

# 2017-2018 AL Middle School Cross Country Handbook

Welcome to our 3<sup>rd</sup> season of Middle School Cross Country (XC) at AL! We appreciate your trust in putting your student-athletes in our care. Please read the ENTIRE packet, as we have tried to be thorough. The handbook is also posted here:

<http://www.academielifayette.org/student-life/athletics/cross-country/>

## **REQUIRED PAPERWORK**

All forms can be downloaded from the AL Athletics Page:

<http://www.academielifayette.org/student-life/athletics/>

**MUST HAVE** a 2017-2018 AL Sports Release Form due the first day athlete participates in practice. Submit only once if participating in more than one fall sport

**MUST HAVE** a 2017-2018 MSHSAA Sport Physical Form completed **prior to the first meet**. HOWEVER the sooner the better! (CVS/Walgreens offer this service in addition to physician offices. This is not an annual physical but a quick sport physical. If you have recently had an annual physical, your physician may opt to complete it without much trouble. It is a new school year and all kids participating in a fall sport will need a new form, (even if they completed one in the spring). This form will remain good for any sport until the end of the school year. Submit only once if participating in more than one fall sport.

**MUST HAVE** a 2017-2018 Health Status Form due the first day athlete participates in practice (Please make additional copies to provide to each of your coaches if participating in more than one sport, particularly if there is a health issue (allergies, asthma, diabetes...))

### ***How to submit these forms:***

1. Use the (Upload your PDF File(s) function located by the forms online and send to M. Dieng or
2. Return to either campus office, to the attention of M. Dieng or
3. Bring forms to the first practice

Contact Athletic Director: M. Mamadou Dieng

816-361-7735 ext. 221

[mdieng@academielifayette.org](mailto:mdieng@academielifayette.org)

**MUST HAVE** a 2017-2018 Permission to Walk Form on file to participate in practice once school starts. If your student is not normally a walker, list the "Oak Gym" as the destination. This gives the student permission to be released from their classroom and report to the gymnasium. Submit only once if participating in more than once fall sport. **NOTE:** We have practice the first day of school, please turn this form in at the school office prior to the first day if you are able, the school will be open.

### ***How to submit this form:***

1. Cherry students submit to the Cherry Front Desk
2. Oak students submit to the Oak Front Desk

## **SAFETY/EMERGENCIES**

We will have first-aid kits at practice for minor issues. If there is an emergency we will follow school procedures. The building will be open for the entirety of practice. All XC volunteers will be briefed on emergency procedures. Send asthma inhalers with to practice/meets.

When practicing at Holmes Park (corner of 69<sup>th</sup> and Holmes/one block east of school), in the case of sudden and dangerous inclement weather we will seek shelter at the Cleaver Family YMCA.

## **COMMUNICATION**

Email, the AL school website and our XC/Track & Field Facebook Page are our primary modes of contact with our XC families. You are our main contact (outside of practice) to our student athletes. If this presents an issue for you call Coach Brenda at 816-500-4482. Let us be your first stop for questions about XC, DO NOT call the front desk at Oak. Check the website or FB Page often for cancelation notices, schedule updates, forms, meet results and much more!

### **To contact us please call/text/email:**

Head Coach Brenda's cell (816) 500-4482 [brendakumm@gmail.com](mailto:brendakumm@gmail.com)

Assistant Coach Dan's cell (816) 686-6763 (text only during the day) [Danbird1975@yahoo.com](mailto:Danbird1975@yahoo.com)

Athletic Director, Coach Dieng 816-361-735 Ext. 221 [mdieng@academielifayette.org](mailto:mdieng@academielifayette.org)

**Website:** <http://www.academielifayette.org/student-life/athletics/cross-country/>

Team Facebook Page: <https://www.facebook.com/groups/747989321977667/> You must ask to join "Unofficial AL XC/Track & Field", as it is a closed group for safety reasons

## **ACADEMIC AND BEHAVIOR EXPECTATIONS**

To participate in XC, middle school students must meet the GPA requirement of 2.5 (75%) as outlined on the AL website <http://www.academielifayette.org/student-life/athletics/> All student athletes must meet the school's behavior expectations as stated in the Code of Conduct in the Student Handbook. In addition to these expectations we set a very high standard regarding respect and sportsmanship for one another, our competition and officials. Remind your kids that extracurricular activities are a privilege.

Missed class time- some of our meet times may require early dismissal of our student athletes. This will result in a minor amount of missed instructional class time. Their teachers will be notified. Student athletes are responsible for all homework assigned in those classes.

## **OUR LEAGUE**

We belong to the IL-KC Metro Conference, which consists of KCPS Middle Schools and area charter schools (@14 schools). This is the third year for this league for middle schools. Both our boys and girls teams have won the team championships annually since the inception of the league. We advise approaching teacher early on for notes/assigned homework.

## **PRACTICE AND MEET SCHEDULES**

We use Google Calendar as it can be updated in real time and you see changes immediately. You can use these links or view it here: <http://www.academielifayette.org/student-life/athletics/cross-country/> If you have issues with the calendar contact Coach Brenda ASAP.

HTML:

<https://calendar.google.com/calendar/embed?src=nremupq1obm00plkgd3rji4pvo%40group.calendar.google.com&ctz=America/Chicago>

ICAL:

<https://calendar.google.com/calendar/ical/nremupq1obm00plkgd3rji4pvo%40group.calendar.google.com/public/basic.ics>

The schedule is subject to change due to the weather or the addition/deletion of meets by the IL- Metro Meet Director or by the Head Coach. Great News! XC Meets are MUCH shorter than track meets (about 1 hour).

### **PRACTICE/MEET REQUIREMENT**

Per MSHSAA guidelines, all student athletes **must attend at least 14 practices** prior to participating in their first meet. If injured, attending and assisting at a meet will count as a practice. It is the coach's discretion to deem if practices from other sports may count toward the requirement. It depends on the sport. The purpose of this rule is to have kids SAFELY prepared to compete and to insure time for team bonding. Some athletes may require more than 14 practices to be prepared. The final decision is with the coaching staff.

We expect that all of our runners be able to run the entirety of the course at meets, unless injured/sick during the race.

**IMPORTANT-** We recognize that our kids do multiple sports and those sports may be top priority. Out of respect for our team as a whole, we ask that our meets be given priority over another sport's practice and that our Championship Meet be given priority over another sport's regular season game. We will extend to those teams the same courtesy.

### **PRACTICE PROCEDURES AND LOCATIONS**

When practice is held after school, check-in will be in the Oak gymnasium. Pick-up will be at Holmes Park (corner of 69<sup>th</sup> and Holmes/one block east of school), unless otherwise notified. On potentially rainy days, we will have them leave their backpacks/any instruments in a designated classroom, you will need to swing by school after practice to pick up their safely stored items.

### **END-OF-SCHOOL DAY PROCEDURES**

*Oak Street Campus:* teachers will receive notification of the students in their class who will be participating in XC and they will follow dismissal procedures for walkers (*Permission to Walk Forms* needed). Students must report to the gymnasium. They will then be given time to change clothes and use the restroom and return to the gym.

You must email, call or text us if your athlete WILL NOT be attending practice after school. We have had students who have skipped practice. This is unacceptable and presents a dangerous situation.

### **CANCELATION OF PRACTICE**

This is Cross Country! Practice will ONLY be canceled for **severe** weather (extreme heat, lightning, severe thunderstorm, hail, tornado, flash flood as required by state athletic

guidelines). **CHECK THE AL WEBSITE, OUR TEAM FACEBOOK PAGE AND YOUR EMAIL FREQUENTLY ON BAD WEATHER DAYS.**

### **Notification Process for Cancellations**

We first notify the Oak front desk by 1:00pm immediately followed by an email blast to parents, teachers and administration. An announcement will then be made to notify students. We will post a notice of cancellation on the AL Website if possible and our Team Facebook page.

### **TRANSPORTATION**

Bus service will **NOT** be provided to practice or after practice. Parents/Guardians are responsible for drop-off and pick-up.

Bus transportation WILL BE provided from school to all of our meets. Our runners will be released early to change into their uniforms and take a bus to the meets. Parents/Guardians will be responsible for pick-up at delivery home from the meets. If this presents a hardship please contact Coach Brenda.

### **XC 101-MEETS**

We will participate in 7 meets, including a Championship Meet against area KCPS and charter schools in our league. The race distance for middle school Cross Country increases incrementally from 1.25 miles at the first meet to 1.70 miles by the end of the season.

While we will train together as one team, we will field a separate Boys Team and a Girls Team for scoring in competition. We can run as many kids as we would like but only the first 5 finishers from each team will comprise the team score. The scoring is as follows: 1<sup>st</sup> place= 1 point, 2<sup>nd</sup> place=2 points, 3<sup>rd</sup> place = 3 points and so on. Your place finish is the number points. A perfect team score would be 15 points. Having your runners place 1,2,3,4,5 thus the score would be 1+2+3+4+5 = 15. Just like in golf, the lower the score the better. Everyone on the team is important and has the chance to be a scorer. If there is a tie they look at the 6<sup>th</sup> place finisher to determine the winning team and down to the 7<sup>th</sup> runner if need be.

Middle school meets typically start at 5:00pm and end at 6:00pm. We ask our kids to stay and huddle up after the meet for coaches' comments and our huddle break together. This is important for team bonding.

### **UNIFORMS**

The Middle School XC Team will have assigned uniforms. They will receive track shorts, a racing singlet, and warm-up pants and jacket. The uniforms must be returned at the end of the season or a \$100 fee will be assessed. If they are new to the program or have outgrown their XC T-shirt they will earn one to keep for free before the first meet. Same design as in previous seasons.

### **EQUIPMENT and WHAT TO WEAR AND BRING TO PRACTICE**

Our runners must have a good pair of **supportive running shoes is important**. They do not have to be brand name or expensive. A basic, inexpensive **running watch with a timing function is also needed**. We will be teaching them pacing, how to hit their times during interval/speed training and how to take their heart rate to gauge their progress and keep them safe.

Bring an old pair of shoes (running, tennis shoes, school shoes) to practice and we will be able to provide guidance on the best type of shoe based on the wear pattern from their old shoes. Don't forget about the tax-free weekend in MO just before school starts back.

Runners will also need a pair of **running spikes** (they usually come with ¼ " spikes for track). We recommend ½' spikes for XC. They will NOT wear their running spikes for practice unless we request it in advance. We have a giant bag of ½" spikes just in case. We will have them run a few practices in their spikes to get used to them before a meet. Spikes are needed for wet weather, hills and mud. If your athlete prefers wearing just their running shoes that is fine.

Here is a great, cheap resource for <http://www.firsttothefinish.com/> go to "track spikes" and then sort by Low to High and there will be spikes for as low as \$5.95. We encourage all of you to engage in a track spike exchange (use our team FB page), they do not wear them often enough to create a wear pattern. If you have outgrown your running spikes please bring them to practice and perhaps someone on the team can use them. Reduce, Re-use, Recycle.

**Water bottles are a must** Drink before you are thirsty.

We recommend they bring a small sport bag separate of their backpack in which they can put their spikes, other meet related track items. LABEL EVERYTHING- the bag, their spikes...We have them put their cell phones in one plastic bin at practices and meets.

Dress appropriately for outdoor physical activity and the weather. Bring a small towel to practice on hot days. As the weather cools, dressing in layers is best. Wear your running shoes and your running watch. We will provide water onsite for refilling water bottles frequently.

### **PROGRAM PHILOSOPHY**

Our core philosophy is to assist with the development of well-rounded children. Our approach will be positive, promoting self-esteem, team-building and lifelong wellness. We will honor the core mission of Academie Lafayette in all that we do.

AL student-athletes of all skill levels are welcome to participate in Cross Country. We will focus on introducing them to basic concepts of long distance running, working to develop each runner from where they start. Cross Country is both an individual and team sport.

We require our kids to be dedicated, have a good attitude, be coachable, support each other and believe that running long and far can be FUN. We believe this sport uniquely develops perseverance and a mental resilience that will serve our kids well throughout their life. We put sportsmanship and team support above self and winning.

### **PARENT INVOLVEMENT**

We ask our parents to be supportive of our coaching process. You have given your kids roots now help us give them wings of independence. Our practices are not closed to parents (and from time to time we will need your help as timers, recorders etc...) BUT we ask that you be supportive of our coaching process and perhaps leave them to our care. Team bonding and relationship building is critical to the work we do and they often act quite different in front of parents (bet you can understand). We promise to take great care of them.

In addition there are many ways to teach running skills and our coaching team has worked to coordinate our approach so that we use the same descriptors, language and sequence of instruction with the kids. You may have learned a different approach, for the sake of not confusing the kids, check with us first. We are open to all of your comments and questions.

We realize we would not have a program without the support of our parents and you are greatly appreciated!!

### **COACHING**

Your coaches are Head Coach, Brenda Kumm and Assistant Coach, Dan Bird. Both are parent volunteers and are not paid for their time. They work under the guidance of Coach Dieng, Head of Physical Education and Athletics for Academie Lafayette. Coach Brenda holds a Masters in Exercise Science, Health and Sports Studies with a minor in Nutrition from Miami University, Oxford, Ohio with an emphasis on kids health and wellness. She ran Track/XC in high school and Track in college. She has two kids, (Mason 8<sup>th</sup> and Bennett 3<sup>rd</sup>) at AL. Assistant Coach, Dan Bird is a KU graduate and captained both Track and Cross Country in high school. He has completed several marathons and is fluent in French. He teaches SPED math in the SMS district as a para-educator and also works with students with ADHD/Autism. Both have a passion for promoting self-esteem, perseverance and healthy & active lifestyles for youth.

You can click on Coaching Bios on our page on the AL website for more details.

<http://www.academielifayette.org/student-life/athletics/cross-country/>

### **EXPECTATIONS**

We expect our student athletes to have respect and kindness for themselves, their coaches, their teammates and fellow competitors at all times. We are here to build each other up, learn and be healthy.

We expect our student athletes to prioritize academics.

We expect parents/guardians/faculty/staff to offer positive reinforcement and be supportive.

We expect open lines of communication between parents/guardians, students, coaches and the school.

We expect good sportsmanship at all times.

We expect kids to come and go from XC/Track over these formative years, as we encourage them to try many different activities. If you are new “welcome” if you are returning “welcome back”.

We expect to have fun!

Your AL Cross Country Coaches 2017

COURAGE-CLASS-COMMITMENT-CHARACTER-KINDNESS (Our 4 C’s and a K)  
CHAMPIONSHIPS also start with C but they are not as important as each of these!