

**WHITNALL MIDDLE SCHOOL
CROSS COUNTRY
TEAM HANDBOOK**



MISSION STATEMENT

Whitnall Middle School Cross Country is ALL IN in creating an environment where our student athletes become a better version of themselves.

Team Philosophy: That all student athletes become better today than they were yesterday and better tomorrow than they were today.

Team Values:

1. **Character:** Good character comes when our student athletes exceed the average expectations put upon themselves and others. We want them to keep up with their school studies, maintain well-earned grades, be to practices and meets on time, eat nutritiously, get plenty of sleep, do the extra stretching and weights, train smart, have a positive outlook, avoid gossip, encourage other teammates, solve conflicts correctly, and have trust and faith in the coaches and their ability to coach the team.
2. **Team Player:** Since we are strong believers in keeping a team and family focus, we will always be training and bonding together. We will warm up and cool down together. We will strive to keep a positive outlook, cheer on and encourage our other teammates in races and practices.
3. **Preparation:** Life is crazy with busyness and distractions. Our goal as a team is to help each student be prepared as an athlete, but also for everyday battles as well.. Athletes will always be encouraged to have the right equipment with them. ***Timing watches, water bottles, all season running clothes, running shoes (and an extra pair as well), a towel and their uniform*** are all important for the everyday obstacles and challenges we may run into.
 - a. **Nutrition:** Please bring nutritional drinks and snacks for after practices and meets. You have approximately a 30-45 minute window to help nurture and heal the muscles that you worked out.
4. **Fun:** Cross country is a competitive sport, but we need to have fun while we do it. We will help each student athlete set goals and follow through with them. While we work hard and strive for these goals, we also want to play, laugh and smile together as well. This is what makes the sport all worth it!

Practices, Attendance, Meets:

Practices: Mon-Thur, 3:00-4:45p. Attendance, Team meeting (Cafeteria/Aux gym/north side of building outside), dynamics/activation warm-up (30 min), Workout (30 min), Weights, Core, Stretching, Ice (30 min). Everybody should be prepared to practice until this time everyday. **Prepare - Perform - Punctuate!**

- a. **Communication:** Be to practice and meets on time. We want to respect your time, so please respect our time together. Please let us know by noon of that day if your student athlete will be missing practice.
- b. **Inclement Weather:** We will still meet in the cafeteria to have a meeting and do drills on bad weather days. We'll do our best to simulate workouts indoors. These practices might end a little earlier.

Attendance: Attendance will be taken. Athletes missing multiple times without notice will be excused from the team.

Meets: A weekly communication will go out describing what is happening each week and meet details. Look further for more information on meets.

WHITNALL CROSS COUNTRY 2024 SEASON SCHEDULE

DATE	DAY	EVENT	TIME
9/3	TUE	First Practice	3:05-4:45
9/9	MON	MEET AT LAKE DENOON MS	4:00
9/12	THU	WHITNALL INVITE (HS) - @ HC PARK (Run and Watch - Pick up at park anytime after 4:45)	4:00
9/13	FRI	Picture Day	3:15
9/18	WED	MEET AT GRANT PARK	4:30
9/26	THU	MEET @ GREENFIELD PARK	3:45
10/3	THU	MEET @ ROTARY PARK IN MENO FALLS	4:00
10/9	WED	YOUTH RACE #2 @ WHITNALL MS	5:05
10/15	TUE	JR SOUTHEAST CONFERENCE MEET (HOSTED BY WHITALL)	3:45
10/16	WED	Last day of Practice (turn in jerseys)	3:15-4:00
10/17	THU	WOODLAND CONFERENCE MEET (HS) @ GREENFIELD PARK	3:00
10/23	WED	MS GRADE SCHOOL CHALLENGE MEET @ GREENFIELD PARK (Top 10 for each gender invited) - no bus for this meet.	4:30/5:00

CROSS COUNTRY QUESTIONS:

- *All forms AND fees must be in to participate in the season (Physical, School and Athlete fee)*

1. How long does a meet last?

Cross country usually has one race a week and can be anywhere from 1 mile to 1.86 miles (3K). This usually takes an athlete about 6-20 minutes to finish, depending upon the distance. Times of races will be listed in our weekly emails.

2. What should I bring to a cross country meet?

Always be prepared, it's Wisconsin! Running shoes, uniform, and Healthy snacks/drinks are the most important. Meets (especially the last few of the year) are chilly, especially as the sun goes down. Prepare them for all seasons.

3. Can I take my son/daughter home from a cross country meet?

Yes, however, we encourage our athletes to stay at the meet the entire time to support their teammates. We understand that there may be some instances where an athlete may need to leave early. **If you are taking your student home from the meet, a parent/guardian MUST fill out a transportation form one day PRIOR to the meet day.** The coaches will have hard copies with them. For safety reasons, coaches appreciate athletes checking in before leaving. Non-parent/guardians will not be allowed to fill out forms for other students nor will athletes be allowed to leave a meet with another parent. Ask your athlete's coach if you have further questions.

4. How can I help?

We will be hosting **1 meet and 1 youth race** this season. We will need all hands on deck when it comes to set-up, course direction, handing out awards, and take down. We have sign up sheets for each race. [CLICK HERE!](#)