



JON HANNAM

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Boys Cross Country

Program Goals, Philosophies, and Procedures

Head Coach:	Rick Wagner		
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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
Run Fast, Lift Heavy, Work Hard, Don't Complain	Create an environment that celebrates the role of the individual within the team, program, and school.	Establish the team as one of the premiere programs in the conference, state, and country.

TEAM PHILOSOPHIES		
<i>VARSIITY</i>	<i>JV1</i>	<i>JV2</i>
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success.	Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should participate in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important.	JV2 will even further emphasize ensuring adequate playing time for all student-athletes. Playing/participation time at the JV2 level may not be equal among players at each event, but almost all student-athletes should compete at almost all events. At the JV2 level, developing interest in the sport and promoting skills and positive attitudes are critically important.



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TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>No Cut Sport</i>	<i>8 fastest times are Varsity</i>	<i>Remaining athletes are JV</i>	<i>Consistent attendance at all practices and meets</i>
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PLAYER RESPONSIBILITIES

Make cross country & the team your priority.

Loyalty to team and program.

Participate in all team activities.

Respect the name on the jersey;
Be proud of who you represent.

Treat others the way you want to be treated.

Demonstrate respect for opponents, referees, coaches.

PARENT RESPONSIBILITIES

Check your email for updates and the schedule for practice and races.

Help with weekly pre-race Team Dinners and race day snacks.

Positively encourage your child.

Provide transportation to races when school transportation is not available.

Communicate via email with Coaches any questions, issues, or concerns.

Respect coaches, parents, and athletes.

Let the Coaches coach your child.

COACH RESPONSIBILITIES

Communicate effectively with runners and parents.

Create a fun team culture where every runner feels valued and enjoys the sport.

Teach runners the skills/ techniques that lead them to reaching their potentials athletically.

Encourage runners to use proper sportsmanship.

Organize/promote team events and competition schedules.



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PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>Boys Cross Country uses the GroupMe App to communicate information regarding practices, competitions, and team events.</p>	<p>Athletes are expected to communicate face to face with the coaches; communicating any absences or issues. Parents/Coach communication will be primarily through email. Phone and in person meetings when necessary.</p>

VARSITY LETTER CRITERIA	CAPTAIN CRITERIA
<ol style="list-style-type: none"> 1) School is your first priority! You must maintain a level of academic excellence that is required by Cedarburg High School to be eligible to participate in athletics. 2) Finish in the top seven runners on the team in 50% of the meets the team competes in. 3) Break 18:00 at least two times in meets the team competes in. 4) Cannot have more than 3 unexcused absences from practices. 	<p>All athletes are expected to demonstrate leadership skills in various situations and environments.</p> <p>Qualities of a captain/leader: (1) Serve First (2) Be the Example (3) Be the Lifeline of Communication (4) Praise Others (5) Protect and Defend Your Team – Be Loyal (6) Know Your Team Expectations (7) Be a Problem Solver</p> <p>Captains will be selected by the coaches with input from the athletes.</p>



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MISSED GAME & PRACTICE POLICY

Attendance at all practices and meets is the expectation. Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury. Absences must be communicated to Coach Wagner (in person, via text, or email prior to absence). When a runner exceeds 3 absences an email to his parents will be sent and they will be held out of the next scheduled meet. After 3 absences a parent, athlete, coach meeting will be held. Each absence after 3 will result in being ineligible to race that week.

STRENGTH & CONDITIONING EXPECTATIONS

All runners are expected to participate in the strength and mobility program designed by the head coach two to three times each week in season. Out of season runners are encouraged to run 5 days a week with 2 days of strength and mobility done in the weight room at CHS.

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