

2025 Cross Country Team Expectations

Being a member of the Catalina Foothills High School cross country team is an exciting adventure, and is an opportunity to follow in the footsteps of those who have come before.

Boys Head Coach: Steve Carney scarney@cfsd16.org

Girls Head Coach: Blake Hinson bhinson@cfsd16.org

XC Philosophy

- Develop competitive, well-trained runners that compete to the best of their abilities
- Focus on the process, not the outcomes
- Focus is on setting high aspirations and striving for excellence as you pursue your aspirations
- Encourage runners to live a healthy lifestyle
- Give runners an opportunity to make new friends

Coaches Expectations

All team members will be expected to represent themselves, their families, their high school, and their team in a proud and positive manner. All team members should attempt to do the very best that they are capable of doing.

Practice Times

Practices will begin exactly at 6:00 am Monday, Wednesday, Friday and Saturday and 3:45 pm Tuesday and Thursday and end at approximately 7:30 am or 5:15 pm respectively. Practices starting at 6:00 am during the week will meet in the stadium bleachers and 6:00 am practices on Saturday we will meet at Esperero Canyon Middle School. Practices starting at 3:45 pm will meet in the gym hallway downstairs on the north end. Please notify your coach ahead of time if you have any obligation that would require you to miss practice, arrive late, or leave early.

Attendance

Team members are expected to be at practice every day. Attendance is a very important part of cross country training and racing. There is also a strong correlation between practice, performance, and minimizing the risk of injury associated with practice. Attendance will be monitored on a daily basis. If you have unexcused absences you may not be allowed to run in the next meet. The coaching staff will inform an athlete ahead of time if they will not be competing.

Excused absences would include:

- Family emergency
- Family holidays or visits: Please inform your coach ahead of time.
- Religious observances: Please inform your coach ahead of time.
- Injury/illness: Trainer and/or doctor will be involved in determining the proper course of treatment.
- College Visitations: Please inform your coach ahead of time. Please try to schedule these on bye weeks or weekends after an invitational meet.
- Doctors/Dentist: Please inform your coach ahead of time. Consider making the appointment in the afternoon when we don't have practice or a meet.
- DMV Appointment: Please inform your coach. Consider making the appointment in the afternoon when we don't have practice or a meet.
- Meet with a teacher: Please inform your coach ahead of time. Try to make the appointment so it doesn't conflict with our practice or meet schedule.

What Should I Bring?

All student-athletes are recommended to provide for themselves the following equipment:

- Weather appropriate running apparel.
- Practice and competition footwear. The coaching staff will discuss these options with the team and with parents if requested.
- Water bottle and snacks.

- Running watch with a timer.

Participating in any outside running events and other sports

It is usually not recommended to run in any outside running events. We are training for specific meets on our schedule. Please inform your coach about your participation in other sports during the cross country season. We will work with you about rescheduling important cross country workouts. Two sport participation can be very challenging and we don't want you to overdo it.

Minimum number of practices

Each student-athlete will be expected to participate in a minimum of team practices.

Minimum Standard to Run in a Meet

Run 3 miles without stopping.

Invitational Team Selection (Varsity 7)

The seven-person teams that will represent CFHS at invitational/championship meets will be determined by times/workouts for each athlete and other factors such as attendance and attitude. As always the coach's discretion will be the ultimate determining factor.

Open/JV Races If you aren't in the top 7, you will still have an opportunity to compete at every meet we go to in an Open or JV race. At Sectionals and the State Meet, no Open or JV races are held.

Additional Information

Team members will be immediately removed from the XC team if any of the following violations occur:

- Violation of CFHS drug, tobacco, alcohol policy, this includes use of vapor or E cigarettes.
- Failure to meet the team's attendance policy.
- Continually demonstrating the inability to adhere to the team's philosophy and team's goals regardless of attempted and documented interventions.

Classroom Behavior

All student/athletes are students first and are expected to display the utmost respect and courtesy to all staff members and peers at all times and especially in a classroom setting. Please understand that if a staff member contacts the coaching staff regarding inappropriate behavior you may be unable to run in the next meet.

Sportsmanship

We expect our athletes to always compete with honor. Win or lose we expect our runners to hold their heads high and congratulate the victors. We will be proud that we have the opportunity to compete when so many others do not. Any student-athlete who is disqualified from a competition for unsportsmanlike conduct (bad language, intentional physical contact with another competitor, taunting, etc.) may be suspended from future competitions.

Injuries/Illness

Each student-athlete is expected to report any and all injuries or illness immediately. Allergies, asthmatic conditions, etc. must also be made known to the coaching staff. All athletes must check with the trainer before telling the coach they will not practice. All injured athletes are required to check in with the coaching staff for an update on their injury and treatment before missing a practice.

Uniforms/Clothing

Competition shorts and tops will be issued to every member of the team with the understanding that this equipment will be maintained and returned in proper condition. Any and all tears, stains or excessive wear must be reported immediately. A fee may be assessed for lost or damaged clothing.

You must wear the assigned uniform to every meet. Please dress before the meet and wear some kind of Foothills shirt and not something from another school. You also must return your uniform at the end of the season.

Campus dress code must be adhered to when practicing on campus.

Shirt Rule for Meets

Athletes must wear some kind of Foothills t-shirt preferably a Foothills Track and Field or XC t-shirt or a plain t-shirt to all meets. We would like to look like a team and not a bunch of individuals. Anyone not wearing the proper t-shirt will be asked to turn it inside out before they get on the bus. This definitely applies to shirts from another school.

Earning a Varsity Letter

EARN 15 POINTS IN THE FOLLOWING MANNER:

Varsity Events

- 5 - 1st place in a regular season meet
- 4 - 2nd place in a regular season meet
- 3 - 3rd place in a regular season meet
- 2 - 4th place in a regular season meet
- 1 - 5th place in a regular season meet
- 5 - Top 10 at an invitational.
- 4 - Top 25 percent at an invitational.
- 5 - Member of the Sectional team
- 6 - Member of the State team.
- 2 - Alternate on the Section or State team.

Junior Varsity - Open - Events

- 5 - 1st place in a JV only regular season meet
- 3 - Beat an opposing teams 4th varsity runner in a regular season meet
- 2 - Beat an opposing teams 5th varsity runner in a regular season meet
- 5 - Top 10 at an invitational (JV, Open, Grade Race)
- 4 - Top 25 percent at an invitational (JV, Open, Grade Race)
- 3 - Top 50 percent at an invitational (JV, Open, Grade Race)

Time

- 5 - Run a time of 18:00 in a 5K race (boys)*
 - 5 - Run a time of 21:00 in a 5K race (girls)*
- *If the race is short/long a time adjustment will be made

Coaches Discretion

The coaching staff reserves the right to award a letter to an injured athlete.

The coaching staff reserves the right to award a letter to an athlete who demonstrates exceptional leadership skills throughout the season.

The coaching staff also reserves the right to not award a letter to an athlete who does not complete the season even if the point total requirements have been met.

Parent Participation

Parents, relatives, and friends are encouraged to take an active role in helping to plan and implement a variety of XC activities including, but not limited to, pre-race dinners, post-race picnics, Saturday breakfast, snacks

and drinks for meets, and the annual team banquet. All meets and practices are open to public observation. Please feel free to participate in practice if you are so inclined.

Ineligibility Rules

Any student-athlete suspended from school will be ineligible to return to practice and competition until he or she returns to school. Any administrator assigned detention or teacher-assigned detention must be served before reporting to a practice/meet. It is the absolute responsibility of the student athlete to inform a coach should this occur. Also, you **must** be in school for at least 50% of the school day to be allowed to practice or compete.

Hazing

"Hazing" means any intentional, knowing or reckless act committed by a student, whether individually or in concert with other persons, against another student, and in which both of the following apply:

- The act was committed in connection with an initiation into, an affiliation with, or the maintenance of membership in any organization that is affiliated with an educational institution.
- The act contributes to a substantial risk of potential physical injury, mental harm or degradation, or causes physical injury, mental harm or personal degradation.

If you participate in hazing you can get arrested and prosecuted for committing a crime. You will also be immediately removed from the team.

Race strategy

Please note that each race we may use a different strategy. We may train through some of our earlier or less competitive meets. This may mean we may ask the runners to run as a pack or we may even allow certain individuals to place in a certain order. We may also train through a race and have the runners do an additional workout after the race.

Water

Every student-athlete must stop the workout when the need for a rest or a water break becomes necessary. Although each workout contains several scheduled breaks, there will be occasions when additional ones might be needed. It is always the student-athlete's option when they will be taken.

Rest and Nutrition

It has been clinically proven that in order for a student-athlete to perform to the best of their ability that they need adequate sleep. Our athletes are constantly struggling with the rigors of homework, practice and the teenage lifestyle. As coaches, our responsibility is for the safety of your child. If we notice that they are struggling with a particular workout they will be stopped and sent home. It could be for various reasons. Skipping meals, not getting enough rest, illness, injury, etc. We will never force a runner to finish a workout for the sake of being tough.

Transportation

All student-athletes are required to ride district provided transportation to and from all meets. All student-athletes are expected to stay and support their team until the meet is over. The CFHS Transportation Form is required in order for an athlete to leave an away contest with the parent. Athletes are not allowed to drive or leave with other students or parents of other athletes. Additional circumstances regarding transportation must be approved by the Athletic Director. Please notify the coach and Athletic Director 24 hours in advance.

Parent responsibilities:

Please leave coaching and strategy to the coaches. We appreciate your enthusiasm and knowledge of the sport but many times our strategy, training methods and coaching styles are individually designed to meet the needs of the athlete and their progress in the sport. If your son or daughter has a concern about anything that is going

on please have them speak to the coaching staff. One of our goals is to support the growth and development of your child. We believe teaching them to advocate for themselves is an important skill. Please understand that on race day the coaches are busy coaching all of the athletes and it is not the best time to discuss specific concerns, other than an emergency.

We hope that you will join us in celebrating this honorable sport. Please cheer on your child as well as all the athletes of CFHS and other schools. By nature, this is a very friendly and supportive sport.

Coach's Statement:

It is our hope that Catalina Foothills Cross Country will become an important component of a student's overall high school experience. We believe it will provide every student the opportunity to experience interscholastic athletics with success evaluated on a self-determining basis consistent with each student-athlete's individual goals. Competition by its nature carries significant inherent pressures. It is our belief that the training and competition that our athletes will experience will better prepare them to handle the successes and failures of life.

Please read over all of these rules with your student/athlete. If you have any questions, concerns or comments, please feel free to email.