**Skyline Cross Country Team Expectations 2021**

**Program Philosophy:** Our program has a rich tradition of excellence over the last 24 years. We have been Kingco, District and State Champions during this time**. Consistent hard work** is expected from all of our athletes. In practice and in meets we give our all. Our runners **Love to Run.** Over time our athletes hate to miss a practice or a meet as running becomes a lifetime passion. Student athletes are expected to do their best in the classroom maintain good grades during the course of the year. We support and encourage each team member to take risks, dream big and keep a positive attitude no matter what the circumstances. Our team leaders encourage and allow each runner to become an important part of our distance team.

**Coaches: Head Coach: Brendan Hyland** **hylandb@issaquah.wednet.edu**

**Assistant Coach: Charlotte Mann** **MannC@issaquah.wednet.edu**

**Assistant Coach: Alice Wilson** **wilsona@issaquah.wednet.edu**

**Captains: Matt O’ keefe, John Lucas, Cameron Coleman- McClure**

**Katy Manning, Keira Heagle**

**Team Parent Rep: Mary Jo Webb**

**Practice Rules.**

Students must attend all practices during the season to stay on the team.

The purpose of our practice is to prepare for every situation which will occur during competition.

Mold individuals into a team.

To provide experiences where the individual and the team discover their abilities.

**Practices at Skyline start at 3:10 sharp by Logging in to Zoom. Coaches will give practice instructions Via ZOOM from 3:10 to 3:25. This will allow us to communicate safely and effectively with everyone each day. After our Zoom call, meet at 4 pm at Beaver Lake Park by the baseball fields**. **We will start team Warm Up at 4 pm**. All team members will be present unless you have personally notified a coach.

We will have 3 levels of workouts each day. (Advanced, Intermediate and New Runners) Be sure to workout with the appropriate group. Practice starts with team warm up drills. Then conditioning runs and is followed by core work. Typically Practice will last an hour to 1.5 hours depending on your group workout. This would mean new runners will be done 5-5:15 Intermediate Runners 5:15-5:30, Advanced Runners 5:30.

After practice have your ride ready to pick you up. New runners ride should be there at 5. Intermediate runners at 5:15 and Advanced at 5:30.

We will have a check in check out system each day, so make sure you check in and out of practice each day. It lets us know when you have returned from an off campus run.

**Each Day we will check you in with a temperature check and attestation form.**

**You must wear a mask at all times during practice. We can remove them for an XC race.**

**Be sure to keep social distancing protocols during practice and meets.**

If you are injured or ill check in with a coach first and then you will be directed to the team trainer.

Be prepared mentally for each practice and remember your role with the team is important.

Be in acceptable practice gear. We are still in winter time, so be ready with layers, dri fit, rain racket, warm ups pants and new running shoes.

**If you miss practice notify a coach! You can e mail me at hylandb@issaquah.wednet.edu**

When your team mates are fatigued during practice your encouragement is valuable and expected. This help our team become stronger as the year goes on.

Any athlete who misses 3 practices in a row without notifying a coach will be removed from the team roster for the rest of the season.

Any athlete with 3 unexcused absences will be removed from the team roster.

**Uniforms:**

If you have a uniform purchased already, use that one for this year. If you need a uniform, we will check one out to you. All runners will be issued a Warm Up Jacket on March 3rd at 3:30 PM at Skyline HS. Practice will be at SHS this day.

**Competition Rules:**

Athletes who have an unexcused practice the week before a meet will not be allowed to compete in the upcoming meet.

Athletes who miss a week of practice without notifying a coach can be removed from the roster.

Only wear Skyline gear at meets. We run for Skyline HS. All other non- Skyline gear is not acceptable.

We represent Skyline High School all times when we are at home or away. We display good sportsmanship and have positive interactions regardless of the situation.

**Communication Rules:**

Be sure to communicate directly with the coaching staff regarding any issues. Let the coaches know if you are injured or not able to attend practice.

Talk with the coaches about issues that arise that are impacting your season. It may be tough but athletes should contact coaches in person first of all. Parents should feel free to email the caching staff with issues. However, athlete to coach communication is the first step in most instances during the season, and parents should allow students to develop this skill by advocating for themselves.

**Lettering Criteria:**

Boys: Break 18:00 for 5 km Girls Break 21:00 for 5 km

Excellent attendance all year.

Excellent attitude all year.

Or have completed 3 years of committed dedication to the Skyline Program.

**Team Website**

 <http://skylinespartanxc.weebly.com/>

Check here for race schedules, practice times, team gear info. Hopefully the team website can keep you informed during the season.

**Varsity Team Selection:** When the need arises to select varsity team runners we look at in season performances. Athletes who have posted quality times are not disqualified from varsity events due to illness or injury. Race and practice times are used and these determine our top 7 for each race. Our top seven runners do change during the course of the season based on running performance.