

Dallastown Cross Country

2024

Student – Athlete Policies Packet



Cross Country Varsity Coaching Staff:

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The purpose of this packet is to inform Student-Athletes and their parents of the expectations for varsity athletes in the Dallastown Varsity Cross Country program.

This packet contains the following information:

1. Season and Pre-Season Schedule Information
2. Team Expectations
3. Team Paperwork Requirements for the Athletic Trainers
4. Team Paperwork Requirements for Coach Moyer
5. Summer Training Program – Experienced Runners
6. Summer Training Program – Beginning Runners

Season and Pre-Season Schedule Information

Season Practice & Meet Schedule:

Practice officially begins on Monday August 12, 2024 at 7:00 am at the stadium. The first week of practice will be daily at 7:00 am. Starting the week of August 19, 2024 practices will move to 3:05 pm to accommodate the school schedule. A 2024 Practice & Meet Calendar will be distributed to the Team. Note that the schedule is subject to change. Updates will be communicated through e-mail & remind.

Pre-Season Training:

Running over the summer to build a distance base is necessary to prepare for a successful fall season. The Team Running Club will meet over the summer Monday - Friday at 7:30 am at the stadium, starting on Monday, June 24, 2024. If you cannot attend these pre-season practice sessions, please run on your own. Begin with short runs and gradually increase your distances throughout the summer. Run in the morning or evening to avoid the heat of the day and drink adequate water or sports drinks to stay well hydrated. Be sure to use a good pair of running shoes. Always practice Road Safety! ***Summer Training Program outlines for experienced and beginning runners are located at the end of this packet.***

Team Announcements:

Announcements will be made daily at team practices. In addition, e-mails & remind will be used for communication to athletes and parents throughout the season, providing schedule updates and team event information. The Dallastown Cross Country Booster Club will also organize team events such as Meet Treats, Senior Night & the Team Banquet with communication through the e-mail chain. Please be sure I have both athlete and parent e-mails.

Competition Results:

League regular season meet results are posted on the www.centralparunner.com and the www.yaiaa.com websites. Invitational and post-season meet results are posted on the www.pamilesplit.com website.

Team Expectations

Parental Expectations:

We are happy to welcome your child to the Dallastown Cross Country Program. As a parent in this program, we ask that you understand the following points:

- Our program's success is dependent on your help. The Dallastown Cross Country Booster Club organizes events throughout the season including bringing treats to meets, helping with Senior Night, and coordinating the Team Banquet. Parental involvement in the Booster Club is essential for success of the Cross Country Program. More information pertaining to the Booster Club will be forthcoming.
- Understand that the coaching staff will make all decisions regarding athletic participation and will do so with the best interest of the team and student-athletes in mind.
- Come to meets to support and cheer for the athletes. Be a role model by modeling sportsmanship at competitions.
- Support your Student-Athlete in fulfilling the Student-Athlete expectations listed below.

Student-Athlete Expectations:

You have chosen to participate in this sport. Along with that choice come certain responsibilities. You are to adhere to the following rules, policies, and expectations. Failure to do so may result in diminished participation in competitions, or possibly dismissal from the team.

- You are Student-Athletes. Give your maximum effort in the classroom.
- Treat your teammates, coaches, and opponents with respect and demonstrate good sportsmanship.
- Display a positive attitude and work hard at practice. Practice includes warming up and cooling down properly, as well as strength & core exercises.
- Report in with a coach prior to leaving at completion of each practice and competition.
- Compete to your fullest potential.
- Devote your running season to the Team. We have numerous meets and invitationals scheduled throughout the season. The team training schedule is designed around those meets and invitationals. To reach your fullest potential and minimize injury risk, it is expected that you will NOT run road races or other non-team competitions during the season.
- Attend all practices and competitions. Practices and competitions are mandatory. You are expected to be dedicated to the Team. However, we do recognize that many athletes participate in other extra-curricular activities. We also recognize that family responsibilities may conflict with the Team Cross Country Schedule. **Please communicate with either Coach Moyer or Coach Granger before-hand if you need an excused absence due to other school obligations or family commitments.**
- Take care of Team equipment and Dallastown facilities.
- Take care of your team uniform & warm-ups. All team uniforms, warm-ups & equipment must be returned at the completion of your last competition. Failure to do so will be treated as a school obligation.

Team Paperwork Requirements for Athletic Trainers:

Athletic Physicals:

Athletic Physicals must be completed on or after June 1, 2024 and prior to participating in the first official practice on August 12, 2024. **To be sure your Athletic Physical information is approved prior to August 12, 2024, all information must be submitted by August 1, 2024.** Any practices missed due to not having paperwork for the Athletic Trainers **completed and accepted** by August 12, 2024 will be counted as unexcused absences.

Generally, Dallastown Area High School coordinates with local health agencies to offer Athletic Physicals throughout the summer, or you can have your family doctor perform the Athletic Physical. As information concerning Athletic Physicals offered by the School is made available, information will be forwarded to you via e-mail.

Rank One Account:

All Student-Athletes must set up and complete an on-line Rank One account. Information concerning the Rank One account is available on the Dallastown Athletic Website. Athletic Physical information is submitted through the Rank One Account, so the Rank One account must also be set up by August 1, 2024.

Dallastown High School Athletic Website:

For additional information concerning the Athletic Physicals and the Rank One Account, see the Dallastown Athletic Website: <http://www.dallastown.net/departments/athletics>

Team Paperwork Requirements for Coach Moyer:

- Athletic Participation Contract/Code of Conduct
- Hazing Policy Letter
- Emergency Contact Information Cards – to be distributed by Coach Moyer over the summer and at the first Team practice on August 12, 2024.

DALLASTOWN WILDCAT CROSS COUNTRY – 2024

Summer Training Program – Experienced Runners

Summer Training is designed to build a “base” of running miles to prepare for the upcoming competitive season. Most of the running should be “training” miles; a few road races could be run during the summer, but racing should be kept to a minimum. The keys to developing a good summer base are “consistency” and “flexibility”. Be consistent with your summer training and be flexible to allow for family time as well. ***For those who can attend, the Team Running Club will meet over the summer Monday - Friday at 7:30 am at the High School Stadium starting June 24, 2024.***

Typical Summer Training Program (Experienced Runners):

I. Week 1 – June 2-8.

Total Miles: 20-30 Miles. Long Days should be 4 to 5 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

II. Week 2 – June 9-15.

Total Miles: 20-30 Miles. Long Days should be 4 to 5 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

III. Week 3 – June 16-22.

Total Miles: 25-35 Miles. Long Days should be 5 to 6 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

IV. Week 4 – June 23-29.

Total Miles: 25-35 Miles. Long Days should be 5 to 6 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

V. Week 5 – June 30-July 6.

Total Miles: 30-40 Miles. Long Days should be 6 to 7 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

VI. Week 6 – July 8-13.

Total Miles: 30-40 Miles. Long Days should be 6 to 7 miles. Most days should be run at conversation pace. Two days should be at an “up-tempo” pace. One day should focus on a “hilly” course.

VII. Week 7 – July 14-20.

Total Miles: 35-45 Miles. Long Days should be 6 to 8 miles. Most days should be run at conversation pace. Two days should be at an “up-tempo” pace. One day should focus on a “hilly” course.

VIII. Week 8 – July 21-27.

Total Miles: 35-45 Miles. Long Days should be 6 to 9 miles. Most days should be run at conversation pace. Two days should be at an “up-tempo” pace. One day should focus on a “hilly” course.

IX. Week 9 – July 28-August 3.

Total Miles: 40-50 Miles. Long Days should be 7 to 10 miles. Most days should be run at conversation pace. Two days should be at an “up-tempo” pace. One day should focus on a “hilly” course.

X. Week 10 – August 4-10.

Total Miles: 40-50 Miles. Long Days should be 7 to 10 miles. Most days should be run at conversation pace. Two days should be at an “up-tempo” pace. One day should focus on a “hilly” course.

Monday August 12, 2024 – First Official Cross Country Practice – 7:00 am at the High School Stadium.

Athletic Physical and Rank One account must be completed prior to the First Official Practice to participate.

DALLASTOWN WILDCAT CROSS COUNTRY – 2024

Summer Training Program – Beginning Runners

Summer Training is designed to build a “base” of running miles to prepare for the upcoming competitive season. Most of the running should be “training” miles; a few road races could be run during the summer, but racing should be kept to a minimum. The keys to developing a good summer base are “consistency” and “flexibility”. Be consistent with your summer training, but be flexible to allow for family time as well. ***For those who can attend, the Team Running Club will meet over the summer Monday - Friday at 7:30 am at the High School Stadium starting June 24, 2024.***

Typical Summer Training Program (Beginning Runners):

I. Week 1 – June 2-8.

Total Miles: 8-10 Miles. Long Days should be 2 to 3 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace.

II. Week 2 – June 9-15.

Total Miles: 8-10 Miles. Long Days should be 2 to 3 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace.

III. Week 3 – June 16-22.

Total Miles: 10-12 Miles. Long Days should be 3 to 4 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace.

IV. Week 4 – June 23-29.

Total Miles: 10-12 Miles. Long Days should be 3 to 4 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace.

V. Week 5 – June 30-July 6.

Total Miles: 12-15 Miles. Long Days should be 3 to 5 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

VI. Week 6 – July 8-13.

Total Miles: 12-15 Miles. Long Days should be 3 to 5 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

VII. Week 7 – July 14-20.

Total Miles: 15-20 Miles. Long Days should be 4 to 5 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

VIII. Week 8 – July 22-July 27.

Total Miles: 15-20 Miles. Long Days should be 4 to 5 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

IX. Week 9 – July 28-August 3.

Total Miles: 20-25 Miles. Long Days should be 5 to 6 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

X. Week 10 – August 4-10.

Total Miles: 20-25 Miles. Long Days should be 5 to 6 miles. Most days should be run at conversation pace. One day should be at an “up-tempo” pace. One day should focus on a “hilly” course.

Monday August 12, 2024 – First Official Cross Country Practice – 7:00 am at the High School Stadium.

Athletic Physical and Rank One account must be completed prior to the First Official Practice to participate.

