

WAYNESVILLE MIDDLE SCHOOL 2014-2015 SEASON



7TH and 8TH Grade
CROSS COUNTRY

TEAM RULES

&

GUIDELINES

Coach: Russ Shelden
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"The will to WIN means nothing without the will to PREPARE"

GO TIGERS!

Cross Country Camp:	Monday, July 21	7-8:30 pm
	Tuesday, July 22	7-8:30 pm
	Wednesday, July 23	7-8:30 pm
	Thursday, July 24	7-8:30 pm

Where to meet: Middle School Track

What to bring: Running clothes
Running shoes
Water
Camp Fee: \$25.00

Weather related issues: In the event of bad weather, we will have camp indoors at the Middle School.

Purpose of Cross Country Camp: This is a non-competitive camp
Fitness (getting in shape) Team
work and Team building
Learn about distance running techniques

T-shirts will be given out at the end of camp.

All attendees must be picked up at the football field parking lot. Parents, please inform the coach if you are taking someone else home after camp. Please provide information on each attendee, parent's name, address and phone number.

Make sure you have your physical done before August 18. Copy turned into the nurse and coach. Physical must be dated after February 1, 2014.

Regular practice for 7th and 8th grade starts on Monday, August 18th at 2:45 pm.

Parent/athlete meeting will be Tuesday, August 12 or Thursday, August 21, 6:30 pm at the Waynesville High School Auditorium.

Participation fees for the regular Cross Country season must be paid in advance of the first competition.

Contact Info:
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The sport of Cross Country is an exciting event in which to participate and observe. As many as 30 teams are represented in some meets with upwards to nearly 150 runners in some races. I encourage parents and family members to attend various meets to cheer you and the rest of the Tigers to victory. This will be the 11th year for the Waynesville Middle School Cross Country program, and we continue to grow in numbers each year.

For some, Cross Country can be difficult and discouraging in an effort to learn how to run for extended periods of time. As a student/athlete, should you find the sport "not for you", I encourage you to attend every practice and give it everything you possibly can. As a coach, and with effort on your part, I can guide you to personal success.

The program has seen a great deal of success in the form of individual and team championships. I look forward to seeing this year's team as the most successful yet.

2014-2015 TEAM RULES AND GUIDELINES

1. The most important aspect of participating in an extracurricular activity is being part of a team and the thrill of competition. In order to participate you must remain academically eligible and refrain from conduct that would violate team rules and or school policy.
2. Each athlete must submit a physical exam to the school nurse prior to being able to practice. Physical forms must be dated after February 1, 2014.
3. Each athlete must pay a sport participation fee of \$25 prior to the first meet. The fee must be paid directly at the Athletic Office located at the Waynesville High School. Additional information can be found at <http://www.waynesvilletigerathletics.org>.
4. The Athletic Department will conduct a meeting for student athletes and parents. All 7th grade and new 8th grade students/parents are required to attend. All other student-athletes who have not attended a sports parent/athlete meeting in the past will also be required to attend. The meeting will be held on August 12th or 21st at 6:30 pm in the high school auditorium. One parent/guardian must attend this meeting with their son or daughter. A student will not be allowed to participate in a meet if they do not attend with a parent.
5. Any athlete who uses an inhaler must bring the inhaler with them to all meets and practices. The use of the inhaler and the ability to carry the inhaler to school must be on file with the school nurse. Student athletes must following school policy concerning medications.

6. Every athlete must have recorded not fewer than 14 days of practice prior to participation in a meet.
7. Property issued by the coach to the athlete, such as a lock, running top and bottom, warm up top and bottom must be kept in good condition. Athletes are required to keep track of their assigned equipment. The replacement cost of each item listed is \$30.00 each.
8. Athletes must report directly to their respective locker rooms after school and dress out in proper running attire. Proper clothing is described as running shorts, shoes and top. No spaghetti straps.
9. Each athlete must bring their own water bottle with them to practice. Mark your bottle with your name for identification purposes.
10. Each athlete must inform the coach in advance if unable to attend practice, to include academic assistance.
11. Each athlete must remain in designated areas assigned by the coach, such as the lower gym lobby or concrete retaining wall to wait for the activity bus or parent.
12. Each athlete will follow a course of good conduct and behavior while being transported on the bus at all times. School policy must be followed at all times.
13. Degrading comments, sexual harassment, or inappropriate touching will not be tolerated at any time. Immediate dismissal from the team and/or additional consequences could occur. Never put yourself in a position to embarrass yourself, another teammate, your school or an opposing teammate.
14. Each team member will review the written guidelines regarding proper hydration.
15. Each athlete must follow the procedures concerning prior permission to board the activity bus upon completion of practice.
16. Each athlete must be picked up from the tennis court parking lot by 5:20 pm. No student is allowed to walk home or leave the campus after practice unless a parent provides written authorization to the coach.
17. Each athlete must inform the coach of any allergies, such as bee stings or otherwise.
18. In addition to the mandatory athlete/parent meeting held at the high school, each athlete/parent must attend a team meeting.

August 2014

WAYNESVILLE MIDDLE SCHOOL 2014—2015 CROSS COUNTRY SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat
				1	2
4	5	6	7	8	9
11	12 <i>Parent/Athlete Sports Mtg 6:30 WHS</i>	13	14 1st day of School <i>No Practice</i>	15 <i>No Practice</i>	16
18 <i>Practice 2:45 pm Middle School</i>	19 <i>Practice 2:45 pm Middle School</i>	20 <i>Practice 2:45 pm Middle School</i>	21 <i>Practice 2:45 pm Middle School</i> <i>Parent/Athlete Sports Mtg 6:30 WHS</i>	22 <i>Practice 2:45 pm Middle School</i>	23 <i>Practice 8:00 am Waynesville City Park</i>
25 <i>Practice 2:45 pm Middle School</i>	26 <i>Practice 2:45 pm Middle School</i>	27 <i>Practice 2:45 pm Middle School</i>	28 <i>Practice 2:45 pm Middle School</i>	29 <i>Practice 2:45 pm Middle School</i>	30 <i>Practice 8:00 am Waynesville City Park</i>



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September 2014

WAYNESVILLE MIDDLE SCHOOL 2014—2015 CROSS COUNTRY

Mon	Tue	Wed	Thu	Fri	Sat
1 NO PRACTICE	2 <i>Practice 2:45 pm Middle School</i>	3 <i>Practice 2:45 pm Middle School</i>	4 <i>Practice 2:45 pm Middle School</i>	5 <i>Practice 2:45 pm Middle School</i>	6 Coach/Parent Meeting 8 am City Park Practice to follow
8 <i>Practice 2:45 pm Middle School</i>	9 <i>Practice 2:45 pm Middle School</i>	10 <i>Practice 2:45 pm Middle School</i>	11 <i>Practice 2:45 pm Middle School</i>	12 <i>Practice 2:45 pm Middle School</i>	13 Practice 8:00 am Waynesville City Park
15 <i>Practice 2:45 pm Middle School</i>	16 <i>Practice 2:45 pm Middle School</i>	17 <i>Practice 2:45 pm Middle School</i>	18 Meet- Steelville 4:00 pm	19 <i>Practice 2:45 pm Middle School</i>	20
22 <i>Practice 2:45 pm Middle School</i>	23 <i>Practice 2:45 pm Middle School</i>	24 <i>Practice 2:45 pm Middle School</i>	25 Meet - Belle 4:00 pm	26 <i>Practice 2:45 pm Middle School</i>	27
29 Meet - Dixon 4:00 pm	30 <i>Practice 2:45 pm Middle School</i>				



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October 2014

WAYNESVILLE MIDDLE SCHOOL 2014—2015 CROSS COUNTRY

Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Practice</i> 2:45 pm <i>Middle School</i>	2 Meet - Camdenton 4:00 pm	3 <i>Practice</i> 2:45 pm <i>Middle School</i>	4
6 <i>Practice</i> 2:45 pm <i>Middle School</i>	7 Meet - Cuba 4:00 pm	8 <i>Practice</i> 2:45 pm <i>Middle School</i>	9 Meet - Licking 4:00 pm	10 No Practice	11
13 No Practice	14 <i>Practice</i> 2:45 pm <i>Middle School</i>	15 <i>Practice</i> 2:45 pm <i>Middle School</i>	16 Meet - Mountain Grove 4 pm	17 No Practice	18
20 Turn in Uniforms	21	22	23	24	25
27	28	29	30	31	



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2014 - 2015
Waynesville Tiger Athletics

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Sports News

Sports Practices

The first practice date for fall **HIGH SCHOOL** sports will be **AUGUST 4, 2014**

The first practice date for fall **MIDDLE SCHOOL** sports will be **AUGUST 18, 2014**

***HIGH SCHOOL TEAMS WILL BE SELECTED THE WEEK OF
AUGUST 4TH BEFORE SCHOOL BEGINS***

Free Sports Physicals

Students participating in sports at Waynesville High School or Waynesville Middle School for the 2014-15 seasons will use the MSHSAA Physical Form. Athletes must have a physical dated after February 1, 2014, on file at the athletic office before the first day of practice. Middle school athletes should turn their physical forms into the nurse at the middle school. The free physicals are donated by Mercy Clinic in St. Robert and will be performed from 5:00 p.m. – 6:30 p.m. on:

July 29th for last names beginning with A-H
July 30th for last names beginning with I-P
July 31st for last names beginning with Q-Z

A parent signature will be needed on the physical form or a parent must be present for the exam.

Participation Fee

An annual athletic participation fee of \$25.00 will be charged for the 2014-2015 school year. This fee will be used to help offset expenses in all areas of the overall athletic program. This fee must be paid before the first game, match, or contest. Students will not be permitted to participate in a game, match, or contest until the participation fee has been paid. The fee should be paid in cash, check or money order payable to: Waynesville Athletic Department. If a student is injured, and therefore excluded from participation for the season, prior to the first scheduled contest, the participation fee will be refunded, if requested by the end of the season. After the first contest is played, no money will be refunded. The participation fee will not be returned if a participant quits or does not finish a season. If a tryout policy is instituted for team members by the coaching staff, any participant not making the beginning season roster will have his/her participation money refunded, if requested by the end of the season.

If a family has more than one child participating, the following rate schedule will apply:

\$25.00 for the first child
\$15.00 for the second child
\$10.00 for each additional child

Parent and Athlete Meetings

The Waynesville Athletic Department will conduct a meeting for student-athletes who plan to participate in a fall, winter, and/or spring sport for the 2014-2015 school year. All 7th grade and 9th grade student athletes are required to attend. All other student-athletes who have not attended a sports parent/athlete meeting in the past will also be required to attend. The meetings will be held on August 12th and August 21st at 6:30 p.m. in the high school auditorium.

One parent/guardian must attend this meeting with their son or daughter. A student will not be allowed to play in a game, match, or contest if they do not attend with their parent or guardian. The focus of the meeting concerns eligibility, sportsmanship, the student-athlete code of conduct, and parent-coach communication.

Sports Passes and Admission Prices

The admission price at varsity contests will be \$4.00 for adults and students. The admission price for sub-varsity contests will be \$3.00 for adults and students.

Sports passes are available for purchase in the Athletic Office for admission into school athletic events. The Individual Pass allows the holder to be admitted to all home contests during the term of the pass. The Family Pass allows the holder and his/her immediate family to be admitted to all home contests during the term of the pass. All passes and school employee ID's will not be accepted at district or other state level contests, and the Route 66 Shootout.

The cost for passes is as follows:

Individual Season Pass	\$15.00
Individual Annual Pass	\$35.00
Family Season Pass	\$30.00
Family Annual Pass	\$70.00



RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS



TYPES OF SPORTS DRINKS

◆ **Fluid Replacers**

- Examples: Water, Gatorade, 10K, Quickkick, Max
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

◆ **Carbohydrate loaders**

- Examples: Gatorlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

◆ **Nutrition Supplements**

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

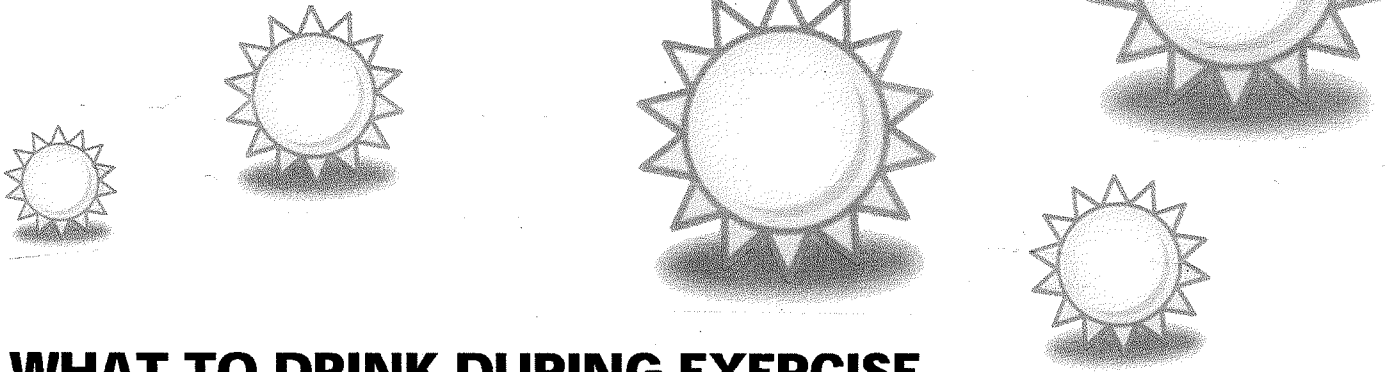


WHAT NOT TO DRINK

- ◆ Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- ◆ Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- ◆ Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- ◆ Drink according to a schedule based on individual fluid needs.
- ◆ Drink before, during and after practices and games.
- ◆ Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- ◆ Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- ◆ Drink early — By the time you're thirsty, you're already dehydrated.
- ◆ In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- ◆ Drink fluids based on the amount of sweat and urine loss.
- ◆ Within two hours, drink enough to replace any weight loss from exercise.
- ◆ Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- ◆ Dehydration usually occurs with a weight loss of two percent of body weight or more.



WHAT TO DRINK DURING EXERCISE

- ◆ If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- ◆ The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- ◆ During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- ◆ Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- ◆ Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- ◆ Salt should never be added to drinks, and salt tablets should be avoided.
- ◆ Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.