

Traverse City Central Boys Cross Country

2020

Team Information Booklet

Trojan Boys Cross Country Team Booklet Table of Contents

Pages 1-6	Welcome Expectations Training Information Misc.
Page 7	Policy Agreement
Page 9	Policy Signature Page
Pages 10	Specific Camp Information
Page 11	Required Gear, Team Store, Player Fee
Page 12	Sponsorships and Fundraising
Page 13	Competition/Important Dates Schedule
Page 14	August Schedule of Practices
Page 15	Communication Methods and Coaching Staff
Page 16-17	Sponsorship Form

Fall 2020

Athletes and Parents,

WELCOME! Welcome to another season of Trojan Cross Country. Your son has chosen to be part of a program that has a 60+ year history of excellence. He has chosen a sport that uniquely fosters growth in a young adult-dedication, commitment, resiliency, independence-are a few of these. Given our current situation with COVID 19 and its impact on our society, this just adds another layer for the opportunity to grow as a person. We may be biased, but this is the greatest sport!

The enclosed packet of information is intended to give you the most important information as we begin the season. As the season progresses, I provide weekly communication via email to parents and athletes to keep you in the loop as best I can.

Please do not hesitate to call, text, or email.

Go Trojans!

Bryan Burns, Head Coach
Traverse City Central Boys Cross Country
231-649-0843
burnsbr@tcaps.net

Team Expectations

**Be here everyday.
When here, work hard.
Be a good teammate.**

Trojan Boys Cross Country 2020

WE WANT YOU!

Team Highlights

- All inclusive! Not cuts!
- We have a large team and a fun team. Last year we had 43 young men on our team.
- We are successful. Trojan Cross Country has a history of excellence at the state level.
- Our team is not only comprised of young men who love to run and work hard, but we are also great students.
- We attend meets around the state. Lots of travel!
- The boys and girls teams train together.
- We go to team camp to begin our season!
- Our summer running program promotes fitness, friendship, and fun!

Contact Coach Burns for more information or with questions.

Bryan Burns

231-649-0843

burnsbr@tcaps.net

TEAM EXPECTATIONS

**Be here everyday.
When here, work hard.
Be a good teammate.**

10 Things Teammates Don't Let Teammates Do In Championship Cultures

1. Cut Corners
2. Whine and Complain
3. Make Excuses
4. Act Selfishly
5. Disrespect Each Other
6. Divide the Team
7. Disrespect the Coaches
8. Embarrass the Program and School
9. Give Up
10. Let Teammates Down

4 Stages Of What It Takes To Win Championships

Stage 1	Understand What It Takes
Stage 2	Do What It Takes
Stage 3	Lead Others to Do What It Takes
Stage 4	Hold Others Accountable to Do What It Takes

What Stage are You?

Miscellaneous Information.....

2020

Training

- Everything within our training is “UP TO...”. This means that if the days workout calls for a 50 minute steady state run, you are to run **up to** that amount. Some of you may only be able to go 30 minutes. Others 40 minutes. Others the full 50 minutes. Our training is based upon where you are at the moment.
- Summer running lays the groundwork for our season. If we are to accomplish team and individual goals, the work has to be done in the summer.
- We meet M-W-F at 8 a.m. at CHS for summer running. Make an effort to be consistent in joining us.
- CONSISTENCY is the key to your development. We do not want you hurt. We want you healthy and progressing gradually.
- Drink water, get good quality sleep, eat right, and have proper running shoes.

Performance Enhancing Supplements

The following are the three performance enhancing supplements that we endorse.

1. 8 hours of sleep
2. Real food
3. Lots of water

Nutrition

Here is an easy way to remember good nutrition.....

Eat Less CRAP

- C- carbonated drinks
- R- refined sugars
- A- artificial sweeteners
- P- processed foods

Eat More FOOD

- F- fruits and vegetables
- O- organic proteins
- O- omega 3 fatty acids
- D- drink more water

Training Log

- Each athlete is required to record their weekly miles on the team spreadsheet and also keep a written log (provided). This is an important tool in planning training and very valuable as we look at growth and development long term.
- Each athlete has the opportunity to join our 750 mile club. By running 750 miles beginning June 15-November 7, you will earn special recognition-to be determined at the beginning of the season.
- In order to earn this honor, in addition to running the miles, your logs must be updated. You will turn these in.

TRAVERSE CITY CENTRAL BOYS CROSS COUNTRY 2020

Team Policies

The following policies are in place for the benefit of all of us, to assist us in being a better team and teammates. Please read carefully and sign the agreement. Return to Coach Burns. We will also go over this at the parent meeting and team meeting.

The signed policy agreement includes:

Practice Session: Full completion of a practice session until excused by coaches is expected.

"On-own" or scheduled weekend workouts/runs will be assigned and are required. Practice rules are outlined the first day of practice. This is a varsity sport. **You are expected to be at practice each day.**

Be a Good Team member: We treat each other with respect and kindness. We settle any differences in a mature manner. Any type of bullying, hazing, etc is grounds for immediate discipline. This includes social media. This could involve up to suspension and/or removal from the team. We will follow all TCAPS policies.

Training Groups/Watch: To facilitate training and for safety, ***all runners must wear*** a running watch at practice. If you have questions about where to purchase or what type of watch, ask coach. This is also covered the first day of practice. Note: You do not have to purchase an expensive watch such as a Garmin. You can purchase a Timex Ironman watch at Target or on Amazon for \$25 that will do the job perfectly.

Training Log: Each athlete is expected to maintain a training log as discussed the first day of practice. One will be supplied to you.

Attendance Policy: Attendance will be kept. An unexcused absence may result in missing a competition. 3 Unexcused absences will be grounds for dismissal.

Injury Policy: Students with known injury are expected to attend the first part of practice, minimally. Coaches must be notified of injuries immediately upon occurrence. Teammates may see the trainer before 3:15 or after attendance and announcements. The goal is to keep you healthy and if injured, get you healthy. Communication is a must with your coaches. We are fortunate that we have access to equipment that allows us to cross-train while waiting for the injury to heal, thus practice attendance is a must.

Uniform: An agreement will be signed by each student promising to pay for lost, stolen, or damaged uniform items. An unreturned uniform will cause the athlete's grades to be withheld and the athlete will have to pay for a replacement. Full team uniform and warm-ups are to be worn at race events. The boys will buy their own shorts. This is discussed at the beginning of season.

Competitions: Trojan cross country is a varsity sport and participation at all meets is a teammate expectation. Athletes will be expected to ride to all events by school-arranged transportation unless noted otherwise.

Awards/Varsity Award - Seven (7) points are needed to earn a Varsity Award. Varsity points to count toward the JV if not at varsity status. Runners who participate in cross country for 4 years, and who adhere to all policies and expectations, will earn a varsity letter automatically as a senior.

Awarding of Points: . In invitational, conference championships/jamborees, regional, or state meets, three(3) points will be earned for placing in the first 1/3 (above 33%) of all runners, two(2) points for the second 1/3 (above 66%) of all runners, and one point for finishing in the last 1/3 (67% or below)-of all runners. JV runners (not Top 7) whose 5K time is below 19:00 will earn one varsity point per each race under 19:00

In addition to the above:

- An updated and complete training log is a requirement for a varsity letter
- An athlete must follow all team and CHS athletic policies. A violation of the athletic code forfeits a letter
- Varsity *Top 7* - The 7 designated "varsity" runners will be determined by the 7 fastest runners (9th-12th grade) from the previous meet as determined by finish place/time on the same course. A consistent Top 7 performer that missed meets due to sickness or injury may be placed back in the Top 7 at the discretion of the coach. The coaches reserve the right to designate the Top 7 and travel team for the regional and state championships.

Fundraisers - Each runner is required to facilitate and participate in all scheduled team fundraisers.

Communication - Teammates are responsible for being aware of competitions, events, practice times, and activities via occasional handouts, practice discussion, our team Google Classroom, website tccathletics.net, and Remind. Communicate with coach if you have a conflict due to an appointment, academic issue, etc.

SIGN AND RETURN THIS PAGE

2020 Policy Signature and Agreement

We have read, understand, and agree to abide by the policies as set forth for the 2020 season, as noted above:

Student Signature _____

Date _____

Parent Signature _____

Date _____

Pyramid Point Cross Country Camp

For the past 3 seasons we have spent 4 days and 3 nights at the Leelanau Outdoor Center participating in our season training camp. Being able to get away as a team to train, relax, enjoy our beautiful area and spend time together establishing our team and individual goals is one of the season highlights. This year our training camp is going to look a bit different.

The following provides as much information that I can give you at this time.

1. We are still waiting for the OK from school district officials for us (boys and girls) to travel as a team to camp.
2. Assuming we get permission, which is expected sometime the week of August 10, we are planning to have a “day camp” for our kids. We are planning on traveling to camp on Wednesday, August 26 and Thursday, August 27. We will spend each day at the Leelanau Outdoor Center. Transportation will be provided by the Center.
3. The time frame for each day is tentatively planned as leaving CHS at approximately 8 a.m. and arriving back at CHS at approximately 5:00 p.m.
4. The cost for camp will be \$80 per athlete. This includes transportation to and from camp each day, lunch, canoeing, a camp shirt, programming from camp staff, etc.
5. Though not mandatory, I strongly encourage each boy to attend. I understand that some may have conflicts. Please communicate with Coach Burns if there are concerns or questions. Please do not let cost be a factor. Scholarships are available based on need. Again, communicate with Coach Burns.

NOTE: As we get more information, I will share with you a more detailed document. As with many things this year, the situation is ever changing. Flexibility is the name of the game right now.

Required Gear, Team Store, Player Fee

A large amount of our team budget is funded by the families/athletes, sponsors and fundraisers. One expense that the athlete has is the “Required Gear” for our team. We have tried to keep the expense minimal, and working with our sponsor, adidas, we have been able to do that. The good news is that this gear, if taken care of, can last the athlete at least a couple of cross country seasons.

Required Gear

Our required gear can be found in the team store (highlighted by a red flag). We are an adidas sponsored school, thus we get a substantial discount when we purchase our gear. The required gear is as follows:

- Jacket
- Hooded sweatshirt
- Black training pants
- Solid black shorts

NOTE: I do a separate order for the shorts. If the athlete would like half tights, he can order from the team store.

Other items found in the team store can be purchased but are not required. This is a good way to get some “Fan Gear”!

All orders include the printing.

Team Store

- The web address for our team store is [Team Store](#)
- Be sure to place your order by the deadline- August 19. Orders are taking up to 4 weeks due to delays caused by COVID 19.
- Anyone may purchase any of the items in the store.

Player Fee

Due to budget limitations, it is necessary to charge a Player Fee. Our school district covers the cost of our coaching stipends (head and one assistant), part of our transportation, and most meet fees. The cross country program must raise funds to cover equipment, transportation, additional assistant coaches, uniforms, etc. The boys and girls programs charge each student-athlete \$100 (plus \$5 for a yearly Final Forms registration fee). With this fee the student-athlete also receives our team long-sleeve tech shirt that is part of our meet day uniform. This fee is to be paid through Final Forms. If it is necessary to pay by check, please make the check payable to TCC ATHLETIC BOOSTERS and give to Coach Burns. Scholarships are available based upon need. Please communicate with Coach Burns.

Sponsorships and Fundraising

As I mentioned on the previous page, a large majority of our budget comes from the athletes/families, player fee, sponsorships and fundraising.

Sponsorships

Families, businesses, groups, etc. who are interested in being a Trojan Boys Cross Country Sponsor can do so for \$180. Being a sponsor allows us to provide scholarships for athletes who need monetary help with camp, player fee, equipment, etc. It also helps us with the cost of transportation and additional assistant coaches. For example, with a team of 40 boys it is a necessity to have 3 or 4 coaches working with the kids. A sponsorship also helps us provide the little “extras “ that make the boys feel a bit special--for example, donuts after a Saturday morning workout or pizza on the way home from a long day of racing. Please consider becoming a sponsor. I will have forms available at the parent meeting and to send home with the boys.

By becoming a sponsor you will have your name and logo (if desired) placed on our team banner that flies proudly at meets. The deadline to sign on is August 28. Thank you.

Fundraising

Another way of raising money for our team is through fundraising. Our primary method of earning funds for our team is through volunteer work. By helping the Traverse City Track Club put on events like the Bayshore Marathon, Farmland 5k and Frozen Foot Race, our team earns about \$1500 each year. It is expected that each boy participates in at least one of these events as a volunteer. It is important in many ways, but THE MOST IMPORTANT reason is that we are giving back to a community that is very, very supportive of us.

This year we will do another fundraising event that I will explain fully in our team meeting as well as at our parent meeting.

Traverse City Central Boys Cross Country Season Schedule 2020

Please note that this schedule is tentative due to potential COVID 19/TCAPS/MHSAA restrictions

Sat., 8/22/20	Team Time Trial @ Civic Center
Sat., 8/29/20	Benzie Central/Pete Moss Invitational**
Tue., 9/1/20	Petoskey 2 Mile @ Petoskey HS
Sat., 9/19/20	Ludington Invitational
Sat., 9/26/20	Petoskey Invitational
Th., 10/1/20	Hoka One One/TCC Twilight 2 Mile @ Rasho Course
Sat., 10/3/20	Shepherd BLUE JAY Invitational**
Tue., 10/20/20	Big North Conference XC Championships/Gaylord Country Club
Sat., 10/24/20	Northern Michigan XC Championships @ Micheway Golf Course
Sat., 10/31/20	MHSAA Regional XC Championships @ Benzie Central**
Sat., 11/7/20	MHSAA State Finals @ MIS, Brooklyn, MI**

**** denotes varsity only (which means we may take up to 10 runners)**

Important Dates

Wednesday, 8/12/20	First Day of Official Practice 8:00 a.m. @ CHS
Thursday, 8/13/20	Parent Meeting @ 7:00 p.m. via Google Meet (access through son's team Google Classroom)
Wed/Thur, 8/26 & 8/27	Team Day Camp at Leelanau Outdoor Center
Monday, 11/23/20	Team Awards Night @ 6:30 p.m.

Updated 8/11/20

Traverse City Central Boys XC 2020

Weekly Schedule 8/12/20-9/8/20 (*Tentative, subject to change*)

All practices at CHS unless noted otherwise

Week of August 10-16

Mon- On your own
Tue- On your own
Wed- FIRST DAY of OFFICIAL PRACTICE 8:00 a.m.-10:00 a.m.
Thur- Practice 8:00 a.m.- 10:00 a.m.
Fri- Practice 8:00 a.m. - 10:00 a.m.
Sat- Optional Practice 9:00 a.m. Captains will run practice
Sun- On your own

Week of August 17-23

Mon- Practice 8:00 a.m.- 10:00 a.m.
Tue- Practice 8:00 a.m.- 10:00 a.m.
Wed- Practice 8:00 a.m.- 10:00 a.m.
Thur- Practice 8:00 a.m.- 10:00 a.m.
Fri- Practice 8:00 a.m.- 10:00 a.m.
Sat- **Practice 9:00 a.m. TIME TRIAL** Meet at Civic Center
Sun- On your own

Week of August 24-30

Mon- Practice 8:00 a.m.- 10:00 a.m.
Tue- Practice 8:00 a.m.- 10:00 a.m.
Wed- Team Day Camp (those who don't go practice 8:00 a.m.- 10:00 a.m.)
Thur- Team Day Camp (those who don't go practice 8:00 a.m.- 10:00 a.m.)
Fri- Practice 8:00 a.m.- 10:00 a.m.
Sat- Varsity at Benzie Invitational
Sun- On your own

Week of August 31- September 8

Mon- Practice 3:30 p.m.
Tue- Meet at Petoskey for those who didn't race at Benzie
Wed- Practice 3:30 pm.
Thur- Practice 3:30 p.m.
Fri- Practice 9:00 a.m.
Sat- On your own
Sun- On your own
Mon- On your own
Tue- Practice right after school

Communication

The following are the communication tools that I will use to stay in touch with the athletes, coaches and parents.

- REMIND messaging system- Please sign up for REMIND now if you have not already done so.
To do this, simply TEXT THIS MESSAGE -- **@b9fgag**
To THIS NUMBER -- **81010**
- Our team Google Classroom. Information posted here.
- Tcapsstudent email
- Team website- tcathletics.net Once on the site, click on Fall tab, then Cross Country, then Boys Varsity. All information will be posted here.
- Weekly team newsletter sent to athletes and parents.

Coaching Staff

Bryan Burns, Head Coach

231-649-0843

burnsbr@tcaps.net

Eric Houghton, Assistant Coach

231-342-3570

ehoughton@gmail.com

Don Lukens, Assistant Coach

231-392-3614

dlukens@gmail.com

Also, Paul Anderson splits his time with our boys and girls programs.

Traverse City Central Boys Cross Country

Team State Finalists

**1989, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000. 2001. 2002, 2003,
2004, 2006, 2007, 2011, 2012, 2013, 2014, 2015, 2017, 2018, 2019**

2019 Big North Champions

2019 MHSAA Regional Champions

2019 MHSAA State Finals 5th place

August 10, 2020

Dear Trojan Boys Cross Country Supporter:

I am contacting you to ask for your support of the Traverse City Central Boys Cross Country Team, for the 2020 fall season.

The Tent Sponsor Banner is a Tentcraft brand (the Cadillac of Tents!) large banner that is flown at each of our meets, featuring large full color logos of our sponsors. Our status as a 501c3 organization allows all sponsorships to be tax deductible, (Tax ID # 38-2558513).

Sponsor support allows us to enrich our program with team-building activities that are not covered with the school budget. This includes team supplies, educational clinics for athletes, camp scholarships, charter bus transportation, team meals, and subsidized team gear prices, and more. In addition to having your business/organization/family on the tent wall, you will also be placed on our team website.

The cost of this sponsorship is \$180.00.

Our team looks to return to the MHSAA Division 1 State Finals again this year and to be in contention for our league title. We have a nice mixture of strong returning runners to go with a solid group of freshman men and sophomores. We have approximately 40 boys on the team this year and love that we are a no tryout, no cut sport that teaches lifelong healthy lifestyle values.

This year the tent will have high local visibility at the many area meets this season, and also travels with us to large invitationals farther down state.

If you can sponsor us, please use the enclosed form and return by **August 28st**. The Sponsor check can be made out to "TCC Athletic Boosters".

If we do not have one on file yet, a high resolution logo file can be attached as a jpeg file and emailed to burnsbr@tcaps.net with subject line "TCC Banner Sponsor". Previous sponsors only need do this if their logo has changed. If the logo is prepared by an outside marketing specialist, we can contact them directly to facilitate delivery of your logo.

It is our goal to have our sponsors ready to shine on our tent by our meets starting early September. If you have any questions, please give me a call at 231-649-0843.

Thank you for your support!

Go Trojans!

Bryan Burns (TC Central Head Boys Cross Country Coach)

(231) 649-0843 and burnsbr@tcaps.net

PLEASE FILL OUT THE REVERSE SIDE OF THIS LETTER TO GIVE YOUR SUPPORT. THANK YOU!!!

RETURN THIS SIDE TO COACH BURNS WITH PAYMENT

Dear Trojan Boys Cross Country Supporter:

Again this year, the Traverse City Central team tent includes a sponsor Banner, featuring large full color logos of our sponsors. Our status as a 501c3 organization allows all sponsorships to be tax deductible, (Tax ID # 38-2558513). In addition to having your business on the tent wall, your business/organization/family will be displayed on our team website and on the back of your meet day shirts.

Sponsor support allows us to enrich our program with a variety of team-building activities, including pizza parties, camp scholarships, uniform purchases, charter busses, guest speakers at camp and practice, and affordable team gear.

[] Yes! I want to be a 2020 Sponsor of the Traverse City Central Trojan Boys Cross Country Team. My tax deductible check for \$180.00 (payable to "Traverse City Central Athletic Booster" – Fed. Tax ID 38-2558513) is enclosed.

Business Name: _____

Contact Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

e-mail: _____

Thank you! If we do not have your high resolution logo (For families, this is OPTIONAL), you will be contacted to secure your business logo and other information you would like to appear on the sponsorship wall. You may also email your logo as an attachment in "eps" or "tif" format to burnsbr@tcaps.net Please be sure to get this logo or information to us by August 28, 2018.

[] I cannot be a business sponsor for the team at this time, but please accept my donation to the team in the amount of _____ enclosed (payable to "TC Central Athletic Booster").

**Send this form and payment by August 28, 2020 to:
Coach Bryan Burns/Central High School, 1150 Milliken Dr. Traverse City, MI 49686
231-649-0843**