

New Trier Cross Country Information for Freshmen and Their Parents/Guardians



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Welcome to the New Trier Boys Cross Country Program! This document serves to provide some answers to commonly asked questions and to also express some of our team's expectations. The cross country program can be a wonderful introduction not only to running, but also to high school sports and to a healthy and balanced life as a New Trier student. As a no-cut sport, we recognize that our incoming athletes have wide-ranging athletic backgrounds, however, **it is expected that all incoming runners can complete a two-mile continuous run at a conversational pace.** Our team culture will ask your son to *buy-in* to our training philosophy and process, *work hard* during practice and in the classroom, sleep 8+ hours each night, and *grow as a runner and as an individual*. Your son will be asked to bring *value and positive momentum* to practice every day and then race with a "never give up, never give in" attitude during competition. We will strive for excellence in everything we do collectively and as individuals. Together we will achieve great things.

Calendar

All meets and practices are listed on our [Google Calendar](#). While it has dates listed for the entire season, please do not print this out as changes will sometimes occur and we will update the [Calendar](#) accordingly. Please click on each event. You will find start and end times along with location. Additional information will be listed as necessary – this is especially helpful for meets! Please click on the event!

Attendance

While cross country is a no-cut sport, we have standards that are expected of all our athletes. We are not a club. We are a team. Once coming out for the team, we expect **all** our athletes to attend **all** practices and all meets in which they are scheduled to compete. **The commitment is 6 days per week (Monday – Saturday)** from the first day of the season in early August through the conference meet in the middle of October. We practice or have meets **every day** except for Sundays, Rosh Hashanah, and Yom Kippur. There will be practice on Labor Day and during Fall Break. Please schedule appointments, tutoring, etc. around our practice times. Absences should occur rarely, if ever.

- Sickness (not in school). Athlete will miss practice. Email a freshman coach ahead of time to inform us that you will miss practice each day that this occurs.
- Sickness (but in school). **If you are in school, you need to attend practice.** If you are healthy enough to be at school, you can practice, though we may modify the workout for you if necessary. Talk to your coaches at the beginning of practice if you are not feeling well. It is typically better to do a light workout rather than to do no workout at all.
- **Injured. Athlete still attends practice.** If possible, we will coordinate a potential alternative workout through our training staff that will allow you to continue to train. If that is not possible,

it is still important that you attend practice to listen to information, support your teammates and to demonstrate that you are part of the team.

- Out-of-town vacation trips. We understand that freshman athletes may commit to the cross country team at a late time and that trips were arranged before committing to cross country. Please let a freshman coach know as early as possible of any planned misses due to vacation. ****This is an exception that is made only for freshmen****. As upperclassmen, athletes and their families are expected to plan vacations around the respective athletic season.
- Unless instructed not to attend due to injury, 3 missed meets, regardless of reason, will result in removal from the team.

Day trips to the city, family in-town, family birthdays, tutoring, and studying for a test are just some examples of activities that do not excuse an athlete from practice or meets. We recognize that while these are all important, we are typically asking for only two hours of your time per day. If the commitment to cross country cannot be made, then cross country may not be the sport for you.

Practice

- Athletes need a quality pair (or two) of name-brand running shoes for training. If you are not familiar with footwear for cross country, Road Runner Sports in Wilmette or Dick Pond in Park Ridge are a good places to start.
- Most upperclassmen and serious runners will race with spikes, which are special running shoes used just for racing. These are not required but are highly recommended at some point if you plan on continuing with the sport.
- Athletes need to bring a full water bottle, or two, with them to practice every day so they can hydrate immediately before and after the run and sometimes during a workout.
- Once school begins, athletes should secure their belongings in the locker room before practice. **Please do not bring your cellphone to any after school practices – secure it in your locker!!** Leaving valuables in the area where we begin our run is not recommended as this area is not supervised during practice.
- We practice regardless of the weather. If it is raining, we will still be running outdoors. If it is storming outside, we will practice indoors.
- It is imperative that all athletes arrive on time for practice so the team can begin together and all athletes know where to go for the day's workout. We do not run the same route each day, so on-time arrival is critical.
- Cross country is a unique sport in that we typically leave campus for practice and may be spread out over a course of 2 to 4 miles. We expect and trust each athlete to complete their assigned workout without necessarily having continual supervision. Any improvising or shortening of the workout will not be tolerated unless in case of serious injury.
- While we realize that we are working with freshman boys, we still expect behavior to be always excellent when athletes are either attending practice or meets. Coaches will have individual conversations with athletes if necessary to help guide behavior. If, after multiple attempts, the athlete continues to struggle with behavior, the coaches will reach out to parents. If problems persist, the athlete may be asked to leave the team.

Meets

We are about competing. Regardless of your speed, we will strive to make you faster. All athletes are expected to race in meets in which they are scheduled. Please see our [Google Calendar](#) for details. We may take a limited number of freshmen to the meet at Hinsdale and will notify runners about a week in

advance as to their attendance. The season ends with the Conference meet. **Most meets are away and the expectation is that all athletes ride to and from meets together on the bus.**

Aches and Pains

Cross country is a challenging sport and it can be hard on the body. New runners will experience some aches and pains. Soreness is normal. It is important that all athletes stretch appropriately with the team to improve range of motion and recovery. Sharp pain is not normal and should be discussed with a coach and/or an athletic trainer. **If an athlete believes that an injury could prevent them from running at practice, he should be evaluated by the trainer during the athlete's lunch period on Monday, Wednesday, or Friday.** Coaches receive a trainer's report and will modify the workout accordingly. The athlete should not plan to see the trainer after school for treatment unless specifically directed to do so by the trainer.

NT Athletic Uniforms!!!

All athletes will be issued 4 pieces of gear to use for the season consisting of one race top, one race bottom, along with a warm-up top and bottom. The uniform distribution date will be marked on the Freshman [Google Calendar](#). If you are absent on distribution day, it is then the athlete/parent responsibility to pick up and sign off on the uniforms after distribution day. Contact NT Equipment Manager Beth Lopiccolo at lopiccoe@newtrier.k12.il.us or at 847-784-6469 to make arrangements. All gear needs to be properly cared for and should only be used on picture day and for meets. Gear should not be worn to school and all gear will be collected at the end of the season.

Special Note

***During the season, it is a violation of IHSA rules (the Illinois governing body for high school sports) for athletes to compete in events, or similar events, outside of school competitions. This means that once the fall high school sports season begins, runners cannot compete in 5k runs, triathlons, or any similar running event until their season ends. The athletes will be getting plenty of competition with the school's racing schedule. Please speak to a coach immediately if you have a question on this or if you have a special circumstance.