



**CROSS COUNTRY**

**2016 Bishop Kelly  
Cross Country  
Athlete Manual**

Dear Athlete,

Welcome to the **2016 Bishop Kelly Cross Country program!** You are about to join a program that has a long history of Achievement and Excellence. Many Athletes who have preceded you have considered membership on this team to be one of the highlights of their high school experience and provided Bishop Kelly with a reputation that is highly regarded in high school athletics. This same experience is offered to you, and your ability level simply does not matter. This experience is about you – your personal growth, your personal experience. We hope your involvement in this program provides you with many worthwhile experiences and that perhaps you, too, can make a contribution that will further enhance the reputation of Bishop Kelly Cross Country and its entire Athletic Program.

### **The Bishop Kelly Prayer**

Help me to see Jesus in others and to have others to see Jesus in me

### **Vision**

A Catholic Community Achieving Excellence in Learning, Service & Life

### **Mission**

We Educate and Develop the Whole Student in the Catholic Tradition – Spirit, Mind & Body

### **Bishop Kelly Cross Country Mission Statement**

Your Coaching Staff is committed to nurturing a partnership and proper balance between Academic Excellence and Athletics. BK Cross Country seeks to prepare Student-Athletes for productive, fulfilling and responsible lives. To reach this goal, BK Cross Country is dedicated to: (a) the values of sportsmanship, fair play, ethical leadership, teamwork, respect, character, self-discipline, acceptable personal and social behavior, diversity and loyalty in all aspects of its interscholastic program; (b) the safety, physical, emotional and social welfare of all student Athletes, (c) the educational learning experiences and academic progress and success of all student athletes, and (d) compliance with the spirit of all institution policies, rules and regulations.

### **What can you expect from membership in Bishop Kelly Cross Country?**

- ✓ Bishop Kelly Cross-Country is designed to accommodate all skill levels.
- ✓ An opportunity to enjoy and excel in a lifetime sport.
- ✓ An opportunity to be the best you can be and achieve individual athletic potential, improving every year as you transition through the program.
- ✓ An opportunity to work in cooperation with others to achieve our teams' athletic potential.
- ✓ For the participating Athlete these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.
- ✓ An opportunity to develop character, integrity, trust, sportsmanship, leadership, a positive attitude, discipline, perseverance, responsibility, aspire to excellence and the art of goal setting.
- ✓ No **“Cut”** from the Team Anxieties – (if you do your best and follow the policies in this manual).
- ✓ A passionate, experienced, enthusiastic and knowledgeable Coaching Staff who is dedicated to developing well-rounded and well-educated young people. Our commitment focuses on the Student-Athlete as a whole person – academically, athletically, socially, and emotionally.
- ✓ Caring Coaches who work on improving individual running fundamentals, forms, and styles.
- ✓ Loyal, caring & hard working Parents who support the team on and off the field.
- ✓ An opportunity to experience the highest level of competitive opportunities.
- ✓ An opportunity to develop school spirit/pride and create a sense of family/community within our campus.

### **What is expected of you?**

Participation in BK Cross Country is “**a privilege**”, not a right. Members must always serve as exemplars of high moral character and must demonstrate appropriate academic commitment. Bishop Kelly High School’s Code of Conduct applies to all Student-Athletes on and off the field of play. All students who participate in BK Cross Country are subject to disciplinary consequences imposed by Coaches and the Administration. A condition to participating in Cross Country is a commitment to follow the rules, regulations, policies, and procedures established by your Coaches and members of the school’s Athletic Department. It must also be understood that Athletes who violate the rules, regulations, policies, and procedures shall face consequential action.

Your Coaching Staff has assembled this *Athlete Manual* so that you will have a clear understanding of the expectations the Coaches have for you. The policies, rules & procedures, and regulations in this manual are in compliance with all Bishop Kelly Athletic Department policies and administrative procedures. They are designed to provide for successful experiences for all Student-Athletes and Coaches. You, the Student- Athlete, are accountable and responsible for all policies contained within this manual and for any additional ones that your respective Coaches might add. They are intended to ensure that this team continues to carry the proud tradition of BK. All of us – Athletes, Coaches and Families are ambassadors of Bishop Kelly in the halls of the school, on the track, and at away meets. If we follow the policies of this manual, we will continue to be beacons of light for our wonderful school.

We ask that both the Athlete and his/her Parent(s) read over this entire manual together. It is the responsibility of the Athlete and Parent(s) to read the rules and guidelines stated in this manual prior to the season. We ask that once you both have read the manual thoroughly that you sign an agreement stating you agree to the rules and guidelines set forth. Remember that your attitude, desire, commitment, and teamwork are going to make a huge difference this year. By following the rules and guidelines set forth in this manual this season can be enjoyable and successful for everyone!

It is with great anticipation that we look forward to an enjoyable, fun and successful season. Your Coaching Staff will work tirelessly to ensure your experience is the best and most rewarding possible. Again, welcome to Bishop Kelly Cross Country where Excellence and Commitment has been a long standing tradition.

Let’s get going!! **And GO KNIGHTS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!** - A Proud Tradition

Yours in Cross Country

Coach Connor , Coach Berhand, Coach Porter, Coach Shoebridge and Coach Haener

## **General Policies, Procedures, Rules & Regulations for BK Cross Country Athletes**

**Purpose:** The secret to a successful relationship of any kind is effective communication. If Knight's Cross Country is to be successful, there must be the support, cooperation, and a very strong understanding between all Athletes, Parents, and Coaches. This manual is an attempt to start and open the lines of communication between all parties. And, although this manual is an effort to prevent misunderstanding and an effort to promote a better understanding of what is involved with the BK Cross Country program and what the roles of the Athlete/Parent/Coach are, it is by no means perfect, infallible, or closed to modification and update.

**Please note:** We have tried to put this in alphabetical order for easy reference and not in order of importance!!!!

**Ability:** Everyone has ability, but it isn't distributed equally or predictably. This applies to Coaches as well as Athletes. Often ability is a gift of birth, but that doesn't guarantee success. The challenge isn't to have ability but to develop and use the ability that is given.

**Academics:** **They must be the top priority.** Academics are very important and all Athletes need to do their absolute best in the classroom. Since participation in athletics often requires Student-Athletes to miss classes for athletic events, all work missed must be made-up according to the classroom teacher's policy. It is the Athlete's responsibility to request work from the teacher and complete it within the specified time frame. Regulations established by Bishop Kelly High School and the Bishop Kelly Athletic Department concerning eligibility apply to all Athletes.

**Academic State Champions:** Every year, the Idaho High School Activities Association are proud to announce Fall, Winter and Spring Sports Academic State Champions. This award is presented to the varsity team of each classification that achieves the highest cumulative grade point average. The IHSAA and its official sponsor, The United Dairymen of Idaho, congratulate these Student-Athletes for their outstanding academic achievement and commitment to excellence through athletics. Bishop Kelly Cross Country prides on academic excellence, thus striving for this award will take top precedence.

**Aspire to Excellence:** An Athlete who has developed a strong character can call on a foundation of well-formed habits in aspiring to true excellence. The competition of the sports arena, together with a personal goal to optimize performance, challenges the Athlete to continually stretch his or her abilities through deliberate practice, a focused and effortful rehearsal. Successful Athletes are ones who **"will"** good habits and improved skills; not just wish

them to happen. What separates successful performers from others is the ability to make the most of what they *can* control in their aspirations for optimal performance. This doesn't mean that anyone can become an elite Athlete, but it does mean that Athletes can strive to perform to the best of their ability levels – aspiring to excellence as individuals and as members of a team.

**Athletic Training Room Rules:** The following rules have been issued by Athletic Trainer Sam Paisley & must be obeyed at all times. Failure to comply with these rules will result in a loss of training room privileges.

- Every Athlete must fill, complete & turn in, the following two forms (**Physical/Permission**) before they are eligible to participate!
- The Athlete getting treatment, rehab or taped must sign in daily on the treatment log.
- All Athletes need to be proactive and take care of themselves. That meaning if they have sustained an injury, they need to get into see me as soon as possible so we can get them treated and back to competition.
- As far as being in the training room, if you do not need to be treated, evaluated or taped, then you do not need to be in the training room.
- Athletes must ask before using the whirlpool and Sam must be present to supervise.
- All Athletes must clean up after themselves before leaving the Training Room & help keep the Athletic Training Room clean.
- Cleats, spikes, pads are not permitted in the Athletic Training Room.
- The Athletic Training room is not a “lounge”.
- ASK!! **Nothing** is to be taken without permission.
- Horse play and foul language will not be tolerated.
- Drinks, food and gum are not permitted in the Athletic Training Room.

**Attendance/Tardies:** As with any activity, practice is an integral part of performance. Research proves that sustained and committed training produces improved results. As a season progresses, coaches purposefully structure exercise and intensify sessions to accomplish increased performance. Furthermore, all results gained through consistent training are lost twice as fast with time off, even one day. BK Cross Country is a 6 day-a-week activity in order for an athlete to reach their potential and goals and for the team to be successful. Therefore, **all Athletes are expected to be at every practice!** And attendance at all organized team sessions is vital to accomplish personal and team goals. Failure to meet attendance expectations will result in removal from the team. However, Coaches understand that personal and team schedules can conflict, and Athletes are allowed to miss practice for validated reasons. Just as with school attendance policy, notice of schedule conflicts must be reported to Coaches by Parents or guardians the day before or morning of the event or the missed practice will be counted as an unexcused absence.

- Missing Practice without Prior Notification will result in Suspension from Competition.

## (No Exceptions)

Athletes must notify the Head Coach or another on-Campus Coach of any early appointments/dismissals. Early dismissals must be pre-arranged. All early dismissals require an excuse from the Parent that includes:

- The Date and Time of the Appointment
- The Reason you will be Absent
- Signature of the Parent, Doctor, or Responsible Adult

**\*Please Note:** It is not the intent of the Coaching Staff to make Athletes miss necessary appointments. But, we must make sure all Athletes are held accountable and to the same standard. BK Cross Country is a varsity sport in which the student is representing his/her family, school, and community.

**Attitude:** Attitude plays a very important part in the success of our team. Therefore, we expect every Athlete to arrive at practice and meets with a positive attitude towards their team, teammates, team's performance, their performance, and the effort they plan to exert during both practices and performances. A positive, hardworking attitude is what breeds success, while a negative uncaring attitude breeds discontent and poor performance.

**Behavior:** Behavior at practice is important for the success of the practice and the length of time spent at practice. Dangerous and inappropriate behavior will not be permitted during practice, at meets, or on the way to meets and practices. Please remember; an Athlete represents the school and its values. Therefore, our school is judged by the behavior of the Athletes/Parents/Coaches, so we must all behave in a manner that is acceptable to the school and its values, to society's values, and to the sport of Cross Country.

**Character:** Character strengths such as hope, perseverance, creativity, and zest are but a few traits which, when habituated, provide sport participants the greatest opportunity to improve performance and enjoyment. Hope is about goal-setting and optimism, creativity is about finding alternative strategies to improve performance, and zest is about the enthusiasm that Athletes and Coaches bring to the field.

**Code of Conduct:** It is the policy of Bishop Kelly High School to prevent and prohibit the possession, use, sale, distribution, and/or intent to distribute any illegal or controlled mood-altering chemical, medication, look-alike drug or abused chemical by any Student. Consequently, should any member of the School's Administration, Faculty, Staff, or Coaching Staff witness or have evidence that a Student is using, in possession of, or under the influence of any of the previously mentioned substances, that Student will be dealt with according to the

following procedure. Athletes, Cheerleaders, and Dance Team members may be asked to take a random drug test during their activity season.

1. **First Offense:** A Student will be **ineligible to participate for a minimum of 25% of the total regular season contests**, a minimum of three weeks of activities, or a maximum of six games/activities. A Student must attend practice and complete the current season; the time of ineligibility will begin with the first scheduled event after the infraction. Should a Student violate the Code of Conduct between seasons, including the summer, ineligibility will begin at the beginning of the next sport in which the student participates. When figuring a percent of the season to be missed, any part of a contest will be **rounded up to the next whole number**, i.e. 25% of 13 regular season contests = 3.25; contests missed = 4.
2. **Second Offense:** A Student will be **ineligible to participate for a minimum of 50% of the total regular season contests**. The time of ineligibility will begin with the first scheduled event. These consequences are in effect for the entire school year.
3. **Third Offense:** The Student will be ineligible to participate in any athletic activity for a minimum of one year from the date of infraction; the police will be notified. Cumulative offenses will carry through one calendar year, from the date of the first infraction.
4. **Possession or use of tobacco and tobacco products:** The Student will be **suspended for a minimum of one contest**.

Should a Student decide to submit an appeal, a panel composed of the Principal, Assistant Principal, Athletic Director, and Head Coach will convene upon the Principal's receipt of a written request from the Student and Parent. This request for a hearing/review should clearly state the reasons why the hearing is being requested.

**Commitment:** Cross Country is not only an individual pursuit, but also a team one. This requires a collaborative effort from all members and a high level of commitment. Committing to Knight's Cross Country signifies that you are pledging yourself not only to working toward your own goals, but those of the team. It is an obligation from the first day of practice until the last in all areas as defined by the Coaching Staff.

**Competitions:** Obviously all the hard work and preparation during the season is for our competition/meets. Typically, our meets are on Thursdays, but there are a few on Fridays and Saturdays. We would like, if possible, for all Parents to be present at the meets giving support to the entire team. Also, whenever possible, we would like the Athletes to stay for the entire cross country meet to support their teammates; this is after all, a TEAM sport. Also, if an Athlete must

leave separately from the team, we require an appropriate cool-down be done and that the parent sign the Athlete out with the Coach.

**Core:** All movements come back to the core. The core of our body is more than just our abs, it also includes the back. Core muscles work together to help stabilize the spine and pelvis. A strengthened core benefits running by improving the effectiveness of our movements, along with our balance and control. Core is not something we will work on everyday. Just like lifting weights your body needs time to adjust and recover for at least a day in between. You will reap the most benefits by completing a core routine every other day. However, more than likely, it is not something we can fit in every other day at practice. When we do, captains will normally be asked to step up and lead. We ask that Athletes work hard during this time and respect the exercises chosen by the coaches or captains.

**Diet/Nutrition:** Diet is a very important part of a successful Athletic Program. We all know that teenagers do not have the most thought-out meal plans and that Parents and Coaches cannot always be around to monitor what is being eaten. However, the best rule of thumb is a diet that is balanced, varied, and follows the food pyramid. We recommend going to the Website “[mypyramid.gov](http://mypyramid.gov)” and follow the instructions given there to get an idea of what a proper diet guide for teenage Athletes can be. Water is also a very important part of an Athlete’s diet. A minimum of 8 glasses of water a day is recommended. However, Athletes need more, especially on competition day. We encourage all Athletes to carry water with them during the school day.

There are some Basic Nutritional Principles that apply to every Athlete. If you want to get the most from your diet and your season, the following recommendations are for you.

- **Eat a Balanced Diet Each Day**

To exercise consistently, you need to provide a good supply of high-quality energy to your working muscles. The easiest way to do this is to eat a balanced breakfast and continue eating a variety of high-quality foods throughout the day. Carbohydrate in the form of glycogen is the fuel that makes exercise possible, so adequate carbs must be eaten each day if you hope to train consistently. Protein and fat also have a place in your diet and should be consumed daily. In general, each meal should contain a varied combination of carbohydrates, protein and fat.

- **Several Hours Before You Workout**

The pre-exercise meal will vary depending upon your exercise style. We will workout at 3:30pm, so your lunch should include foods, such as bagels, a sandwich, and fruits. Soups are available in the cafeteria, along with salads and deli sandwiches.

- **Thirty Minutes Before You Workout**

Depending upon the person and type and duration of the workout, you might want to eat a small snack and drink some water a half hour before you get going. Trail mix is great for aerobic workouts over 60 or 90 minutes, but if you are going hard for thirty minutes, you probably only need a half of an energy or granola bar, a large banana, a few graham crackers, fig bars, or pretzels. For a shorter workout, you may not want to eat anything at all, but can get a few calories from drinking about 8-10 ounces of a sport drink.

You should also start drinking water before your workout so you've consumed about 6-12 ounces in the hour before your workout

- **During Your Workout**

Proper hydration during exercise depends upon the intensity and duration of exercise, the fitness of the Athlete, and weather conditions. In order to simplify the recommendations, a good starting point is to drink 8-10 fl oz of water every 15 min during exercise. If exercising longer than 30 minutes, drink 6-8 fl oz of a sports drink every 15 - 30 minutes. Exercising for more than about 90 minutes usually requires that you replenish lost carbohydrates.

- **Hydration After Your Workout**

After your workout, drink enough water to replace water lost through sweat. The best way to determine this is by weighing yourself before and after exercise. For every pound of body weight lost, you'll need to consume about 3 cups of fluid. Another way to determine how much liquid to consume is to check the color of your urine. Dark, concentrated urine may indicate dehydration. Your urine should be relatively clear in color.

- **Eating After Your Workout**

The post-exercise meal should be eaten within one to two hours of a long or intense workout in order to replenish glycogen stores for continued exercise. While research shows eating 100-200 grams of carbohydrate within two hours of endurance exercise is essential to building adequate glycogen stores, eating a combination of both carbohydrate and protein seems to be an even better option. Studies have found that a 4:1 ratio of carbohydrate to protein seems to be the ideal combination of nutrition. And although solid foods can work just as well as a sports drink, a drink may be easier to digest make it easier to get the right ratio and meet the 2-hour window.

**Discipline:** Discipline plays an important part of all successful teams. Discipline is what separates the teams that overcome adversity from those that do not. We need Athlete and Parental help in this area. We are not trying to eliminate fun or individuality. We are, however, trying to maintain focus, respect, a good reputation, and a strong sense of sanity in our Cross

Country program. School rules, as well as team rules, apply at all times including, especially including, road trips. Any inappropriate behavior or behavior, which crosses the line or does not follow school and team rules will be dealt with accordingly, which may include but not be limited to expulsion or suspension from the team for a period of time.

**Suspension:** Each coach will have the authority, with the concurrence of the Athletic Director, to suspend or place on probation for an extended period of time, any Student-Athlete for major or minor infractions of team rules.

**Dress Code:** All team members will be dressed appropriately the day of meets and on road trips. If the team is going directly to a meet from a designated spot (school), it is expected that the Athletes will arrive dressed for the meet, which means ready to run! This will save time and eliminate confusion upon arrival.

**Effort:** Developed ability realizes its value when expressed through the challenge of competition. That expression is accomplished when physical and mental effort summons every ounce of one's capability. Still, Athletes often find themselves nearing the finish of their race exhausted, having given all they think possible, but needing to find even more. In sport this is called...crunch time!

**Eligibility Requirement:** Extra-curricular activities at Bishop Kelly High School are a privilege and Students must meet the following criteria to be eligible to compete and/or participate in interscholastic sports or other activities. A Student will be declared ineligible if he/she does not meet the following criteria:

- **Sub Varsity – pass 5 classes the previous semester**
- **Varsity – pass 5 classes and maintain a 2.0 GPA the previous semester**

Students not meeting these requirements at each two-week marking period will be ineligible for the duration of the next two weeks. At that time, grades will be assessed and eligibility may be reinstated or terminated until the next grading period.

**Reminder:** A Student must attend **at least four full periods** during the day of a competition to be eligible to participate in the activity.

**Equipment and Uniforms:** Team uniforms and equipment are the property of Bishop Kelly Cross Country and must be treated with care. All Athletes will be issued a Bishop Kelly Knight's Cross Country singlet & shorts. Athletes are responsible for keeping their school-issued uniforms clean and secure. Athletes are not allowed to wear school issued clothing outside of mass and competition day. Other colors, insignias or slogans are NOT acceptable. Undergarments worn beneath the team issued uniform must be solid black or white in color.

All Athletes must return their uniforms to Coach Shanahan or Coach Connor immediately following the state meet. Theft, loss, or damage of any equipment is the Athlete's financial obligation. \*\*If you do not turn in your uniform on the designated date then you will be billed.

**Form Drills:** The purpose of form drills is to teach proper stride mechanics; performed correctly proper mechanics will increase speed and produce a more productive stride. We encourage each Athlete to strive to do their best. Form drills allow time to concentrate on individual detail; it's also a time that Coaches get to observe and correct Athletes to reduce incorrect habits. The Coaches ask, and require, that during this time Athletes pay attention to spacing and lines and use it as a **no talking** time. Talking during forms moves the focus away from the individual's body and negates the purpose of the drills. If Coaches see an Athlete who is not putting all of their effort into the drill, they will be asked to perform it again.

**Flexibility/Stretching:** Perhaps even before performing the actual stretches, it is important to become familiar with the why behind the what. The following can help clarify why stretching is such a valuable exercise within itself. While most exercises put the body at risk of numerous injuries such as tears in the ligaments of tendons, muscle strains, bone fractures, and fatigue, stretching acts in the opposite way. It improves muscle balance around joints and increases the fluidity and range of motion of these surrounding tissues. Stretching also effectively warms these soft tissues up to help prevent such injuries listed above. Stretching also helps increase blood flow and provides increased amounts of much-needed oxygen to all areas of the body. Added benefits are proven to include improved muscle tone, nicer physique, decreased muscle stiffness and cramping, enhanced flexibility, lessened back pain, better overall posture, improved circulation, greater muscle efficiency and ultimately a heighten total body performance. On another level, stretching directly aids in stress management and mental clarity.

There is no question that stretching is directly responsible for a plethora of physical, and even mental benefits; however, it important to perform this activity properly in order to prevent adverse effects. The when and how are very important when engaging in this activity. First of all, it is important to stretch before and after physical exercise. Stretching before the physical exertion of athletic activities, whether it be strength training or cardiovascular, is crucial because this is what warms the body up and prepares it to handle the pressure of what's to come. It is equally important to stretch upon completing your routine exercise in order to relax the stressed muscles and elongate the soft tissues around the joints. Stretching after exercise should quickly follow, performed within ten minutes of completion so as not to let the body cool off. On the other hand, stretching should not commence without at least five to ten minutes of warm-up prior to the start of your exercise. Stretching while the muscles are cold, especially for someone who is not naturally athletic, can lead to adverse affects similar to the injuries stretching is intended to prevent. Even a brisk walk, exaggerated movements, jumping rope or slight jog will warm the body up enough in the beginning to stretch before working out. Also, contrary to what many

people have learned, stretching should not be done to a particular count. It should be held until the muscle begins to feel relaxed inside the stretch to ensure maximum results.

**General Conduct:** Knight's Cross Country Athletes represent one of the premier athletic programs at Bishop Kelly High School. You are representatives of your school and community. Keep in mind that you are always in the public's eye. Each Athlete is responsible for continuing our tradition of exemplary conduct. Support teammates, make a positive contribution to the sport, and act responsibly in every situation. In order to succeed in that role a Student-Athlete should:

- Show respect for Authority, Property, and Peers at all times
- Maintain Academic Eligibility throughout the Season
- Follow **ALL** Team Rules
- Practice the ideals of Sportsmanship, Team Loyalty, and Fair Play

Problems must be handled in a mature and rational manner.

1. Communication with the Coach is essential. An Athlete's failure to follow these standards will result in removal from the team.
2. Knight's Cross Country Athletes will be held accountable to these rules without exception!

**Homework:** This mostly applies to road trips and will be covered under Studying.

**Hydration:** Hydration, all with proper diet and rest, is the most important thing that a runner can monitor. As stated earlier, a minimum of 8 glasses a day is recommended. However, Cross Country Athletes need more, especially when the weather heats up at the end of season. Hydration cannot be accomplished 15 minutes prior to practice or competition, so we strongly encourage that the Athletes carry water bottles around with them during the course of the school day. Remember, if an Athlete starts practice already thirsty, it is already too late to hydrate; there is a 10% loss of performance when the Athlete has not properly hydrated. So please drink on a regular basis. How does one know if they are properly hydrated? If you will pardon the description, if you are urinating a lot and it is relatively clear, then you are well hydrated. Also, keep in mind that for every ounce of Soda you drink, you must drink 2 ounces of water, and for every ounce of a Sports Drink you have, you must drink 1 ounce of water. Sports Drinks are good for quick energy and electrolyte replacement, but water is still the best for fluid replacement.

**Injuries:** The Bishop Kelly Athletic Department employs a one full-time Athletic Trainer. It is very important that injury problems be handled in the proper manner. Athletes should first inform the Trainer of an injury. The injured Athlete should always check with the Trainer before going home. This allows the Trainer to follow up with the Parents about treatment or seeing a doctor. All Doctor/Parents notes are to be given to the Trainers, not the Coaching Staff, at the

high school. The Trainer is responsible for all Coaches knowing the limitation of Athletes prior to physical activity taken place. If a Doctor's note is not involved, the Trainer has the final say as to whether an Athlete that has been injured may work out or compete in a meet.

Also, an injury is not a reason for an Athlete to quit coming to practice; the Athlete is still part of the TEAM and must continue to act that way. In most cases, even with an injury, an Athlete can continue to workout using methods other than running. Remember, the Athlete has worked very hard up to the injury and we want them to stay in shape so that their recovery is smoother, easier, quicker, and more successful. Injuries, like anything else, require constant communication with the Coaches and Athletic Trainer.

**Leadership:** It is the inability to apply leadership that sets the regular Athlete/Teammate apart from the true great Athlete/Teammate. It is their powerful leadership skills that inspire their teammates to come together as a team and perform to the best of their ability - even when they are having a bad day. Great leaders are able not only to lead people in the right direction but to also give them confidence. A leader makes his teammates believe deep in their hearts that if you follow me, we can be successful. This requires a lot of responsibility and charisma on the part of the leader, but it's also what separates the good from the great ones.

As a young athlete who wants to be successful, you should work on developing your leadership skills everyday. To build your leadership skills, here are some tasks you should do.

- **Be on-time for your classes at school and work hard to get good grades.** This shows your Teachers that you are eager to learn and to work hard. It also shows your Coaches that you are eager to learn and work hard. So, always show respect for your Teachers and Coaches and they in-turn will show respect for you. This is the first step for becoming a leader. You must show others that they can trust and respect you.
- **Be a leader in everything you do.** Help your community. And, help your teammates improve their skills on and off the field. The sooner you take the role of being a leader who makes smart decisions, the sooner people will see that you are a leader and they will follow you. Also, when people who have power see that you are a strong leader, they will give you special opportunities that other people and Athletes will not get.
- **Show leadership by example in your sport.** Work at learning your skills harder than anybody else on your team. One trait the true leaders all have in common is they are always the first to arrive at practice and the last to leave. They become the best Athletes and the strongest leaders by working twice as hard as everybody else. If you choose to work twice as hard as everybody else, you will receive deep respect from both your Teammates and from your Coaches. And, you will become a master of your sport.

Being a leader is even more important during the bad times than the good times. A true leader remains confident and motivates his team members even when they are losing. It is during bad

times that a leader's true colors will shine and he/she will do everything he/she can to help his/her team be confident and driven to win. Finally, understand that leadership is not something that is given to you. Leadership is something that you give to others.

**Left Abandon/Lost and Found:** Coaches have many responsibilities, one of which has become picking up left items at Practices and Meets; this really should not be the Coaches' responsibility. Everyone needs to be responsible for their own property. We Coaches always have trunk loads of unclaimed items at the end of the season. Please make sure that all personal items are marked and that you keep track of all School-issued items; remember that all lost School-issued items are the responsibility of the Athlete, not the Coaches.

**Lettering:** The school letter is among the highest awards the school bestows. Earning a varsity letter is a very important part of sports, but lettering should not be the main reason for participating in sports. However, having the goal of lettering is a very reasonable goal.

In order to letter in Bishop Kelly Cross Country, you must satisfy the requirements stated below.

- Academic Excellence
- Great Citizenship, Character, Attitude
- Coachability
- Team Oriented
- Score in at least 1 Varsity Meet
- Exemplary Practice Attendance
- Exemplary Mass Attendance
- Must attend end of season banquet
- Adhered to all policies contained within this manual

The final decision on lettering will be made by the Head Coach, with input made by the Assistant Coaches. Injured Athletes or other conditions will be left up to the judgment of the Coaching Staff. All Athletes must complete the season in good standing, or notify Coach Shanahan prior to the banquet of their absence.

**Loyalty:** A loyal teammate is someone who is generous, is ready to help anyone no matter what the difficulty, is honest, is a true friend, is eager to assist anyone in time of need, is willing to think of the wishes of others, is able to be counted on in times of emergency, and is someone who stands by anyone in good times and in bad.

**Mass:** Attending Mass is part of our identity at Bishop Kelly High School. Mass attendance is mandatory for all Bishop Kelly Cross Country Athletes. We will attend Mass as a Team once a week. Parents are welcome to join us. The team mass day is selected by the Activities Director. We may not attend mass on the given day of competition, but we will attend each week,

regardless. Mass Day for XC is Thursday. Mass begins at 7:25am, and athletes must be seated in the Chapel by 7:20am.

- Attendance will be taken prior to the start of mass. Missing Team Mass without Prior Notification will result in Suspension from Competition. **(No Exceptions)**

**Parent Sign-Out: Away-Meet-Policy.** Student-Athletes must travel on the activity bus in order to be covered by liability and Bishop Kelly High School. Student-Athletes may return home from an away contest with the permission of their parent or legal guardian only. The parent or legal guardian must personally request permission from the coach at the conclusion of the meet and must provide signature on the parent sign-out clipboard. The sign-out clip board will be located in the team set-up area (Student- Athletes will not be released to ride home from contests with other individuals).

**Please Note:** You can ONLY sign-out your son/daughter!

### **Practice Times & Punctuality:**

- **3:30/3:45 – 5:30/5:45pm Monday – Friday throughout the Season**
- **Saturday Practice will always be at 8:30am**

**August 12<sup>th</sup>** is the first day of practice. Attendance will be taken daily & the times listed for practice are the starting times. Please be prompt so that we may finish as quickly as possible, especially for those who are on tight schedules. If you are not dressed and prepared to practice, you are late. **Late's** will be marked on the attendance sheet. All absences and late's will be kept on file. "**Late**" is not being dressed and prepared to practice at the starting time. "**Three-late's**" will constitute one practice absence. An excessive amount of absences may result in dismissal from the team, at the coach's discretion. However, not attending practice does not mean not practicing; in most cases, if an Athlete cannot attend practice at the scheduled time, they can usually do the workout on their own later that evening, and we expect them to do so! Always check & effectively communicate with your events Coach!

**Please Note:**

- Missing Practice without Prior Notification will result in Suspension from Competition. **(No Exceptions)**
- **Three missed practices without notification** will result in expulsion from the team!

**Preparation:** We gain greater use of our abilities by investing in preparation. Only through the persistent and consistent process of preparation can raw talent be transformed into greater

capability. In Cross Country, this preparation is called training. Through proper training, Athletes become faster, stronger, more skilled, knowledgeable, confident and more mentally tough.

**Questions:** Please feel free to ask the Coaches questions at any time; however, during a meet is probably not the best time due to our involvement in the event; the same holds true for practices. Before and after practices and meets is a good time to talk with Coaches or by appointment during practice if time permits. Although we are more than willing to listen and are open to any concerns you may have, please understand that even after talking with the Coaches, you may still not be satisfied with the situation or our response; that is okay and we understand. Again, our ultimate purpose is to do what is BEST for the TEAM and subsequently our purpose and ideas may not make sense to some people, who are understandably looking out for what is best for their Athlete. Please remember that what may seem best for the individual may not be best for the TEAM or that individual's best interest in the long run, and that the Coaches are bringing many years of experience into the decisions that they are considering.

**Respect:** Respect is a virtue which should be shown to all by every Bishop Kelly Cross Country Athlete. Respect refers to the esteem and reverence expected in all relationships. This includes not only the person, but also all of the belongings of the person as an individual, as a member of the school, and as a member of the community.

**Rest: Get your Rest!!!** Most Athletes know that getting enough rest after exercise is essential to high-level performance, but many still over train and feel guilty when they take a day off. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes. Rest days are critical to sports performance for a variety of reasons. Some are physiological and some are psychological. Rest is physically necessary so that the muscles can repair, rebuild and strengthen. For BK Cross Country Athletes, building in rest days can help maintain a better balance between home, work and fitness goals.

**School of Excellence Award:** Each year, the Idaho High School Activities Association is proud to announce winners of the "**Schools of Excellence**" initiative, a year-long, voluntary program in which schools earn points based on their Student-Athletes' performance in the classroom, at the athletic venue, in activities' competitions and in the area of Citizenship and Sportsmanship. The winning schools in each classification will be presented with a plaque, sponsored by the 4th District Coaches Association.

Exemplary Achievement Status is awarded to schools of each classification that finish second and third in the final point compilation. The three major areas of high school activities are weighted equally in determining recipients of the award.

- The Academic Component is based on the varsity team's cumulative GPA as submitted on the State Academic Champions application for all IHSAA sponsored sports programs.
- The Athletic/Activity Component is based on place of finish at IHSAA-sponsored state championships and activity program competitions.
- The Citizenship Component is based on a school's self-evaluation of their Citizenship/Sportsmanship activities as submitted on an itemized form. Deductions are made by the IHSAA for Player and/or Coach unsportsmanlike ejections and also for unsportsmanlike school behavior at state tournaments. In addition to the primary awards, schools that score 90% on the Citizenship Component and have no Player/Coach ejections or incidents of unsportsmanlike school behavior at state tournaments will receive an "Award of Excellence" certificate.

**Scoring Cross Country Meets:** For those who are new to the TEAM sport of Cross Country, how meets are scored may seem a little confusing. Team scoring is based on the Individual results of each runner on the team. There are seven (7) Team members involved with scoring points; scoring is the same for Varsity and Junior Varsity. The top 5 runners on each team score points based on their individual results, and the points are based on the places of each individual runner. For example, 1st place earns 1point, 2nd two, etc. The Team with the lowest points wins, with 15 points (1-5places) being the lowest that a team may score. Now, the 6th and 7th runners on each Team do not score points, but they are very important. If there is a tie, which happens from time to time, the tiebreaker is the number 6 runner. Also, the 6th and 7th runners can affect the scoring by coming in before scoring members of other teams. The only difference in Varsity and Junior Varsity scoring involves the number of competitors. Because there is no limit to the number of runner from a team in a J.V. race, all runners after the number 7 runner are eliminated from the scoring. Example, if our team takes 1st through 10th places before the next team's first runner, then our numbers 8-10 are removed and the next team's first runner receives the 8th place points.

**Shoes:** The great thing about our sport is that there is very little equipment needed and it can be done at anytime. However, the equipment that is needed is important and can be pricey. Good running shoes can reduce injury and improve performance. Shoes should be replaced every 3-4 months. Also, competition flats and/or competition spikes can help improve an Athlete's performance in meets, and for distance Athletes, by as much as 5-10 seconds per mile. There are several good running shoe stores in the area; please talk to the Coaches about where to go for buying shoes/spikes.

**Snacks:** Food and drink should always be brought by the Athlete, especially during a meet, so that they can start the process of replenishing lost energy and fluid stores.

**Sportsmanship:** The ideals of good Sportsmanship, Ethical Behavior and Integrity permeate our culture. The values of good Citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. All BK Cross Country Athletes are expected to show good Sportsmanship, Honesty, Respect, Responsibility, Courtesy and Integrity toward fellow Players, Coaches, Teachers, Administrators, opponents, and officials. Profanity and abusive language or behavior will not be tolerated. Student-Athletes who violate this standard of behavior are subject to school disciplinary action in addition to sanctions imposed by the Coach. You, Student-Athletes of our team are ambassadors of our school and should be positive role models for the younger Athletes in the program, school and community.

You are expected to:

- **Realize:** Compete for the Love and Honor of our Sport.
- **Realize:** The “**Golden Rule**” — Do unto others as you would have others do unto you.
- **Realize** - You represent the school as a member of a team, therefore, you have an obligation to be a true sportsman, encouraging through this behavior the practice of good Sportsmanship by others.
- **Recognize** - That good Sportsmanship is more important than victory by approving and applauding good team play, individual skill, and outstanding examples of Sportsmanship and fair play exhibited by either team.
- **Remember** - That the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the Athletes through the medium of contest.
- **Be Modest** in victory and gracious in defeat.
- **Always Respect** - The judgment and integrity of meet officials.

**IHSAA - Recognition Programs & Awards:** Every year, the Idaho High School Activities Association and its official sponsor, The United Dairymen of Idaho, award Interscholastic Star Student Recognition Scholarships to area juniors. This year, a field of seventy-seven outstanding students who were nominated by their school principals. Twenty-five semifinalists and ten finalists were selected in a two-step screening process. Nominees for the scholarships are exemplary students who participate in IHSAA-sponsored sports and activities. Each application includes an essay, recommendations from school administrators, description of athletic and activity participation, and service to school and community. Interscholastic Stars will receive a \$1000 scholarship to the college of his/her choice, and will be recognized at the IHSAA Hall of Fame banquet. The United Dairymen of Idaho will also contribute \$1000 to the recipient’s schools and \$500 to the finalist’s schools.

**Studying:** There is no reason for any Athlete to allow practice and competition to interfere with their studies. We always have plenty of time on the bus or while waiting for all the races to get

finished. We expect and encourage Athletes to bring the necessary items needed for studying, and this is especially true on long or overnight road trips.

**Team:** Athletes are members of a team. As a member of a team, athletes have an obligation and a commitment to the team. The choices and decisions of each athlete will reflection the team as a whole.

**Travel/Bus Rides:** As with all activities associated with Bishop Kelly, the safety and security of Student/Athletes stands as the primary goal of the school. Your BK Cross Country program prides itself on providing a safe and secure environment for Athletes to compete and grow. The competitive season dictates that the team must travel to race sites in and around the Treasure Valley, and school regulations stipulate that all team members must ride a school-provided form of transportation. Bishop Kelly High School will provide transportation for away meets. Not only do Idaho High School's Activity's Association rules dictate that all competing Athletes must arrive at the designated location on a school-provided bus, but it is the expectation of school officials and the Coaching Staff that Athletes will abide by the rules as dictated by the busing company or designated driver. Regulations and expectations for all passengers will be posted and clearly expressed by the driver. However, Athletes are expected to comply, fully, with those rules. Any failure to meet the expected behavior will result in loss of competition privileges and possible suspension from the team.

**Important Travel Guidelines are as follows:**

- Athletes must ride the bus to and from all off-campus competitions. If an Athlete wants has to ride home with Parents, the Parents **MUST** provide the Head Coach with a written note prior to leaving the event.
- Athletes are NOT allowed the right to travel separately.
- The Coaching staff and the bus driver will monitor behavior on the bus. No inappropriate behavior will be tolerated on the bus at any time.
- Athletes must be in front of Carley Center 15 minutes before departure. We do not wait!
- All procedures established for food and drink on the bus by the bus driver must be followed.
- Athletes will clean up their area at the conclusion of all home and away meets and practices.

**Varsity:** Unlike other sports, Cross Country has the unique position of easily determining who participates on the Varsity team: the seven people who run the fastest are on Varsity. It is very simple, very easy. However, with this said, it should be understood that this is only a guideline and that ultimately the Coaches have the final decision, especially when it involves determining Varsity for District and State. The criteria that the Coaches use are as follows: along with times we also use, attitude, CONSISTENCY (which is probably the most important), effort, and

possible effects on the team chemistry. Please understand that one race does not make a season or a Varsity runner when it comes to District and State. There is a misconception in the Cross Country world, by those unfamiliar with the idea of the seven fastest are Varsity, that that is a cut in stone rule. It is not a rule, it is only a guideline; a guideline that coaches use during the season to see who will be their best team when it comes time for District and State. In other schools and states, the Varsity is determined by a time trial at the beginning of the season and does not change no matter what, unless there is an injury. Again, we hope that everyone will understand and support the Coaches on this and that everyone will remember that ultimately the Coaches have to do what is BEST for the TEAM.

**Vitamins and Minerals:** As already mentioned, a proper diet is very important for successful results in athletics, especially running. Using a balanced, moderate, and varied diet based on the new “mypyramid.gov” is the best way to accomplish this; it will provide you with the proper nutrients needed for endurance training. However, even the best intentioned efforts can fall short. Endurance training taxes certain vitamins and minerals more than most sports, and these items happen to be important for runners to maintain adequately in order to reach their desired success. Therefore, supplements may be needed. The vitamins and minerals that runners deplete the most, and therefore need the most are vitamins A,C,D,E,, and the minerals Calcium, Zinc, and Iron(especially for females). The Electrolytes Sodium and Potassium are also important, but are usually taken care of by diet and proper hydration. If you feel that supplements are necessary, please talk with the coaches or your medical advisor. Supplement suggestions are: Vitamin D and Calcium are usually dealt with through 3-5 servings of Dairy a day (low or non-fat). If a Calcium tablet is used, please drink lots of water due to possible kidney stone issues. For Vitamins A, C, E and minerals Zinc and Iron, tablets may be used. However, in the case of Iron, it is best to use an Iron cocktail that contains Ferrous sulfate elixir, orange juice, and a crushed Vitamin C tablet as vitamin C helps absorb the Iron and the liquid form of Iron causes fewer side effects (talk with the coaches for more specifics). Athletes should be tested for Iron deficiency before using any Iron supplement (again talk with the Coaches).

**Walking on Runs/Breaking a Trust:** Success in the sport of Cross County is dependent upon consistency and dedication. With regard to this, it is vitally important all Student-Athletes follow the designed workout schedule and daily practice routines. Breaks in training, whether a day, or a week, harm an Athlete’s overall fitness and level of competitiveness. Thus, it is the expectation of the Coaches that when Student-Athlete’s are sent out on a designed run that the Student-Athlete will take full responsibility for their actions, and, thus, complete the workout. If the trust between Coaches and Student-Athletes is broken through behavior such as walking on a run (not injury or fatigue induced), altering the designated running route, violating property laws, or engaging in other activities and games during the practice time, etc, the coaches reserve the

right to suspend or remove the Student-Athlete from the next competition or remove them from the team.

**Watches/Water Bottle:** Because of a lack of resources and the large number of Student-Athletes, the coaching staff will not be able to supply both timing devices and water bottles for each runner. Thus, it is a requirement of all Bishop Kelly Cross Country Athletes to purchase a watch in order to time themselves on daily runs and provide a reusable water bottle for hydration before, during and after practices. Coaches will check to ensure that each member follows through on this requirement.

**Will:** Crunch time is real, both in sport and life. It is that moment when a person thinks he or she has given all there is to give; only to find out even more is required. Many athletic contests are won or lost at this moment. Some Athletes are able to draw on an inner strength to summon greater effort than they know themselves to have. This is the use of one's will, the power to go back to one's personal reservoir again and again as needed.

*When athletes and teams train hard to develop their ability, give their best effort in competition, and show the will to push themselves beyond self-imposed limits, they are successful.*

Too often, Coaches and Athletes miss experiencing the pride and satisfaction of success because they are too focused on winning. More often, Coaches and Athletes fail to win because they first fail to become successes.

**Winning vs. Success:** The opportunity for success is available to everyone if it is defined as performing to one's capability rather than focusing solely on the score of a given competition. This is especially true in the sport of cross country where individual improvement is the ultimate goal. Even though a team may lose a meet, the cross country runner who places 20<sup>th</sup> but improves his/her lifetime best time **even by just one second** - certainly has reason to feel successful. Our goal is to teach all Athletes to focus on success and discussing with them what success really is, rather than allowing winning to be the only measure, nurtures the factors that ultimately lead to winning. We believe sport teaches participants high ideals and admirable personal qualities such as pride, courage, confidence and respect.

**Winning Attitude:** Striving to be your best is an important key to succeeding in all aspects of your life. Winning is an admirable goal. However, experience has shown that true victory rarely comes if the ideals mentioned above are not the top priority. Winning without having the proper perspective is a hollow victory at best. The habits needed to be successful in Cross Country will only help you in other facets of your life.

**Work:** Cross Country takes a lot of work. Without work our goals cannot be achieved. Please remember that “the only place where Success comes before Work is in the dictionary.”

## **Bishop Kelly High School**

### **Cross Country**

**2016**



### **Acknowledgement of Rules & Policies**

## ATHLETE AND PARENT

I, as parent of \_\_\_\_\_ have read the rules and policies set forth for athletic participation in the Bishop Kelly High School Cross Country program and give my

son/daughter permission to participate under these conditions. I will do my part in seeing that he/she follows these rules and policies.

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**Parent or Guardian**

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**Date**

I have read, understand and agree to accept the responsibilities and consequences as outlined in the Bishop Kelly High School Cross Country Student-Athlete Manual.

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**Student-Athlete**

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**Date**

\*In order to participate in Bishop Kelly Cross Country, both student and parent signatures are required.