

Welcome to SCNXC 2021
This page will be updated soon!

IHSA Sectionals October 31, 2020

St. Charles North Boys and Girls teams both qualify for state!



Anything can happen at sectionals...

After a dismal conference meet we had but one focus: finish with respect. We had a decent regional meet. Cooper dropped significant time, and most others were better than the week before.

While on the bus to Lyons Township, I overheard a great conversation in the back of the bus. The team was talking about holding or improving their positions from the previous week... let's run better... that would be a good day.

Pre-meet was focused, but without hype. Connect to protect from the wind... run together... leave it on the course...

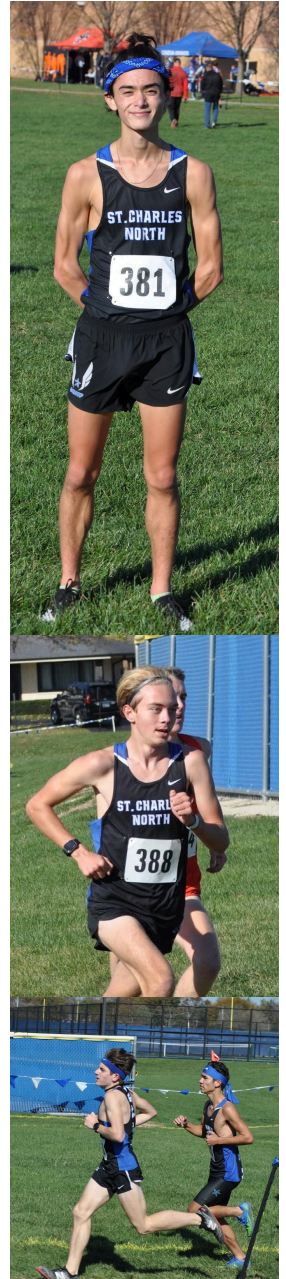
Something happened in the 4-5 race... Zayne broke 17:00 for the first time and his celebration lit a spark! I won't make fun of the brown "flower power" shirt ever again! Cooper and EZ ran personal bests in a race where they beat people that have been beating them all year. Noah ran a contentious race complete with shoving, heel clipping, and spike cuts... and came out with an "All-Sectional" top 10 finish.

Happy with our improvements and seeing the seniors close out their XC careers (which is always bitter-sweet), we were on the way to the bus when I got a text... it seems that we got 7th... we beat Geneva and Batavia (who beat us routinely all season)... 7th...

State qualifiers??? Really??? How did that happen!!!!???

ANYTHING CAN HAPPEN AT SECTIONALS. Some teams explode and some implode... some athletes drop huge PR's and some athletes fall apart...

On Saturday the stars aligned... figuratively and literally! I still can't wrap my head around it.



DIRECT STUDENT LINK TO HEALTH PASS SITE

DAILY CERTIFICATION INFORMATION AND LINKS HERE

Information from Dick Ponds

Dick Pond Athletics has reached out to give us information about the “team days” at the store. The email is below.

Those of you with some aches and pains may need new shoes. This is also a great time to get spikes for the meets.

Welcome to Illinois Cross Country 2020! WOW!

Since we are limiting the number of athletes shopping in the store at one time this fall, we have decided to have ***Virtual XC Team Days*** at the store until November.

What does this mean?

Any time that your athletes come to the store and announce that they run for you, they will receive the same discounts as if you had brought them in as a group for a traditional team visit.

Discounts:

10% OFF the retail price of current trainers.

20% OFF the retail price of any competition spike shoe

10% OFF the retail price of any current accessory of apparel item.

Team email #4, August 10, 2020

First, we will not be sending out daily emails all season, so please bear with us as we navigate these first days.

1. The certification process with links appeared to be working today. Tomorrow let's have everyone try to use the links rather than taking pictures. The links and process information are listed on the front page of [the team website](#).

2. PRACTICE TIMES have changed for Wednesday- next Tuesday. The athletes overwhelmingly preferred to come in early rather than to wait until the afternoon to practice. Please see #2.

3. CALENDAR is now on [the team website](#). It has practice times and locations. Please bookmark this website as we will post lots of information- like the calendar- here.

We are waiting for some information about the first three days of student attendance, so those times will be posted as soon as possible.

4. ORDER FORMS are due Wednesday. BOYS UNIFORM BOTTOMS are \$35. Sorry for not listing that on the form.

SCNXC email #3, 9 August 2020

1. You are registered if you are receiving this email! This will be the way that I send emails during the season. (If you are reading this on the website and did not receive this email, then please log on to the school athletic website and add or edit your email).

2. The daily certification online is working for parents, but the student log in is not working at this time. Athletes should take a picture of the parent's green screen or print out the daily green screen (hopefully your phone and camera works because doing a color print everyday will burn through quite a bit of ink).

3. Athletes must wear masks upon arrival and any time that we are not actively training.

4. If we need to cancel practice due to inclement weather, then we will post that announcement on Google Classroom by 6:30 AM.

5. I am attaching the pdf order form for team gear. I will have some paper copies at practice. The front and back are filled out differently since we use two different suppliers. A single payment is fine.

Looking forward to tomorrow!

Coach Harrington and Coach Hayes

Team email #2 from 8-8-2020

Several Important Items

1. While we have many registrations, I know that many are missing. Please register your athlete on [the school athletic website](#) by Sunday at 2:00. Athletes who are not registered or do not have a current physical on file will not be allowed to practice.

2. There is a new process that **MUST BE FOLLOWED DAILY** PARENTS/GUARDIANS AND ATHLETES. Sorry for shouting... but we need you to do this! Basically, parents must verify the athlete's health *everyday* using a login similar to HAC. After verification, athletes will log in to a similar site on their phone/device which will display a green screen with the date. This verification is what we will need to see at the start of practice (and this may be the process to get in to school each day). [Details and the appropriate links are here.](#) If you get this on Saturday or Sunday, you should be able to practice. Let us know if there are troubles!

3. We will send out final reminders tomorrow (Sunday) as well as the order form for team gear.

Looking forward to official practice #1

Coach Harrington and Coach Hayes

Team email #1 from 8-6-2020

Cross Country Parents and Athletes,

Welcome to the 2020 season. We are excited to have some semblance of normalcy, even if the season is far from normal!

This letter will give you some information about practices, protocols, competitions, and anything else that we think of! The situation continues to be fluid, so expect things to change and refine!

1. Please **sign up** on the school athletic website as soon as possible. There is a great deal of planning to be done. One improvement this year- [the athletic website](#) is the only site needed to complete sign up. There will be future emails that are sent through 8to18 (the athletic website), so be sure to include all pertinent email addresses when you sign up.
2. **Current physicals** are still needed to participate. If you have a current physical, you can hand it in at the main academic entrance to the school. Once you register on the athletic website, it will let you know if you have a current physical on file.
3. **Practice** schedule. Monday and Tuesday will be from 7:00 to 9:00 AM. After that, school starts for teachers, so remaining weekday practices will be from 3:00 to 5:00 PM.
 - a. Athletes must complete the Covid survey daily.
 - b. Athletes must **NOT COME** to practice if they aren't feeling well.

- c. Practice will be outside all the time. Inclement weather will lead to cancellation of practice.
 - d. Bathrooms and locker rooms will be limited to 3 athletes at a time, so preparing for practice may take some extra time. Lockers will not be assigned nor will they be able to be used (per ISBE rules).
 - e. Athletes' gear (school bag, etc.) can be kept in their cars or brought out to the stadium during practice. We will lock the gates to the stadium when we head out on runs.
 - f. Athletes need to have their own water bottles.
 - g. Cross country is a sport where consistency is the key. Therefore, daily practice is mandatory. We understand that this will be a challenge for some families to work out, and we will try to work out conflicts with families on a case by case basis.
 - h. Please see our attendance policy and other [team information here](#).
4. **Meets**- Nothing is definite yet, however our most recent conversations have included varsity meets on weekends (scaled down- not the same invitationals as last year) and duals or triangulars during the week for non-varsity athletes. We do not know what will happen with our invitational. None of this is definite at this time.
5. This will be difficult for many of you, but there will be NO SPECTATORS at any of our events. It is too difficult to ensure spacing and total numbers with spectators. I am sure that we will video, photograph, and post as much as possible. .

Please email either of us with further questions and we will answer as we can.

Coach Harrington and Coach Hayes.