

# CLARKE COUNTY HIGH SCHOOL EAGLES CROSS COUNTRY

*A RICH TRADITION OF DISTANCE RUNNING EXCELLENCE*

*2018 SEASON*

## **Coaching Staff:**

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## **Message from the Coaches**

Welcome to the 2018 Cross Country Season! For many of you this is a progression of your running careers which began several years ago; and for others this is the first of what will be, with hope, the start of a lifetime of fitness and appreciation for the sport of running. Whether you are a returning member from last year's team, or simply joining the team for the first time, you will be exposed to coaching strategies which strive to help you reach your personal goals and potential; with the aim of building a long-term successful running program. We are thankful for the opportunity to be a part of the coaching staff at CCHS, and look forward to seeing you, and beginning the 2018 season!

Sincerely,  
Jeff & Sarah

*“...the important thing is to breathe as hard as ever we  
can breathe.”*

*--Vincent Van Gogh, 1888*

## **Clarke County Philosophy of Athletics:**

The coaching staff of Clarke County High School has dedicated itself to the development of the total student-athlete. Both the physical and psychological growth of each person is conscientiously considered when planning and implementing our athletic program.

Our professional staff is aware of the individual needs of youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity to improve their athletic skills and to develop as well rounded individuals.

In line with the mission of Clarke County Schools our goals are to:

1. Promote the student's physical growth through athletic development and competition.
2. Promote sportsmanship and good citizenship.
3. Help our student-athletes be successful academically.
4. Establish an expectation of excellence for our student-athletes and teams.
5. Encourage community support for our school and school programs.

## **General Team Rules**

1. Follow coaching staff directions
2. Be punctual to practices and meets
3. Apply the principles of Trust, Honesty, Respect, Integrity and Commitment
4. Be Ambassadors of Clarke County High School
5. Always speak positively, and act in a professional manner
6. Be dedicated, work hard, have fun and enjoy the cross-country experience!

## **Practice Regulations (See Attached Schedule)**

Monday July 30<sup>st</sup> is the first official practice. During the preseason, all scheduled practices are **mandatory**. **Accrual of 20 practice sessions is required prior to an athlete being eligible for competition.** If there is a conflict with a team practice time and/or location, please communicate with the coaches to determine an alternative or make-up practice.

**Athletes must always put in their time** by attending at least part of practice before attending a non-Clarke County High School practice/event or work. Prior arrangements must have been communicated with the coach on making-up the missed practice time or scheduled workouts.

## **Unexcused absences**

Skipping a practice or meet is not acceptable, and may result in disciplinary action.

## **Excused absences**

Situations arise from time to time whereby athletes must miss a scheduled practice. Cumulative excused absences may lead to athlete not competing or being entered in a Junior Varsity Race instead of a Varsity race at an upcoming invitational. This is not a disciplinary measure, but safety and fairness issue. It is important that runners have adequate training opportunity before racing to avoid injury. Coaches must be fair by placing those runners in meets, especially invitationals, who are consistently committed to attending practices and competitions.

### **The following forms must be completed prior to practicing on Monday July 30<sup>st</sup>:**

- CCHS Athletic Department Insurance Waiver
- CCHS Athletic Handbook Acknowledgment
- Code of Conduct Form
- Parent Code of Conduct Form
- Concussion Form
- Drug Screening Consent Form
- Emergency Care Information Form
- VHSL Physical Form

To download the above forms and access the Clarke County Athletic Handbook please visit [www.clarkecountyathletics.org](http://www.clarkecountyathletics.org)

## **Parent Volunteer Opportunities**

Several parent volunteer opportunities will be available. Detailed information will be presented at the Parent/ Coaches Meeting scheduled for August 11<sup>th</sup> at 9:30 AM. The meeting will commence immediately following the team workout at Cool Spring Battlefield Pavilion. An agenda will be distributed prior to the meeting.

## Communication

- Important information will be shared with parents and athletes verbally, via e-mail and through other communication media TBD
- Parents are encouraged to sign-up for e-mail distribution or through other communication services to be determined.
- Parents and athletes should always feel free to reach out to me with questions or concerns, or whenever additional detail is needed.

## Team Captains

The coaching staff will select deserving male and female athletes to serve as team captains. These individuals will demonstrate exemplary leadership skills, maturity and serve as role models for the team.

## Direction to Off-Campus Practice Locations and Meets

Specific directions for home/away meets and off campus practice locations will be e-mailed and posted in advance, as well as on <http://www.clarkecountyathletics.org/> .

## Varsity Lettering

Please refer to the Athletic Handbook for criteria.

## Training Shoes/Racing Flats

Each runner should have a quality pair of training shoes, whereas racing flats/spikes may be optional for some. **Several local Sports and running specialty stores provide discounts to Clarke County X-Country runners.** Please see the coaching staff for more information.

## Team Pictures

Date and Time TBD

## **Locker Room Lockers**

Once school begins, lockers are available in the locker rooms for each runner.

- **Boys:** Use the P.E. lockers. Locks will be distributed for those in P.E. classes. Those not taking a P.E. class should provide their own lock.
- **Girls:** Use team or P.E. lockers. Those not taking a P.E. class should provide their own lock.

## **Hydration & Nutrition**

Runners must remain hydrated throughout the day, and should bring a bottle of water and/or preferred sports drink to all practices. Use of “Energy Drinks” during practice and competition are prohibited per VHSL regulations.

Runners are encouraged to discontinue or limit consumption of sugary or caffeinated beverages; and maintain healthy eating habits. While individual philosophy on nutrition varies, please remember the energy and nutritional demands of distance runners. There is much information available on this topic, but I am always happy to share my thoughts.

Pay particular attention to protein requirements, which range from 1-1.5 g/kg, (.5-.75 g/lb) per day; as well as iron and other essentials.

## **Food Allergies/ Medical needs**

If any runner has a specific allergy or other medical need, please register this information with Coach Webster, as well as on the emergency care form.

## **Flexibility and Stretching Exercises**

Proper warm up and cool down is essential to remaining injury free and performing at your best. Strength conditioning, Stretching, and other warm up techniques will be incorporated into our routine.

## **Clarke County Cross Country 2018 Meet Schedule-**

Competition schedule can be found on the team page at <http://www.clarkecountyathletics.org/>