

TEAM RULES

I am not going to go into much detail for now – but I do not believe in having a long list of rules, and there are many reasons for this. One, I want you to think and develop a sense of responsibility. I want you to think about and learn what is right and wrong. My belief – with every decision we make, we have a moment where we think to ourselves “is this right or wrong” and we almost always know the answer. I want you to develop and learn to listen to that little voice of what is right. Two, I believe that not every situation is black and white, and that some situations may need to be handled differently than others. Third, I believe in the teachings of Lao-zi on this subject, particularly:

*The more restrictions there are, the poorer the people.
The more rules and regulations, the more thieves and robbers.
Therefore the wise say,
"Do not interfere, and people transform themselves.
Love peace, and people do what is right.
Do not intervene, and people prosper.
Have no desires, and people live simply."
When government is relaxed, people are happy; but when it is strict, they are anxious.*

I want cross country to be a relaxed, happy atmosphere, not one fraught with anxiety and fear. Runners run best when they are relaxed, running out of desire to improve and seek their potential; not out of fear, punishment, or force. I believe 97% of the people do their best and are honest. So, I try to make my “rules” based upon those 97% and not the other 3%. Infractions will be dealt with on an individual manner.

Another thing – I have general expectations: be at practice, treat others the right way, be at meets, show respect for your teammates and coaches and parents and teachers, and so on. HOWEVER, while I endeavor to treat everyone fairly, I must also treat everyone individually, and so sometimes, I may make some accommodations because I know something about a situation that I am not at liberty to tell everyone (family situation, health situation, so forth.) I will and do do this for everyone. If you don't have any of those situations to deal with...then consider yourself lucky.

Having said all of that, if you do anything wrong and its terrible, maybe you'll be gone from the team, or at least receive some form of probation from practices and meets. The worst punishment a runner can receive should be not being able to run. I ask that you not put me in a position where I am getting calls from the Principal or Athletic Director, because that will probably not end well for you.

Abide by the rules of the school administration, school rules, and the Athletic Director, be courteous and polite, and finally, follow these three principles and we'll get along fine:

- Act according to the Golden Rule - *do unto others as you would have others do unto you;*
- Do what is right.
- It is nice to be great, but even greater to be nice.

We will work from a framework of EXPECTATIONS, and use that as the basis of our working together. When EXPECTATIONS are not met, we will talk it over and reach an appropriate decision.

GUIDING PRINCIPLES

We are a team. While distance running may seem like an individual sport, the key to success is working together, helping each other overcome our fears, obstacles, problems and pain. We are always there for each other to achieve our shared success.

We work hard. We are all in this to test how good we can become individually and as a team. We set goals and objectives for ourselves and our team, and we work hard to achieve those goals. We work hard to help our team, and to achieve individual improvement.

We learn. We are in school to learn, and the most important objective of high school is to learn, get good grades and prepare ourselves for a successful future. School and classes come first. But do not be fooled about the lessons you can learn from being a part of this team.

We have FUN. We want to have fun and enjoy our time together. We spend a lot of time together – let's make sure we laugh some. Let's have fun traveling to meets, having the summer runs, running road races, some fun days, making an occasional ice cream stop at the Silver Moon, and getting together for team activities. Everyone is welcome. No one is left out. Let's set good goals and enjoy achieving team and individual improvement.

Everyone is important. Sometimes have to look deeper, to find and recognize our and other's true value. Maybe, just maybe, even though someone is not one of the top runners, but by their hard work, their dedication, their commitment, had more to do with the success that the team has than what others may see or that others recognize. Because if they weren't there putting their blood, sweat and tears into it every day, maybe the other runners wouldn't push themselves to their limits either, and so the whole team would be lesser without their presence. Watch the movie "*Rudy*" sometime. It's easy to see who ran what times at the meets - but it's not as easy, and it takes a more self-aware and more intelligent individual, to see the deeper less tangible contributions made by those behind the scenes. Vin Diesel and Harrison Ford and The Rock may get the attention and the headlines, but how good would the movie be if there were no understudies, no stuntmen, no workers behind the scenes?

RESPONSIBILITIES OF THE RUNNERS

Distance running at Warren reflects the reality that, while running is inherently an individual commitment to excellence, it is enhanced by – and can enhance– the team concept. In order to ensure both the individual and the team reach their fullest potential, we all must commit to meet certain team responsibilities. These are commitments that we make to strengthen our team and, by extension, ourselves. They include the responsibility to:

Attend Practice: Becoming a successful distance runner takes consistent commitment to training your body to run far and fast. This makes daily attendance at practice a necessity.

Support your Teammates: From speaking words of encouragement to a teammate to attending team events, the more we help each other, the more help we all receive to reach our individual and collective goals. Everyone is included, no one is left out.

Positive Attitudes are a must. Negative attitudes are contagious and make everyone unhappy to be at practice. Leave them outside the practice. If you have an issue or a complaint, see me in private before or after practice.

Communicate with your coaches: Your coaches are committed to helping you maximize your running ability. Please give them all the information they need to meet that commitment. Let us know everything relating to running – from attendance conflicts to achy knees or shins – so that we can formulate the best plan for your success. Committing to meeting these responsibilities will help make this year's team the best it can be.

Take care of your daily lifestyle: sleep, nutrition, relaxation, academics, and family are all important and must be paid attention to.

Support the junior high runners: Remember how much it meant for a varsity runner to give you an encouraging word or cheer you on? Return the favor whenever you can.

REQUIRED ITEMS: The following items are required at all practices and competitions.

- Running Shoes (see article on selecting shoes in injury prevention folder)
- Digital Watch (preferably with Split/Lap Time Capabilities)
- We will provide a water bottle at the start of practice. You should bring it to practice and meets WITH fluids in it!

HIGHLY RECOMMENDED ITEMS: These items are not required, but recommended for serious athletes.

- Racing Flats or spikes – lighter, more traction, less likely to roll an ankle, won't hold water and get heavy
- Running Shorts (not those silly basketball or long shorts!) – won't chafe and breather better

Health –You can't run if you're not healthy. To be successful you must take care of your body!

Consistency –Improvement comes from training every day of the season AND the off-season!

Progression –Intensity & volume of training should increase each year that you run.

Patience –Stick with it through the ups and downs. Progress is made over the course of years, NOT weeks.

Help with the Program...

Chuck Cornelius 5K Race – held the morning of June 13th, 2009, this event supports the Warren HS Cross Country Scholarship Fund. Again, we will need volunteers to help put this great event on!

Fund Raising – The Cross Country team raises money for not only items we need, but also for others in need and who are less fortunate than we. We have not yet decided if or what fundraiser will be undertaken. We will let you know as we discuss this more.

Post home meet clean-up - help with cleaning up after the home meet(s) and making sure everything is returned to its right spot, and all trashed is cleaned up. We also hope to have a post-meet picnic for runners, parents, and helpers.

Recruit new runners - Let's make cross country the biggest and best team in the school.

**WARREN HIGH SCHOOL CROSS COUNTRY
PROPOSED LETTERING POLICY
30 points needed**

Activity	Points Earned
Attend a summer cross country camp	1
Attend 67% of all summer training sessions	1
Run 50 days between June 1 and August 4	1
Complete and turn in your training logs	1
Meet summer "minutes of running" goal	1
Attend 95% of practices	5
Run in a meet	1
Finish in top 7 of team at a meet	1
Place in top 20 overall at a meet	1
Top 7 on team at district	Automatic letter
Top 7 on team at regional	Automatic letter
Top 7 on team at state meet	Automatic letter
All-SEOAL	5
Participate in time trial	1
Set time trial PR	2
Set a 5K PR	2
EVERYONE WILL RECEIVE POINTS FOR:	
Team places in top 3 at SEOAL	3
Team qualifies for regionals	5
Team qualifies for state meet	10
TEAM SERVICE:	
2 years on team	2
3 years on team	4
4 years on team	6
Recruit a new runner	2
Recruited runner completes seasons	2
Recruited runner letters	4
Recruit a team manager	1
Help with Chuck Cornelius Race	3
Participate in summer mileage fundraiser	5
Serving as a mentor to a junior high or new varsity runner	3
Write a book report on running and present to team(see coach)	2
Plan and organize a team activity (cookout, pasta dinner, ice cream social, etc.)	5
YOU CAN LOSE POINTS BY:	
Complaining/Negative attitude	-1
Walking when you're supposed to be running	-1
Treating a teammate poorly	-1
Disciplinary action	-1