

Wood Dale Junior High School

Cross Country

Information and Guidelines

Welcome 6th, 7th, and 8th grade runners to the Wood Dale Junior High School Cross Country Program. Our coaching staff is looking forward to a rewarding Cross Country season for all of its members. We have enjoyed a tradition of Cross Country excellence and we plan to continue this cycle. Cross Country is a running sport. Our training is done through stretching and running training. There are four separate races at each meet; 6th grade girls (1.5 mile distance), 7th and 8th grade girls (1.5 mile distance), 6th and 7th grade boys (1.5 mile distance), and 8th grade boys (2 mile distance). Please read over the following information and keep it in a safe place for future reference.

We look forward to a great season,

Coaches Skog and Hromada

Physical

- Each student athlete must have a sports physical, given by a licensed medical professional, on file with the nurse's office at the Wood Dale Junior High School
- No Physical, no practice.
- **Wednesday August 31st is the last day to turn in a physical**

Wood Dale Junior High School Athletic Code of Conduct Agreement

- Attached is the Wood Dale Junior High School Athletic Code; a code of conduct for student athletes.
- This document is to be reviewed by students and parents, and then signed by both.
- **Wednesday August 31st is the last day to turn in the signed Code of Conduct.**

Calendar and Meet Locations

- A calendar for the season schedule is attached
- Addresses for away meets will go home after the beginning of the season.

Attendance

Our season is approximately 5 weeks long, and the practice and meet schedule is on the calendar. We train from 3:00-4:00 daily on non-meet days, **RAIN OR SHINE.**

- It is imperative that students attend all practices and meets. In order to run long distances, athletes must train to prepare their bodies and minds for competition.

Wood Dale Junior High School

Cross Country

Information and Guidelines

- If an emergency arises and the athlete needs to miss a practice or meet, a written excuse signed by a doctor, parent, or guardian must be given to a coach before the practice or meet.
- If an athlete feels ill at school, he or she must see the school nurse and then let the coach know that he or she is going home.
- Unexcused absences will not be tolerated. **Three unexcused absences** will result in removal of the athlete from the Cross Country team.

Shoes (optional)

Athletes should run in shoes that are designated for running. Basketball, Tennis, or Cross Training shoes are not designed for long distance running and could lead to foot, ankle, knee, and hip problems.

- If buying running shoes, they should be sized so that a thumb's width of room is evident between the big toe and the front of the shoe.
- We suggest purchasing your shoes from a store that specializes in running shoes.
- No spikes are allowed in practices or meets.

Eating

Having the wrong fuel in your body will inhibit the body's ability to perform at its best. When you run during hot weather, you sweat more than at other times of the year as your body tries to regulate your body temperature to keep cool.

- It's essential that you drink the correct amount of fluids at the correct times! About 1 hour before you run, drink 8 to 16 ounces of water or electrolyte replacement sports drink like Gatorade.
- Do not wait until you feel thirsty to begin drinking! Drink 100% fruit juice and/or water after you run until you feel satisfied.
- Complex carbohydrates found in fresh fruits, vegetables, and whole grain food products are easily digestible and provide the energy you need to fuel your muscles as you run. **Eat complex carbohydrates before you run**
- Proteins found in meats and dairy products are harder to digest but help to rebuild muscle damages during your runs. **Eat protein after you run**

Training schedule

Practice will start at 3:05 and last until 4:00. RAIN OR SHINE. We will hydrate as needed during training.

- Training will include Interval Repeat Runs, Tempo Runs, and Long Slow Distance Runs (LSD).
- To be a competitive Cross Country runner, you must train your body to perform for maximum results under different conditions during a race.

Uniforms

Wood Dale Junior High School

Cross Country

Information and Guidelines

- You will be issued a team shirt that you are allowed to wear only on the day of the meet.
- You are responsible for that uniform and must return it at the end of the season.
- **IF YOU LOSE YOUR UNIFORM, YOU MUST PAY TO REPLACE IT. The cost of the uniform is \$40.**

Meets/Races

You must attend school at least a half day (morning or afternoon) on the day of a meet to be allowed to attend the meet and compete in a race.

- The team will travel together to all away and conference meets.
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Buses

- **A 4:00 bus will be available to all team members who have paid the \$25.00 bus fee.**
 - ANY STUDENT WHO IS NOT PICKED UP BY A GUARDIAN AFTER PRACTICE BY 4:00 WILL BE PLACED ON THE 4:00 BUS.
- **A Wood Dale District & bus will take the team to all away meets and arrive back at school after the conclusion of the meet at approximately 6:00.**
 - YOU WILL NEED TO PROVIDE YOUR OWN TRANSPORTATION HOME FROM SCHOOL AFTER ALL MEETS.
 - If you wish to walk home after meets, you will need a signed note from your parents.
 - You may leave directly from the away meets, BUT ONLY WITH YOUR GUARDIAN AFTER THEY HAVE SIGNED YOU OUT WITH A COACH.