

Lakeville South Cougar Cross Country

Welcome to Cougar Cross Country 2007!

We as coaches want to help each student-athlete reach his/her fullest potential. To do this we'd like to share with you some of our beliefs:

- Our cross country team is open to all students of all abilities. We hold the philosophical belief that all students should have the opportunity to participate in athletics if they so desire.
 - We believe the experience of being an athlete is invaluable.
- We know the student-athletes develop their commitment, leadership and friendships through practice and competition.
- Academics and family are always first priority, and beginning runners learn to balance their priorities with the help of the upper-classmen.
- Runners will improve and get stronger with each season. We focus on keeping runners healthy, getting stronger, and developing the mental skills to reach their potential.
 - We want a close-knit team that enjoys having fun and develops friendships that last long past high school.
- Easy runs should be filled with lots of talking and laughing and challenging workouts and races should be loaded with cheers and supportive yells.
- This preseason period before school begins is an intense time of training, but also a great time to get to know the Lakeville South campus, your teammates, your coaches and the types of training.
- We believe each athlete can achieve success through a deep belief in themselves and their training, being determined, working hard and having a positive, team centered attitude.

Our coaches are committed to helping the athletes achieve all that they can in their athletic pursuits by providing excellent coaching in terms of training theory and technique, motivation generated by creating a vision of each athlete's potential and positively reinforcing that vision, and nurturing the enjoyment and love of the sport(s) that the athlete is involved in.

We believe this is best accomplished by valuing people and relationships above performance and programs. The individual and team performances will be excellent if the relationships between athletes and coaches are excellent.

We hope that each athlete's participation in Lakeville South Cougar Cross Country will be a rewarding and memorable experience.

Sincerely-Coaches Jessica Just, Jarrett (Jazz) Sommers, Katie Milton, Jason Just, Rob Carney and Trish Weber-

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Coaches Goals:

1. To come together as a team – team cohesiveness.
2. To be humble in victory and success.
3. To be confident in our trials and to not lose sight of our goals and dreams during difficult times.
4. For each runner to train and race to his/her potential.
5. To race our best at the end of the season Section 1AA Meet when it counts the most.
6. To be positive and have fun and fellowship with teammates, coaches and parents.

To be a REAL RUNNER strive to do the following:

- Run everyday consistently
- Stretch
- Stay hydrated--drink plenty of water
- Commit to the strength program and core exercises
- Give our intervals, hills and hard workouts 95% effort
- Believe in yourself, your dreams, goals, team and your coaches
- Give races 100% effort
- Put the team above yourself

Please be aware of all team rules and policies for Cross Country:

Success does not come easily, it takes dedication and effort. We hope that the information provided here and from us and your teammates throughout your running career will enable you to set and achieve realistic and meaningful goals.

Expectations & Guidelines

Practice Time- Practice begins at 3:10pm on the circle in front of the stadium, (if raining meet by the training room). Be dressed and ready to practice – rain or shine.

We will promptly begin with attendance, followed by our team warm up directed by the captains. Practice will usually last until 5:15 pm but may finish sooner. Since consistency is vital, please schedule all appointments around this block of time. Please notify a coach well in advance if you must miss a practice or meet for a valid reason. Remember that practices are mandatory and essential for proper training.

Please be prompt to all meetings, practices and competitions.

Team Meetings and Announcements- Team Meetings will be held on Mondays or Tuesdays to celebrate personal records, athletes of the week and accomplishments from the previous week's races. There will also be a short meeting the day before each race to set goals, develop race plans and give bus times and race time information. Race and meet information will also be posted on our Cougar CC Booster Website.

Bad Weather - If it is raining, hot, snowing or otherwise unpleasant outside, you can be sure that our competition will be practicing. So will we. Please make sure you have all types of clothes in your locker. (Thunder/Lightning we will practice inside.)

Doctor/Dentist – Make every effort to schedule these and other appointments around workouts and meets. If you absolutely must miss a workout for an appointment, you must clear it with a coach prior to the appointment.

Illness – If you are absent from school or are sent home sick, we will know and will not expect to see you at practice. If you are ill and stay in school, we will expect you to check out with a coach before being excused from practice or have your parent call to excuse you.

Missed Workout – If you have an unexcused absence from a workout, you will forfeit the opportunity to compete in the next meet.

Injuries- If you become injured, notify a coach immediately! If we feel that you need help beyond our abilities, we will send you to the trainer or a sports physician. Never hide an injury from a coach!
Those who are injured or cannot run for any reason will be doing an alternate workout after conferring with coaches.

Conduct – You are an athlete competing for Lakeville South High School. Always remember your attitude and conduct represents your family, coaches, teammates, school, community, and YOU! Inappropriate conduct may result in disciplinary action, which could result in you being suspended from the team.

Co-Ed –As a member of a co-ed team, proper conduct must be followed. Displaying of affection, such as holding hands, kissing etc. is not appropriate during team practices, competitions or bus rides.

Academics - As coaches we take your academic life seriously, and so should you. You are here to be students first. Your actions in class can prevent you from participating on the team! We hope that your standards will be high, and you should keep close track of your academic performance.

Communication- One of the most important expectations for an athlete on the team is communication. If there is a problem with someone or something on the team, let the coaches or captains know. Please do not go to the Athletic Director about a problem until we first deal with it on the team. Please direct your parent's questions to Coach Just. The season should be fun, and communication is the key!

Off Campus Running-

This is a privilege. To ensure your safety and to keep this privilege, the following procedure must be followed:

1. At the end of the warm-up the coaches or captains will describe the route and the day's activities.
2. Begin running as a group and embark upon the designated route.
3. There shall be only one exact route per group on any given day so that all athletes can be accounted for. If athletes need to return to school due to an emergency, they are required to follow the designated route or send a teammate back to get help.

4. Always run on a sidewalk or path, not in the street.
5. Obey traffic lights and watch for cars at all intersections.
6. NEVER RUN ALONE!