**2021 Cross Country Team Expectations**

**Coach: Les-Lee Ihme 704-213-2931**

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**Carson XC Philosophy**

● Develop competitive, well­trained injury-free, gritty runners.

● Develop a “family unit” to support each other on and off the course, everyone needs encouragement, friends, and people they can count on regardless of ability.

● Develop a lifetime love of fitness.

**Coach’s Expectations**

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

**Synchronize Your Watches**

Practices will begin exactly at 4:00 pm and end at approximately 5:45 pm on school days. Practice location is announced on Sunday’s in the blog. [www.carsonxc.weebly.com](http://www.carsonxc.weebly.com). You will be allowed to leave practice after all core, drill and stretching exercises have been completed, not before. There will be a week by week schedule for summer practices TBA.

**No Come…No Run**

Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury. Team members are expected to be at practice **​each ​**day. If you have an unexcused absence you may not be allowed to run in the next meet. After **​3 unexcused ​**absences you will be asked to leave the team. You may be INELIGIBLE to compete in a race following an excused absence if it is the day before a meet. This is based on coach’s discretion.

3 Ways NOT to inform Coach that you will be missing practice. All of these will be considered UNEXCUSED.

* Have a friend or teammate tell her, this is a huge NO, NO, unless it is a TRUE emergency.
* Tell her right before practice, unless it is an EMERGENCY
* Text her during the day, unless it is an EMERGENCY. Each of you know where my room is located. I do not have good service and rarely check my phone.
* Tell her the next day.

**Unexcused absences include (but are not limited to):** (Keeping in mind that you **​chose ​**to be a part of this team.

* I have a soccer game, triathlon, wrestling match, on Saturday and I am choosing to play instead of running in the invitational. Saturday practices are different. We will handle other sporting events on Saturdays later.
* I have a big homework project and need to miss practice. (Plan ahead! Use and organize your time wisely. Everyone on the team has big homework assignments including Mrs. Ihme!)
* I am taking an AP class. Join the crowd.
* I have friends and/or relatives in town and we have to show them around. (Show them around after practice, or invite them to come run with us!)
* My parents are making me go to my Grandmother’s house for dinner. (Go after practice and make sure to invite Grandma to your next meet!)
* I’m really tired, sore and don’t feel good. (There will be days when we all feel this way. Smile, focus on your goals and be proud you compete in the toughest sport around…remember our sport is other sports’ punishment)
* If you are injured you must still report to practice unless excused for medical reasons from Coach Ihme or a doctor. Please show up in your practice gear unless told otherwise by Coach. Simply saying, “My parents do not want me to run today” or “My parents told me to take a day off” is not an excuse. Your coach is the only one that can excuse you from practice. If you have a legitimate concern about an injury, you must talk to me before practice time. We will together decide on the next step.
* I’m going to the American Idol concert tonight. (Go after practice, if it were Panic At The Disco or Fall Out Boy you would be excused b/c I’m probably going too.)

***Excused absences*** would include:

* Family emergency (If this is a true emergency it may be difficult to let us know before practice, no worries.)
* Injury/Illness. Trainer and or doctor will be involved in determining proper course of treatment.
* College Visitations. You may **​NOT ​**miss a Saturday Invitational for a college visit. Schedule these on weeks or weekends after a meet.
* Doctors/Dentist appt. (Not crazy about these if they were previously scheduled if you knew you were running cross country 6 months ago) Just bring a note from the doctor to be excused.
* DMV Appointment, show us your license or permit! Don't hit anything!

**TEN Practice Minimum**

Each runner will be expected to participate in a minimum of ten team practices before representing JCHS in any XC meet.

**Meet Team Selection**

**Varsity**

The top seven runners will comprise the Varsity scoring team. The top seven can change from race to race. To maintain your status on the Varsity squad you must compete in all assigned races, display a positive attitude, work your hardest. You will address all of your absence and injury issues directly to the coach.

**Junior Varsity**

Open to all other team members. To maintain your status on the JV squad you must compete in all assigned races, display a positive attitude, work your hardest. You will address all of your absence and injury issues directly to the coach.

**“Let’s get physical, physical. I want to get physical”**

Why can’t I just workout with the team to get in shape for my winter sport? You can by being part of this competitive team but you will also be expected to participate in all meets that you are assigned to.

This is the cross country**​ TEAM ​**not the cross country club.

* Speaking of physicals: ALL RUNNERS MUST HAVE AN UP TO DATE PHYSICAL. Physicals will be given at Novant Health Orthopedics and Sports Medicine at 810 Mitchell Avenue, Salisbury; Wednesday, May 16th at 5pm.

**Invitational/Regional Team Selection**

* The seven­person teams that will represent JCHS at invitational/championship meets will be determined by a formula that is based upon the number of opponents and teammates that each runner places ahead of at all conference meets as well as posted times for each athlete and other factors such as attendance and attitude. As always coach's discretion will be the ultimate determining factor.

**No Room for Error**

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

* Failure to maintain those academic standards established by JCHS and the NCSHAA. If you have consistently shown a poor effort in the classroom you may be temporarily suspended until your grades and or behavior improve.
* Violation of JCHS drug, tobacco, alcohol policy, this includes use of vapor or E cigarettes. This is a no excuses policy.
* Failure to meet the team’s attendance policy.
* A continually­demonstrated inability to adhere to the team’s philosophy and team’s goals regardless of attempted and documented interventions.

**A, B, C, D, F...**

If you have a D or F in any class at any time during the season you will be ineligible to compete until Coach has spoken to your teacher and is convinced you are making progress to remedy the situation. This may include not running in the next meet.

**Class Clown**

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 me regarding inappropriate behavior you may be unable to run in the next meet. This includes using any profanity at any time.

**Honor Code**

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

**Ouch!**

Each runner is expected to report any and all injuries or illnesses immediately to the coach. Allergies, asthmatic conditions, etc. must also be made known to the coaches. All athletes must check with me before telling me they will not practice. All injured athletes are required to check in with coach for an update on injury and rehab before missing a practice.

**Orange and Blue Forever**

Jerseys, depending upon varsity or junior varsity will be issued with the understanding that this equipment will be maintained and returned in proper condition. Any and all tears, stains or excessive wear and tear must be reported immediately. An accountability will be assessed for lost or damaged equipment. Girls will be responsible for purchasing their own spandex.

***You must wear assigned uniform to every meet.***

At practice, proper attire is required: RUNNING SHOES, shorts, tops, and socks. If you forget your running shoes (trainers) you will be required to get them before you can practice.

I ask that you please consult with me before buying trainers for the season because there are certain things about running shoes that should be taken in to consideration that is not when buying other types of shoes. Training shoes are critical for preventing injury. I also ask that each runner have a pair of distance spikes. We run on courses in which spikes improve traction and footing, resulting in less falls and better times.

**Earning a Varsity Letter**

* Competing in one or more Varsity races does not automatically constitute the earning of a varsity letter.
* Varsity letters will be awarded to each team member who achieves any one of the following 3 criteria:

 \*Qualify as one of top 7 runners for NPC Championship Meet, top 7 for Rowan County Championships meet, or compete in the Regional Meet.

 \*All Seniors are eligible to earn a varsity letter. They must adhere to all team attendance rules, work hard and compete in all assigned races.

 \*Coaches Discretion based on work ethic, meets participated in, practice record, and the following…

* Additionally, to receive their letter, certificate, or award, a runner must:

 Finish the season in good standing

 Finish the season scholastically eligible

 Show up to the awards ceremony to receive their award.

 Turn in all equipment checked out to them.

 Pay for any lost equipment.

Disclaimer: If an athlete earns All-County or All-Conference during one of the championship races, the athlete forfeits the honor if he/she quits or is dismissed from the team before the end of the season. Any athlete who quits or is dismissed WILL NOT letter no matter how many criteria are met.

COVID-19 specification: Our expectation as coaches is that every athlete be at every practice and run in every meet IF THEY ARE PHYSICALLY ABLE. That means that they should show up to everything, unless they are sick or could answer yes to one of the COVID check in questions.

**What Should I Bring?**

All runners are expected to provide for themselves the following equipment:

1. Weather appropriate running apparel
2. Practice and competition footwear along with good socks
3. Water bottle
4. Running Watch

**What do I wear?**

1. Appropriate running shorts, shirt, and good non-blister forming socks.
2. Appropriate running shoes in good condition. This is a must. Shoes are extremely important in preventing injury and should be thrown out after 300 miles. Please check with coaching before purchasing new shoes.

**Captain's’ Duties Defined**

2021 JCHS captain(s) are named Ihme only after a demonstrated ability to lead is evident. Anyone who has ran at least one year is eligible for selection.

Captains must maintain a 3.0 GPA

Duties:

* To provide leadership, direction, and inspiration to all team members.
* To demonstrate a diligent work ethic.
* To serve, when necessary, as a liaison between individual team members or between team members and the coaching staff.
* To model behaviors consistent with team philosophy and team goals.
* To plan, organize, and execute various team functions.
* To organize and lead stretching, warm­up drills, and cool­down activities.
* To share with other team members their knowledge of the rules, spirit, principles, and strategies of cross­country competition.
* To always maintain a positive attitude.
* To recognize and respect the individuality of each team member regardless of ability or level with the express purpose of making each team member genuinely feel of equal importance with each and every other team member.
* To model and champion excellence in all phases of the total high school experience.

**No Race for You**

Any student­athlete suspended from school will be ineligible to return to practice and competition until he or she returns to school. Any administrator assigned ISS or teacher­assigned ISS must be served before reporting to practice/meet. It is the absolute responsibility of the student athlete to inform a coach should this occur.

**Run That By Me Again**

Yes, we do practice on Saturdays! Yes, we will run meets on Saturdays. Every sport here at Carson competes on Saturdays at some point. Saturdays are no different from any other day of the week. I have to plan my entire fall schedule around cross country meets/practices. The schedule is set very early, so you should too. Since we have implemented Saturday runs the overall quality of the program has grown. Invitational are imperative for athletes to see the true essence of cross country here in NC. It’s a big time sport!

**For Parents:**

**Rest and Nutrition**

It has been clinically proven that in order for a runner to perform to the best of their ability that they need adequate sleep. For informational purposes I have included the links to two articles. Our athletes are constantly struggling with the rigors of homework, practice and the teenage lifestyle. As a coach my responsibility is for the safety of your child. If I 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. I will never force a runner to finish a workout for the sake of being tough if I feel there is another underlying cause to their struggles. Please help me in making sure your athlete is doing all they can to be rested and ready for each day of practice. Nutrition is another factor in your athletes’ success. Eating enough of the correct types of food is imperative to keeping them injury free and fueled for each day. I will send more home about nutrition and how to eat healthy. The number one request I have is no soft drinks/soda…not even diet. Sugary drinks are horrible for endurance athletes, unless they are mixed with electrolytes and drank after a tough workout. (Some types of Gatorade even have too much sugar.)

[http://globalsportsdevelopment.org/good­nights­sleep­student­athletes/](http://globalsportsdevelopment.org/good-nights-sleep-student-athletes/) [http://www.dallasnews.com/lifestyles/health­and­fitness/health/20130902­the­secret­to­teen­athl](http://www.dallasnews.com/lifestyles/health-and-fitness/health/20130902-the-secret-to-teen-athletes-success-might-be-their-sleep.ece) [etes­success­might­be­their­sleep.ece](http://www.dallasnews.com/lifestyles/health-and-fitness/health/20130902-the-secret-to-teen-athletes-success-might-be-their-sleep.ece)

**Transportation**

The JCHS provides a bus to all home and away meets. Riding the bus is required by the district The coach takes NO responsibility in the behavior and/or any incident, driving or otherwise, of any runner once the runner leaves school or leaves the meet on their own or with a parent. Once they are released they cease to be under the supervision of the coach. If your child will not be riding the bus I will need a quick word from the parent or guardian of that athlete after the conclusion of the meet. Unfortunately, we do not have the permission to release your child to a teammate or friend. This is to insure the safety of your child!! For practices, we rarely practice on campus and do rely on carpooling to our destination. If you are interested in being a parent driver please let me know. For the past several years we have established a riding schedule that details who rides with who. Once the school year starts we will set this up. Please let me know if you prefer your child to ride with me from school to practice.

**We love you, no matter how fast you run!**

The best way to "coach" your son or daughter is to repeat the following before they run, “We love you, have fun!” and “We are so proud of you!” after their run. During the race those aren’t bad sayings either!

Please leave all other coaching and strategy to the coaches. I appreciate your enthusiasm and knowledge of the sport but many times my strategy, training methods and coaching styles may differ from some parents no matter how experienced and knowledgeable they are in the sport. It is especially not conducive to having your children run their best when their parents are giving them advice just before or even during a race. Please do not offer specific advice during a race such as pace time, passing runners at any given time in the race etc.

I would hope that you will join us in celebrating this awesome sport. Please cheer on your child as well as the athletes of JCHS and other schools. By nature this is a very friendly and supportive sport.

Please understand that on race day that I am busy coaching all of the athletes and it is not the best time to discuss specific concerns other than an emergency. I appreciate you and don't want to seem unfriendly in any way. Don't feel offended if I am not able to chat.

Please be respectful for the time I have with my family and understand that you should only text me if it is an emergency. If you have questions about location and time of practices or meets, please refer to the weebly or ask your athlete first. Your athlete should be up to date on any times and locations, so if they do not know this information, then they simply need to listen during practice, ask a teammate, or look on the weebly. Directions to parks and schools can be found on Google. I have to use Google Maps to get to most places, so please do the same instead of texting me on the day of a meet.

Please help represent this great sport, our school and yourself by being a respectful and appropriate spectator.

**Coach’s Statement:**

It is my hope that Jesse C. Carson Cross Country will become a wonderful component of the overall high school experience. I believe it will provide every student the opportunity to experience high school athletics with success evaluated on a self­determining basis consistent with each runners’ individual goals. Since we will focus on the betterment of oneself, my goal is that each student finishes the season proud of what he/she has accomplished.

It is my contention that individuals perform at their best when properly­motivated, soundly­trained, and placed in a happy and emotionally­safe environment. Therefore, developing a proper team attitude and personality becomes paramount. I like to believe that helping develop character with as much emphasis as trying to develop runners will separate this program from the rest of the field.

I would ask you that if you have any concerns regarding your child please approach the me first.

Please read over **​*ALL*** of these rules with your student/athlete/parent. If you have any questions, concerns or comments, please feel free to call or email me at school!

Les-Lee Ihme

Les-Lee.Ihme@rss.k12.nc.us

Here is the progression for weekly mileage. You will start on level one unless coach tells you otherwise. You will stay on level one 3 weeks, go to level 2 and stay 3 weeks, go to level 3 for 3 weeks, then stay on level 4 for 3 weeks, etc. Here is an example:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday | Sunday | Total |
| Level | Long Run | Fast and Short | Recovery | Long Tempo | Recovery | Longer Run | Rest or Recovery | Total |
| 1 | 2 | 1 | 10 min | 2 | 10 min | 3 | Rest | 10-11 |
| 2 | 3 | 1 | 20 min | 2 | 20 min | 4 | Rest | 15-16 |
| 3 | 4 | 2 | 30 min | 3 | 30 min | 5 | Rest | 22-23 |
| 4 | 5 | 2 | 30 min | 4 | 30 min | 6 | 20 min | 27-29 |
| 5 | 6 | 3 | 30 min | 4 | 30 min | 7 | 20 min | 30-32 |
| 6 | 7 | 3 | 35 min | 5 | 35 min | 8 | 30 min | 35-36 |
| 7 | 8 | 4 | 35 min | 6 | 35 min | 9 | 30 min | 38-40 |

Longer Run Monday: slow and steady recovery pace, but run the whole time

Turbo Time Trial Tuesday: Faster, harder, this is fastest of week

Recovery Wednesday/Friday/Sunday: Recovery days should be 1-3minute slower than your fast mile

Long Tempo: Long and Hard. Faster than Monday’s. Try to hit same mile pace each mile…thus a tempo.

Longest Run Saturdays: These are mental days to get ready for meets. Super easy. Should be able to talk.