

# Cross-Country

CC

## Shawnee Middle School Cross-Country

SMS



Coach Freewalt

[www.freewalt.com/shawnee/xc](http://www.freewalt.com/shawnee/xc)

[freewaltj@limashawnee.com](mailto:freewaltj@limashawnee.com)

You can also contact me through Remind

2018

**Q. What is Cross-Country?**

Cross-Country is distance running. Each race is two miles long. In Cross-Country, athletes race through wooded trails, through meadows, up hills, down hills, etc. Think of it as “off-road” Track & Field. It’s a great opportunity to compete and a great way to get in shape for winter and spring sports. You’ll never know until you try it. Bring a friend. It’s good to be social and get in shape!

**Q. When are races?**

Races are generally held on Tuesday or Thursday evenings as well as most Saturday mornings throughout the season. There are usually two races per week. An updated meet schedule will be posted at [www.freewalt.com/shawnee/xc](http://www.freewalt.com/shawnee/xc) when available.

**Q. When are practices?**

Summer practices will be held either at the shelter house near the pond at the bottom of the hill on Cole Street at Faurot Park from 7:00-8:00 pm or at the shelter house near the pond and large playground at Heritage Park from 10:00-11:00 am (see attached schedule calendar). Once school starts, practices will be held after school every day Monday-Friday until 4:30.

**Q. What do I need for practice?**

Comfortable running/training shoes and socks for practice (not basketball sneakers, track spikes, or skateboarding shoes), comfortable shorts and shirt, and a water bottle.

**Q. What about the weather?**

If it is pouring, if there is lightning, or if there is a thunderstorm warning or tornado warning for our portion of Allen County, a summer practice will automatically be cancelled. If in doubt, please call or text me at 419-203-5280 or contact me through Remind.

**Q. What if I can’t make it to practice?**

Practices are “mandatory” in August, so a missed practice without a valid excuse will constitute an unexcused absence (vacations and family events are always excused ... after all, it is summer). If you will miss a practice, **please e-mail [freewaltj@limashawnee.com](mailto:freewaltj@limashawnee.com), call or text 419-203-5280, or contact me through Remind** to let me know. If you don’t have a ride to Faurot Park or Heritage Park, try to get a ride with the family of another team member.

**Q. What do I need to do to join the team?**

1. All athletes need to register online at [shawneelima.8to18.com](http://shawneelima.8to18.com).
2. In addition, all athletes must have a current OHSAA physical (good for 1 calendar year) on file with the Athletic Office. OHSAA physical packets are available in the High School Athletic Office (midget football and Boy Scout physical forms are not acceptable).

## **2018 Shawnee Middle School Cross-Country Summer Schedule**

### **Important Note:**

Mandatory practices begin **August 1<sup>st</sup>**; however, it is extremely important to spend some quality time in June and July getting in shape. The work you do in the summer will pay off for you in the fall. I would like each athlete to be able to run 2 continuous miles by the time practice officially starts in August, but this is not a requirement. If you will be out of town this August, e-mail me at [freewaltj@limashawnee.com](mailto:freewaltj@limashawnee.com), contact me through Remind, or call or text me at 419-203-5280 and we can arrange an alternative schedule to get you ready. **Absences before school starts will be excused for vacations, family events, and summer sports so long as you get in shape, but please notify me to be excused. Just like any other sport, you need to attend practice.** All athletes must register online and have a valid physical on file with the high school athletic office.

June and July are great months to get into shape. Some ideas are:

- Start with a 5-10 minute run a couple days a week and work up to 20-30 minutes or more. Run a 5k road race or two???
- Do some push-ups and sit-ups/crunches every day, make it a habit to stay fit
- Jumping jacks, frog hops, high skips, etc. will help build leg strength
- Swimming, biking, skating are all good ways to get in shape. We call this "cross-training"
- Get together with some of your friends who want to get into shape. It's more fun to run if you have a friend to run with.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 July	23 Run, bike, swim, etc. on your own	24 Run, bike, swim, etc. on your own	25 Run, bike, swim, etc. on your own	26 Run, bike, swim, etc. on your own	27 Run, bike, swim, etc. on your own	28 Run, bike, swim, etc. on your own
29	30 7-8 pm— Conditioning at Faurot Park	31	1 August 10-11 am— Practice at Heritage Park	2 7-8 pm—Practice at Faurot Park	3 10-11 am— Practice at Heritage Park	4 Run, bike, swim, etc. on your own
5	6 7-8 pm—Practice at Faurot Park	7 <b>OPTIONAL RACE</b> 7 pm— <b>National</b> <b>Night Out 5k at</b> <b>Heritage Park</b>	8 10-11 am— Practice at Heritage Park	9 7-8 pm—Practice at Faurot Park	10 10-11 am— Practice at Heritage Park	11 Run, bike, swim, etc. on your own
12	13 7-8 pm—Practice at Faurot Park	14 7-8 pm—Practice at Faurot Park	15 10-11 am— Practice at Heritage Park	16 <b>OPTIONAL RACE</b> 6 pm— <b>All-</b> <b>Comers XC at</b> <b>Spencerville HS</b>	17 10-11 am— Practice at Heritage Park	18 Run, bike, swim, etc. on your own
19	20 No practice Get ready for the first day of school tomorrow!	21 <b>TEAM RACE</b> 4:30 pm— <b>vs.</b> <b>LCC at Faurot</b> <b>Park</b>	22 After school until 4:30 pm— Practice at school	23 After school until 4:30 pm— Practice at school	24 After school until 4:30 pm— Practice at school	25 <b>TEAM RACE</b> <b>Bob Shull</b> <b>(Milton-Union)</b> <b>Invitational</b>

Schedule subject to change. The entire meet schedule will be posted when available to  
<http://www.freewalt.com/shawnee/xc>

# Static Stretches

Sitting Dual Hamstring Stretch	Sitting Single Hamstring Stretch <i>"Hurdler Stretch"</i>
Groin Stretch <i>"Butterfly" or "Chicken Wings"</i>	Straight Leg Groin Stretch
Twist Stretch	Racing Hip Stretch <i>"Lunge"</i>
Wall Push Calf Stretch	Standing Quadriceps Pull <i>"Quad Stretch"</i>
Overhead Arm Stretch	Arm Overhead Triceps Stretch

Other static stretches include:

- Standing IT Stretch (one leg crossed over the other; touch your toes)
- Standing Dual and Single Hamstring Stretch

## Stretching Exercises

- 1. Neck Flexion/Extension Stretch**  
Neck flexion/extension
- 2. Neck Rotation/Extension Stretch**  
Neck rotation/extension
- 3. Shoulder, Chest, and Posterior Deltoid Stretch**  
Shoulder, chest, and posterior deltoid
- 4. Triceps Stretch**  
Triceps
- 5. Shoulder Rotator Stretch**  
Shoulder rotator
- 6. Pectoral Stretch at 90 and 180**  
Pectoral stretch at 90 and 180
- 7. Elbow Stretch**  
Elbow
- 8. Supraspinatus Stretch**  
Supraspinatus
- 9. Wall Pushup Stretch**  
Wall pushup
- 10. Thoracic Flexion/Extension Stretch**  
Thoracic flexion/extension
- 11. Latissimus Dorsi Stretch**  
Latissimus dorsi
- 12. Hamstring Stretch at 90 and 180**  
Hamstring stretch at 90 and 180
- 13. Hamstring Relative Stretch**  
Hamstring relative stretch
- 14. Hamstring Stretch**  
Hamstring
- 15. Hamstring Stretch**  
Hamstring
- 16. Hamstring Stretch**  
Hamstring
- 17. Ankle Stretch**  
Ankle
- 18. Groin Stretch**  
Groin
- 19. Hamstring and Groin Stretch**  
Hamstring and groin
- 20. Quadriceps Stretch**  
Quadriceps
- 21. Groin Stretch**  
Groin
- 22. Adductor Stretch**  
Adductor
- 23. IT Band Stretch**  
IT band
- 24. IT Band Stretch**  
IT band

# Form (or Dynamic) Stretches

High Knees		Butt-Kicks	
Lunge		Carrioca	

Other form (dynamic) stretches include:

<ul style="list-style-type: none"> <li>• Power Skip (high skip)</li> <li>• Power Hop (frog hop)</li> <li>• Bunny Hop</li> <li>• Tin Soldiers (toe touch)</li> </ul>	<ul style="list-style-type: none"> <li>• A-Drill (A-Skip)</li> <li>• B-Drill (B-Skip)</li> <li>• Quick Skip</li> <li>• Duck Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Tuba Run</li> <li>• Crab Walk</li> <li>• Bear Crawl</li> <li>• Walrus Crawl</li> </ul>
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# Pre-season Workout Ideas and Nutrition

While you wait for the season to start, start getting in shape!

If the weather is nice enough or if you have access to a treadmill, **RUN !!!**

Have a Wii Fit board or an Xbox with Kinect? There are several great yoga and strength activities you can do. The balance activities will help you as well. It sounds strange, but some video games actually have a purpose!

## Push-ups

- build to at least 25 per day
  - keep your head, back, rear-end, and legs in a straight line as you go down and up

## Crunches and Sit-ups (yes, there's a difference)

- build to at least 50 per day (a combination of crunches and sit-ups)
- Types
  - regular crunches – feet flat on the floor, knees bent, arms crossed at chest, raise your head and shoulders off the ground
  - leg-lift crunches – legs straight and feet 6 inches off the ground, arms crossed at chest, raise your head and shoulders off the ground
  - side crunches – lay on one side with hands behind your head, lift your head and shoulder off the ground, repeat for other side
  - sit-ups – similar to a regular crunch but sit your entire upper body up to perpendicular with the ground
  - "v" sit – similar to a sit-up but keep your legs straight and lift your legs while you sit up, creating a "v" with your body

## Leg lifts

- sprinkle these in with your crunches and sit-ups

lay flat on your back, hands at your side or crossed at your chest, keep legs straight and together, lift your feet 6 inches off the floor and hold, relax, then repeat several times



Sandals, flip-flops, etc. provide very little support and should be avoided for daily wear at school. Athletes who wear flip-flops to school generally have higher likelihood of developing shin splints (a chronic pain in the shins), tensor fasciitis (an annoying arch problem), and other foot, knee, and hip problems. A shoe with an arch provides better support.

Nutrition on practice and meet days.

- Plenty of sleep each night (at least 8 a night, every night).
  - Eat a good breakfast.
  - Eat a good lunch.
  - Drink plenty of water throughout the day. – "Clear pee is the key!"
  - A snack to eat before an after-school meet.
  - A snack to eat afterward.
    - This is important to refuel your body.
    - 40-100g of carbohydrates & 10-20g of protein within 45 minutes.
      - 12 oz of chocolate milk
- pretzels, PB&J, sports drink (Gatorade / Powerade is OK, but avoid "energy" drinks such as RedBull, Monster, etc.)



# SMS Cross-Country Rules

## 1. ATTENDANCE & BEHAVIOR

Regular practice attendance is required for the athlete to remain a member of the team. To be a team member requires a commitment to all daily practices, team meetings, meets, and special events for the team. Also, athletes are expected to follow school and district rules as outlined in the Student Handbook.

### A. **EXCUSED ABSENCE**

- a. Absence from school due to illness is considered an excused absence.
- b. An illness which occurs during school must be verified by a parent or doctor's note upon the athlete's return to school and practice.
- c. A doctor's appointment will be considered excused when the athlete presents a verification of said appointment from the doctor's office. Please try to schedule appointments so that they do not conflict with practice or meets. A referral from the doctor to excuse an athlete for a specific time should be taken to the trainer who will inform the coaches of the referral. Athletes who miss practices due to injury may be asked to provide a clearance note from a doctor to return to practice to insure the safety of the athlete. Please provide notification of **in advance** of the practice or event that will be missed for an appointment.
- d. Should an athlete need to stay after class to take a test or to be tutored, it will be considered an excused absence when a coach receives a written note from the teacher involved. This also applies to club meetings (extra-curriculars), but a coach should be notified **in advance** of the practice or event to be missed.
- e. Excused absences for reasons other than illness are to be discussed **in advance** with a coach.

### **VACATIONS**

If an athlete takes a vacation during the season, please notify a coach **in advance, in writing**. It will be expected that the athlete will try to keep active while on vacation so as to avoid getting "out of shape".

### B. UNEXCUSED ABSENCE

An unexcused absence will be considered a lack of interest and commitment on the part of the athlete and will result in disciplinary action. If an athlete fails to bring practice clothing (shoes, gym clothes, etc.) an unexcused absence will result. If the athlete is present at school, yet misses that day's practice, it is considered an unexcused absence. If an athlete misses a meet without sufficient notice in advance, it is considered unexcused.

### FIRST OFFENSE

Depending on the nature and/or extenuating circumstances of the offense, the athlete may receive a warning, may be required to miss participation in one meet, and/or may be assigned additional training.

## SECOND OFFENSE

The athlete may be prohibited from participation for the rest of the season.

### **C. ALCOHOL, TOBACCO & DRUG USE**

The Shawnee High School Athletic Department has adopted the following policy on alcohol, tobacco, and drug use:

A student athlete identified as using or possessing drugs, alcohol, or tobacco by a faculty member during the sport season or admitting to using or possessing drugs, alcohol, or tobacco during the sport season shall be subject to the following consequences:

#### FIRST OFFENSE

The athlete shall be denied participation in 50% of the contests scheduled for that sport. The consequence may be reduced to 10% of the contests if the athlete participates in a chemical assessment by a certified chemical dependency counselor. The athlete shall continue to practice.

#### SECOND OFFENSE

The athlete shall be denied participation for the remainder of the season.

### **D. IMMEDIATE DISMISSAL**

This could result when an athlete chooses to behave in a disrespectful manner which reflects negatively on themselves, their team, their coaches, or their school.

## **2. PRACTICE & MEETS**

**You must have a physical on file in the High School Athletic Office before you can participate in any athletic activities. Physicals are valid for one calendar year.**

A typical practice consists of a warm-up run, static stretching, dynamic stretching (form runs), the workout, cool-down run, stretching.

### **A. TIME & PLACE**

Typically, practice begins at 2:50 in the **east gym**. Practice times may vary depending on the weather and the needs of our team as we progress throughout the season. Practices may be shorter the day before a meet.

Athletes should be picked up behind the middle school by the 5<sup>th</sup>/6<sup>th</sup> cafeteria doors (by the playground). Athletes are expected to be picked up within **15 minutes** of the end of practice or the return of a bus after a meet unless prior arrangements have been made with the coaching staff. Athletes will be asked to leave the building 15 minutes after the conclusion of our event that day, and coaches should not be expected to wait any longer than that.

## **B. PROPER EQUIPMENT**

*Athletes should bring appropriate practice gear to school EVERYDAY and have uniforms on meet days. Practice gear includes shoes, shorts, shirt, and sweat top and pants. Be prepared for any possible weather conditions.* Proper equipment is essential to help avoid injuries and for performing at the highest level. Shoes for practice should be made for running (not basketball or skateboarding). Avoid wearing flip flops or sandals to school (trust me, they can lead to injuries). Distance spikes are not required but can be used if desired.

## **3. INJURIES**

Unfortunately, injuries do happen in Cross-Country. To limit the number of unnecessary and frivolous visits to the athletic trainer, we ask that visits to the trainer be pre-approved by a coach and be reserved for true injuries (going to the trainer is not a social event). The coaching staff obviously wants everyone to be healthy, and to get healthy if injured. Many bumps, bruises, and muscle strains incurred during Cross-Country are simple to treat. Often ice and some rest are all that is needed to recover. If the athletic trainer has recommended for an athlete to ice the injured area and to take a few days off, we will consider those excused absences so long as the coaching staff is notified. **Icing during practice is not a social activity.** Athletes who are frequently injured or are injured over a long period of time may be asked to assume a different role on the team or to get healthy and try again next year.

## **4. TRAVEL RELEASES**

All players must take school authorized transportation to and from away contests. Athletes may be excused from riding either to or from an athletic event on school authorized transportation for school related reasons or extreme exceptional circumstances. This privilege may be granted on the rarest occasion since our philosophy continues to be that an athlete is part of a team in all phases of the team activity and is expected to use school transportation for all away contests. In the event of such a circumstance (as mentioned above), the athletic director shall determine whether or not a student can be released from using school transportation only after the following procedures have been completed:

- a. Athletes must secure a travel release form from the athletic director.
- b. The athlete and the athlete's parents must complete and sign the travel release form.
- c. The athlete must give the signed travel release form to a coach at least 48 hours in advance of the contest for the form to be approved and forwarded to the athletic director.
- d. The athletic director will notify the coach and the athlete of the approval or denial of the request for release from using school transportation.

### **A. EMERGENCY TRAVEL RELEASE**

In the event of a family emergency, the coach shall release an athlete from using school transportation after an event upon receiving written request from the athlete's parent. In no case will a coach release an athlete to ride home with anyone but the athlete's own parent.

## **5. EVENTS (Junior High)**

All races are 2 miles in distance and are "off-road".





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Get information for **Shawnee Middle School** right on your phone—not on handouts.

Pick a way to receive messages for **SMS XC 2018**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/smsxc18](http://rmd.at/smsxc18)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@smsxc18** to the number **81010**.

If you're having trouble with **81010**, try texting **@smsxc18** to (419) 482-1691.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/smsxc18](http://rmd.at/smsxc18) on a desktop computer to sign up for email notifications.



# SMS Cross-Country Rules Acceptance Sheet

- I have received a copy, have read, and understand the rules for Shawnee Middle School Cross-Country.
- I agree to abide by the rules throughout the season.
- I have obtained a physical in the past 12 months (or I have an appointment scheduled to get a physical).
  - o - NOTE: You can obtain copy of the physical form online at [http://ohsaa.org/Portals/0/Sports-Medicine/PPE\\_2018-19.pdf](http://ohsaa.org/Portals/0/Sports-Medicine/PPE_2018-19.pdf)
  - NOTE: You can fill out the necessary additional paperwork online at <https://shawneelima.8to18.com/> (you must create an account)
- I understand that I must register for Cross-Country at <https://shawneelima.8to18.com> and watch the OHSAA video there before I will be allowed to practice (this requirement must be completed even if you participated in a school sport last year).
- I understand that I cannot attend practice or participate in any team events until I have a valid physical and other required paperwork on file at the high school Athletic Office.
- I understand that there will be a parent meeting during the 1<sup>st</sup> or 2<sup>nd</sup> week of practice (date and time to be announced).
- I am invited to join the text/email group by texting to the number 81010 the message @smsxc18 or visiting <https://www.remind.com/join/smsxc18>

Athlete printed name \_\_\_\_\_

Grade \_\_\_\_\_

Athlete signature \_\_\_\_\_

Parent signature \_\_\_\_\_

Return this signed form to Coach Freewalt