

2016 SKUTT CATHOLIC CROSS COUNTRY

Head coach: Steve Schumacher

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Assistant coaches: Joe Elliott and Amy McClure

1. At Skutt Catholic we will conduct ourselves as a championship team on and off the practice field and at meets.
2. Attendance of scheduled practices is required. Coach Schumacher must be notified prior to the day of practice and a substitute workout will be assigned.
 - a. Failure to obtain an excused practice will require the athlete to miss **one meet**.
 - b. Two misses and the athlete will miss **three meets**, which is half of the JV season, and missing a third practice is **automatic dismissal** from the team.
3. Smoking, drinking of alcoholic beverages or use of any drugs is not tolerated. The penalty for these and other infractions of the rules outlined in the **Skutt Student Handbook** will be in accordance with school policy.
4. Swearing and vulgar language is not tolerated in practice or competition.
5. To earn a varsity letter the athlete must finish in the top 10 of our team in at least half of the scheduled meets. The coaches will make the final decision on who earns a varsity letter.

PRACTICE RULES:

1. Bring a water bottle to practice everyday; we might not be around a water fountain on certain runs.
2. Wear a running watch.
3. **Be on time, arriving late unexcused may be counted as a missed practice.**
4. Be prepared to practice.
5. Do your best. Cross country has a spot for everyone on the team. It is not expected all will be able to hang with the fastest runners, but your best effort will one day lead you to be at the elite level.
6. Do not cheat in practice or in meets.

CROSS COUNTRY 101

In most meets we will be running six athletes on varsity, all other athletes will run in the J.V. meet. (Everyone competes). The J.V. meets will usually start just prior or just after the varsity race. Cross Country scoring is like golf; low point total wins.

We score the first four runners and the points are assigned based on place in the race. If our first athlete runs #4, then we receive 4 points, then if our next runner is #6, he/she receives 6 points, and so on and so forth. The sum total of our first four runners on our team is our team score; lowest team score WINS!

Just because we only score four, do not forget about the 5th and 6th runners. They do not affect our team score, but they can affect other team's scores. For example, if our 5th and 6th runners are in front Team X's 4th runner who scores for that team, we cause them to have a higher score. So if the Team X runner was in 20th place and our two runners came in 18th and 19th we would add 2 more points to their team score. As previously stated, **every runner matters in Cross Country.**

***Both boys and girls race 5000 meters**

WHO RUNS VARSITY?

In Class B, we run six athletes on Varsity. In the first race, these six spots will be determined by the time trials which are held on the second Friday after the season starts and a week before the season's first race. **The first five spots will be secured and coaches have authority as to who runs the last spot.** This may still go to the 6th place finisher, but may also be awarded to a returning letter winner who might have had a bad day and put in the summer conditioning. The coaches then have the opportunity to use their judgment to make sure we are fielding our best opportunity to win.

During the season, the varsity roster can change when a runner shows that he/she is top six. This may take more than one race, as injury/sickness/experience and other intangibles come into play when the coaches make a decision about what lineup is best for the team. Often a little change in the lineup can be a healthy thing that helps individuals compete at their highest level. Coaches try to encourage what's best for the team, and an attitude of doing it for the team is what we're after. If, at any time, an athlete feels he/she is not getting proper recognition, please come and talk to the coaches. I can tell you that we, as coaches, have already discussed the issue and we will clear up any problems or questions to give that athlete a goal to get them onto the Varsity team.

WHAT SHOES TO BUY

Every athlete needs to have a solid pair of running shoes. There are a couple of stores around town that specialize in finding the right pair of shoe for every kind of runner. Take advantage of this. Peak Performance on 156th and Dodge or 168th and Center is a great place to start. Let them know you are a Skutt Catholic runner and you will receive 10% off your purchase. Do not be afraid to ask questions and most importantly, listen to what they have to say, the coolest looking shoes may not be the best-fitting shoes. Most importantly, worn-out shoes are not OK. They are the #1 cause of injury in XC!

Spikes:

Every athlete that has the desire to compete at a high level should look into purchasing spikes. Spikes do make a difference in XC. They are light and dig into the ground to give you better traction up and down hills. Most varsity and top JV runners on our team enjoy the advantages of a pair of spikes.

NUTRITION

A safe, healthy diet is important throughout the season. This means not loading up on foods with high sugar content devoid of nutrition, such as pop, candy, and high energy “Monster” drinks. Also a good healthy meal from all of the food groups after each practice will help replenish what you have lost at practice. Your body will recover faster after races and difficult workouts if you replace carbohydrates and fluids soon afterwards. Good post workout/race choices include chocolate milk, cereal with milk, Gatorade, banana & bagel (preferably whole wheat), and of course plenty of water. Trying to cut calories to lose weight during XC season is not recommended.

Eating lunch can be difficult at school due to the fact that the foods are sometimes fatty or may not agree with the stomach. Some lunches are late in the day. My advice (especially on race days) is to pack your own lunch with foods you know you can digest in that short amount of time. I do not want to hear the first thing out of your mouth at practice is that you had too much to eat or that you had Chinese food again. **BE SMART IN YOUR DIET!** Also, on race days do not try something new; try to do the same thing every race day. When mealtimes are under our control, we like to try to eat something around three hours before the race. Some good choices are a low fat sandwich like ham or turkey, some fruit, yogurt. In general it's best to avoid spicy, fatty, sugary foods that can take a long time to digest.

PARENT SUPPORT

Over the past several years we have been blessed with amazing, wonderful parental support. Parents have organized pasta feeds before every race which is a blessing most schools could only wish for. Our parents are a visibly supportive group that often travels together on the course, and have organized and put on what we feel are the best conference and districts meets in the state. With your continued support and effort, we are blessed to have retained both meets. We certainly hope this great support continues, so we can offer our kids quality experiences for those important meets. You can show your support by filling out the Parent Checklist in the back of the packet. There are several categories in which to choose. You will also see a Team apparel order form as well. Please refer to items recommended when filling out the form. (All parents are welcome to purchase any of the items listed.

SKUTT CATHOLIC PARENT CHECKLIST

Please complete and return to Coach Schumacher

Parent's Name(S): _____

Home Address: _____

Home Phone: _____

Work Phone: _____

Cell Number: _____

E-mail: _____

(Please list all e-mails that you want SCHS XC information to be sent to)

(Please print legibly)

Your Student Athlete's Name: _____

Varsity Cross Country Season Schedule:

2016

Day/Date	Opponent	Time
Thursday Aug 25th	@ Skutt Catholic (all parents are welcome and volunteers needed)	Time Trial 4:00 PM
Thursday Sept 1st	@ Plattsmouth Invite	4:30 PM
Thursday Sept 8 th	@ Lincoln Pius X (Pioneer Park)	4:30 PM
Thursday Sept 15th	@ Blair Invite	5:00 PM
Tuesday Sept 20th	@ Crete Invite	4:00 PM
Monday Sept 26th	@ UNK Invite (this meet will be varsity runners and select number of JV runners)	4:00 PM (girls) 4:30 (boys)
Thursday Sept 29th	@ Boys Town Invite	4:30 PM
Thursday Oct 6 th	RCC Championship @ Mount Michael	4:00 PM
Thursday Oct 13 th	District Meet @ TBD	4:00 PM
Friday Oct 21st	STATE MEET @ Kearney	12:00 PM

**** Tuesday Sept 6th @ Bellevue West 9th and 10th grade 4:00****