

Prospect Cross Country Program Information 2025

Coaching Staff

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Mission Statement

- BUILD THE AEROBIC ENGINE
- The Prospect Men's Cross Country program is built on a foundation of hard work, competitiveness, and unwavering dedication. We challenge every athlete—regardless of talent or experience—to commit fully to becoming their best, while pushing their teammates to do the same. Through relentless effort, mutual respect, and a team-first mindset, we strive to cultivate not only faster runners, but stronger, more disciplined individuals. Our goal is simple: to outwork the competition, support one another, and take pride in earning success the right way.

Goals

- Live out the mission and core values of the Prospect Cross Country program.
- Strive to become a better person—at practice, in the classroom, and in the community.
- Fearlessly pursue meaningful goals in school, cross country, and life.

Our Purpose

- Set meaningful goals and pursue them with energy and focus.
- Build lifelong memories and relationships.
- Develop confidence and belief in yourself through discipline and growth.

Team Norms

- Punch Out - All athletes must “punch out” with a coach after every practice and meet. This is how we stay accountable and connected.
- Don't Be Average - Plan, train, and live with purpose—both with your teammates and on your own. Average is easy. We aim higher.
- Embrace the Process - Victory is a reflection of excellence—but it's empty if we chase only the result. Love the grind. Own the journey.
- Leave a Legacy - Make your mark. Leave behind a standard, an example, and a memory that future athletes will talk about for years to come.

Daily Habits & Nutritional Expectations for Prospect Cross Country Athletes

Sleep:

All athletes are expected to get 8–9 hours of sleep each night. Quality sleep significantly enhances recovery and reduces the risk of injury.

- [What Time Should You Go to Sleep?](#)
- [Sleep is your Superpower TedTalk](#)

Hydration:

All athletes must drink 96–128 ounces of water (or fluids with electrolytes) daily.

- Bring a large water bottle to school and practice every day.
- Use an electrolyte mix before and after practice. I personally mix electrolytes with water first thing in the morning and again after practice.

Post-Run Recovery Nutrition:

All athletes are expected to consume a recovery drink or snack within 15 minutes after every run.

- Good options: [Skratch Labs](#), [protein powder](#), or a protein bar (I like Ready Clean or Kirkland brand from Costco).
- Protein + Carbs = maximum recovery.
- Anything is better than nothing—don't skip this step!

Nutrition & Diet:

- Eat whole foods as much as possible. Keep ultra-processed foods to a minimum.
- The Yuka app is a helpful tool for checking food quality while shopping.
- All athletes must eat a healthy, balanced diet—and that starts with breakfast.
- Our athletes need to eat a lot to meet training demands. Prioritize real, nutrient-dense meals.
- [Lots of nutrition info](#)
- [More Nutrition and Iron Info](#)

Vitamins & Supplements:

- It is recommended to take a daily multivitamin. I like to alternate between one with iron and one without—you can choose what works best for you.
- If you have low iron and/or ferritin levels, consult your doctor about starting an iron supplement.

Iron and Ferritin Checks

- [Iron Deficiency Handout - Mike Hanna](#)
- [Iron Deficiency in Runners](#)
- It is recommended that athletes get a Complete Blood Count (CBC), which includes checking hemoglobin and ferritin levels, at least twice a year—ideally after summer training and after winter training, just before the cross country and track seasons begin. You can request these tests during your annual physical, but make sure ferritin is specifically included, as it is not always part of a standard CBC.
- Getting your levels checked 3–4 times a year is even better.
- While you're at it, consider getting your Vitamin D levels tested as well (note: this is a separate test). Vitamin D is essential for calcium absorption, and low levels can increase the risk of bone injuries.

KOR Standards - Prospect Cross Country

Standard #1: Be Here

- Show up—every day. Be where you're supposed to be, doing what you're supposed to be doing, when you're supposed to be doing it, all the time.
- Know the practice and meet schedule. Every event is mandatory. To compete in meets, you must be present at practice.

Standard #2: Give Effort

- Bring a running watch to every practice. Every single day. It's essential to know how far you're running and at what pace. Be intentional.
- We are hardworking, confident, disciplined, and competitive—always.

Standard #3: Control What You Can Control

- Plan around our schedule to the greatest extent possible.
- At every practice and meet, you control your effort and attitude. You can't control the weather, the course, your opponents, or what others think of you.
- Don't suffer imagined troubles. Focus on the moment—not what lies ahead.
- Never be overheard complaining—not even to yourself.
- Commit to excellence in everything you do.

Standard #4: You Can Always Do More Than You Think

- We don't set boundaries. Ever. #NoLimits
- Success comes from daily habits—not once-in-a-lifetime efforts. Work to improve by 1% every day.
- To do things you've never done before you have to do things you've never done before.

Standards #5: We Before Me

- We are a family. We care about one another. Treat everyone with respect.
- We set challenging and meaningful goals. We love the feeling of being part of a team and striving for common goals. "We before me."

Standards #6: Live The Life of a Runner

- Get at least 8+ hours of sleep each night.
- Have a daily plan to complete your homework and get to bed on time.
- Eat often and eat enough—every day. Prioritize nutrient-dense whole foods. Get protein with every meal.
- Stay hydrated. Drink 96–128 ounces of water or electrolyte-rich fluids daily.
- Monitor your iron intake. Stay on top of it at all times.

Practice Expectations

Be at Practice. Every Day.

This is my number one rule—and the one I care about the most. Everything else falls into place if you're consistently present. You cannot contribute to a positive team culture if you're not at practice.

- Time: Practice is held every weekday after school at 3:25 PM.
- No School Days (Weekdays): Practice is typically held at 8 AM.
- Duration: Practices usually last about 2 hours, Monday–Friday. Some varsity practices may run up to 2 hours and 30 minutes.
- Saturday Practices: These are held in the morning, with specific times communicated in advance. Usually 8 AM.

Attendance Policy

- If you must miss practice, you are expected to communicate directly with a coach and explain the reason. Do not have a teammate relay the message for you.
- Unexcused absences during the week will make you ineligible to compete in that week's meet.
- Consistent absences (practice or meets) may result in removal from the team.

What Counts as Excused

- Being sick from school
- Family emergencies

What is NOT Excused

- Work
- Club sports or other athletic commitments
- Appointments that could be scheduled outside of practice time

Why Practice Matters

- Practice is where we improve, where friendships grow, and where we build the habits that make us better athletes and teammates.
- Our team gets better at practice. Our team becomes a team at practice. That's why it matters so much.

Team Website

<https://sites.google.com/d214.org/phsknightsxctf>

Communication

Coach Renaud will be in frequent communication with everyone through the following means

- Team Website
- Weekly Parent and Athlete Email
- Remind Messages

Meet Expectations and Calendar

- We will compete in 1–2 meets most weeks.
- We aim to be the best citizens on the course—character comes first.
- Wear official team gear to all meets. Represent Prospect with pride and unity.
- Always thank the officials for their service and show respect to opposing coaches for hosting the event.
- At home meets, every athlete helps with course takedown—no exceptions.
- We support every teammate, from the first to the final finisher. Cheering continues until our last runner crosses the line.

Uniforms & Gear

- Uniforms will be issued to all athletes.
- Athletes are responsible for any lost or damaged uniforms:
 - \$60 for a replacement top
 - \$40 for replacement bottoms
- When traveling to meets, athletes are expected to wear Prospect Cross Country gear.
- Always have the proper practice equipment and be prepared for all weather conditions.

Injuries

- While we take every precaution to prevent injuries, they can still happen.
- If you are injured, you are still expected to attend practices and meets.
 - We will provide cross-training, modified workouts, and drills to help you recover and stay engaged.
 - Shannon Malahy, our head athletic trainer, is an excellent resource—use her!
- Report all injuries immediately, even if they seem minor.

Transportation

- We travel to all meets by school bus.
- Athletes are expected to ride the bus both to and from each meet unless otherwise approved by a coach in advance.

Running Shoes, Spikes & Equipment

- Athletes must always have proper running shoes.
 - Distance shoes should be replaced every 400–500 miles.
 - Carbon plated shoes are a bonus for workouts.
- For guidance on shoes or spikes, visit Dick Pond Athletics in Park Ridge—mention you're with Prospect XC for a 10% discount.
- Having the right footwear is key to performance and injury prevention.

Locker Room Policy

- Athletes must be accompanied by a cross country coach when using the locker room.
- Do not ask coaches from other sports to open the locker room.

Drugs, Tobacco & Alcohol

- The use of alcohol, tobacco, drugs, or engaging in inappropriate behavior is not compatible with being a part of this team.
- Violations will be addressed according to the District 214 Co-Curricular Code.

Academic Achievement

- Athletes must remain academically eligible to compete.
- Stay on top of your schoolwork. If you're struggling:
 - Talk to your teacher. Schedule help sessions before school, during lunch, study hall, or free periods
- We receive a D/F list weekly and will follow up with any student-athletes on the list.

Sportsmanship

- Athletes are expected to demonstrate respect and sportsmanship at all times—toward teammates, competitors, coaches, and officials.
- There is zero tolerance for hate, racism, bullying, or discriminatory behavior—on the course, in the stands, in school, or in our community.

2026

- Summer Running Camp - June 8-25, July 6-30
- Captains Camp at Melas / Trail - June 26 - July 5
- Whitewater Team Trip - July 6-8
- Summer Team Olympics - July 21-24
- Start of the Season - August 10
- I can't stress enough how important it is for athletes to be present at summer running camp. I know it is not always possible but if it is please plan vacations in June. Our guys will have a running break from May 31 - June 7