Monday, August 15th <b>5:30 pm</b> (no bus)	Alumni Intersquad 5:30 PM	JV/Var	Waukesha West High School
Thursday, August 25th <b>1:30 pm</b>	Brookfield Central 4:00 PM	JV/Var	Mitchell Park
Saturday, August 27th <b>4:00 pm</b>	Arrowhead Twilight 6:00 PM	JV/Var	Arrowhead High School
Friday, September 2nd <b>2:00 pm</b>	Leighton Betz Invitational 4:00 PM	JV/Var	West Allis- Greenfield Park
Saturday, September 10th <b>7:00 am</b>	Matt Hadler Memorial Invitational 9:00 AM	JV/Var	Menomonee Falls- Rotary Park
Saturday, September 24th <b>7:00 am</b>	Kettle Moraine Laser Invitational 8:00 AM	JV/Var	Naga-Waukee Park
Friday, October 7th <b>1:30 pm</b>	Shorewood Invitational 3:00 PM	JV/Var	Lincoln Park
Saturday, October 15th <b>7:00 am</b>	Classic 8 Conference Championships Time TBD	JV/Var	Lake Denoon Middle School-Muskego
Thursday, October 20th <b>1:00 pm</b>	JV Last Chance Meet 2:30 PM	JV only	Grant Park
Saturday, October 22nd Time TBA	WIAA Sectional Qualifier Time TBD	Var only	Mitchell Park-Brookfield
Saturday, October 29th All day Departure: 1:00 PM Friday Afternoon	WIAA State Meet Time TBD	Var only	Wisconsin Rapid- Ridges Golf Course

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## Tentative Practice Schedule Prior to the Start of the School Year

<b>Date</b>	<b>Time</b>	<b>Location</b>
Monday, Aug 15	7:30-8:30 AM Team meeting 5:30-7:30 PM Alumni Race	West
Tuesday, Aug 16	7:30-9:30 AM	West
Wednesday, Aug 17	7:30-9:30 AM	Minooka Park
Thursday, Aug 18	7:30-9:30 AM	West
Friday, Aug 19	7:30-9:30 AM	West
Sat, Aug 20	7:30-9:30 AM	West
Sun, Aug 21	No Practice	No Practice
Mon, Aug 22	3:30-5:30 PM	West
Tues, Aug 23	3:30-5:30 PM	Minooka Park
Wed, Aug 24	3:30-5:30 PM	West
Thurs, Aug 25	Meet Mitchell Park: see meet schedule	Meet Mitchell Park: see meet schedule
Fri, Aug 26	3:30-5:30 PM	West
Sat, Aug 27	7:30-9:30 AM	West
Sun, Aug 28	No Practice	No Practice
Mon, Aug 29	3:30-5:30 PM	West
Tues, Aug 30	3:30-5:30 PM	Minooka Park
Wed, Aug 31	3:30-5:30 PM	West
Thurs, Sept 1	3:30-5:30 PM	West
Fri, Sept 2	Meet Greenfield Park: see meet schedule	Meet Greenfield Park: see meet schedule
Sat, Sept 3	7:30 AM	West (Captains Practice) Not Mandatory
Sun, Sept 4	No Practice	No Practice

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Mon, Sept 5	Labor Day (3:30 - 5:30 PM)	Minooka Park
Tues, Sept 6	3:30-5:30 PM	West

\*During the regular school year (starting Sept 1), practices will generally occur from 3:30-5:30 PM. We will communicate final times and locations for practices occurring during the regular school year at our Parent Meeting/Alumni Intersquad event. The vast majority of practices will take place at West High, but we do go to Minooka Park during the school year typically once per week.