

## **XC Parent Info Meeting Agenda: 2023**

**Open to Grades 1-8. However, we need another credentialed coach to attend the Grade 1-3 meets on Saturdays.**

### **Coaching philosophy:**

- Have the right attitude (Positivity is must!);
- Listen & show respect to coaches, teammates, officials, and competitors;
- Be consistent (attend practices as much as possible, focus on running form and giving it your all at practices and meets);
- Have fun!

Coaching Staff: Coach Lisa Ryder (and other to be named)

### **What we teach:**

Running form and techniques – to the best of our ability, remember ALL Coaches are volunteers

Teamwork

Good sportsmanship

“Learn to train” - Understand of the basic mental and physical development needed to improve in the sport

### **Required Documents to participate:**

1. Physical dated after August 2022
2. Privit Profile complete and signed by Parent and Athlete(s)

### **Team Communication:**

- E-mail address used to register on SportsPilot will be used for communication through the REMIND app
- If there are other people would like to be contacted for team reminders, practice changes/cancellations, he or she can sign up through the REMIND APP by following these instructions: Text “@stbasilx” to number “81010”.

### **Parent Information and Participation:**

- Cross Country is a sport that allows parents to get very involved in, without making the commitment to coach. The more parents we have on the course **or** in the practice area, road crossings, etc. makes for a safer environment for all runners.
- If you intend to run with the team for practice, please warm-up with us so I know I can count you on the trails with the kids.
- Some parents walk the course (instead of run) or bike alongside. Please note this is helpful to the coaches as well to keep eyes on the kids for any emergency! Please let me know if you plan to walk along the practice route announced.

### **Equipment needed:**

Supportive running shoes and water bottle at ALL practices/meets.

Spikes are optional, only worn at meets (max 3/8” spike)

Spike Rental Program - \$10 to rent for the season, you may need to supply new spikes due to wear, previously owned/worn

ALL clothing must be worn under uniform in the event we have cold temps. We prefer black undergarments.

### **PRACTICES:**

All runners must sign-in AND sign-out of each practice. This is very important so we can keep track of everyone!

IF you need to pick up your child early from practice, please let me know BEFORE practice, so that I can do my best to be sure they have completed their run timely. Make sure a coach acknowledges that you have picked up your child.

**Monday, Wednesday, and Friday from 6:00pm-7:00pm.** Weekly practice locations will be:

MONDAY - Oak Grove Picnic Area (Brecksville Reservation)

WEDNESDAY - Station Road (off Riverview Road south of Route 82) or Oak Grove Picnic Area

FRIDAY - Meadows Picnic Area (Brecksville Reservation)

If a location is unavailable, our general relocation plan is as follows:

If Oak Grove or Meadows is CLOSED - Move to Station Rd.

If Station Rd. is CLOSED - Move to Meadows

***Coaches expect runners to attend at least 2 practices a week for grades 4-8. Grades 1-3 must attend 1 practice.***

### **Other practice tips:**

Use the bathroom before coming to practice. Facilities may not always be available at our practice sites.

Don't eat before runs! If necessary, eat a light snack.

Label everything! Items are unsupervised while we are out on our trail runs. While a rare occurrence, theft can happen. DO NOT leave your child at a practice site without a coach. We try to arrive 10-15 mins prior to practice.

### **CYO MEET STRUCTURE:**

#### **XC Divisions and Race Distances (IN ORDER):**

8<sup>th</sup> Grade (6, 7, 8<sup>th</sup> graders) – 2 miles (GIRLS FIRST, BOYS SECOND – RUN ON SUNDAYS AT 1:00PM)

6<sup>th</sup> Grade (4, 5<sup>th</sup> graders) – 1.5 miles (GIRLS FIRST, BOYS SECOND – RUN ON SUNDAYS AT 1:00pm)

3<sup>rd</sup> Grade (1, 2, 3<sup>rd</sup> graders) – 1.0 miles (GIRLS FIRST, BOYS SECOND – **RUN ON SATURDAYS**)

**Scoring:** Top 8 finishing teams in the 6<sup>th</sup> Grade and 8<sup>th</sup> Grade divisions will earn the following points: 1<sup>st</sup> – 10 points, 2<sup>nd</sup> – 8 points, 3<sup>rd</sup> – 6 points, 4<sup>th</sup> – 5 points, 5<sup>th</sup> – 4 points, 6<sup>th</sup> – 3 points, 7<sup>th</sup> – 2 points, and 8<sup>th</sup> – 1 point. Over the course of the season, points will be tallied by team. For each individual meet, a team's place is determined by its top 5 runners' place (ex. Top runner placed 5<sup>th</sup> so that is 5 points). The team with the lowest point total will win the meet. In the event of a tie the team with the highest placing runner will win the tie-breaker.

**Call Time:** Runners arrive at the call time and check in with his or her race day coach. The entire team will walk the course. Since there are 2 courses (one where the 8<sup>th</sup> grade division is extended to 2 miles vs 6<sup>th</sup> grade division course which is only 1.5 miles), the coaches will show the 8<sup>th</sup> grade runners where the course splits.

Meets typically are 2-3 hours in TOTAL length from call time through the last race of the meet. There are 4 races total at each meet. I hope that you will stay and cheer on your teammates in races after your race whenever possible!

- If your child must miss a meet, please notify Coach Lisa in advance. CYO requires a race day roster. Exceptions to this would be illness that would come up before the meet.
- Clothing worn under your uniform for any reason must be solid color. There is no prohibition on brand/label showing, but try to be black. This includes compression shorts, tights, shirts, etc. that will show when racing.
- GPS watches are prohibited, and runners will be disqualified for wearing them. Regular watches/stop watches are permitted. Jewelry is also permitted but may be required to be removed if a coach or official deems dangerous or inappropriate.
- Meet pacing, time calling, placement calling at meets is prohibited. You WILL see it, you WILL hear it. Please respect the rules that CYO has set forth. You CAN say "right on pace, pick it up a bit, right where you want to be", etc.

**Meet Times/Dates:** Generally, meets are held on Sundays, although there may be a Saturday meet or two.

Sunday call time is 12:15am (meet start @1pm).

Saturday call time is 9:20am (meet start @ 10am – typically but this is subject to venues)

\*\*Call time is set based on arriving and checking in, setting up camp/team tent, checking in with your race day coach

\*\*We walk the course as a TEAM, coaches they will have the map and will have pointers on running hills, wet areas, etc.

Each runner must have their assigned tag pinned on their back (between the shoulder blades) before the start of the race. The tags will be collected by the officials at the finish line in order to tally the results.

**What to bring:** Arrive dressed in your uniform. Bring running shoes and/or spikes, water bottle, and healthy snacks for after the race. Camp chair, blankets, and small coolers are welcome. Umbrella or small sun tent is suggested for the heat to stay shaded OR to stay dry. EXTRA SOCKS are highly recommended when the forecast or site will be wet. You may want to bring an extra pair of shoes to walk the course as well.

### **VOLUNTEERS:**

**BRECKSVILLE HOME MEET: St. Basil Bobcats host a "home" meet every year at Hilton Elementary.** We are required by CYO to staff the meet and our responsibilities include, but are not limited to, course marking and set-up, providing course marshals, assistance with the CYO meet staff/officials, attending to our home tent, staffing parking guards, and collecting course markings after the race. As we get closer to race day, please look for the Brecksville Home Meet sign-up. The more volunteers we have the easier and quicker the work will get completed. This is a ONE-TIME commitment, and I hope I can count on everyone to provide one volunteer for this meet! This meet is TENTATIVELY going to be held on Sunday October 8, 2023.

### **PASTA DINNERS:**

I intend to continue the tradition of a team pasta dinner this season. If anyone like to sign-up to help organize and assist with this dinner, that would be greatly appreciated! We will serve meatballs, pasta, salad and desserts. Any contribution that you can make to the dinner (napkins, flatware, drinks, food, etc.) will be appreciated by all the team families. Dinner

will immediately follow the end practice. More info to come as we get closer to our team dinner date. Our first pasta dinner will be Friday August 25<sup>th</sup>.

**XC CLUB RUN: Station Rd tow path run open to all runners and parents!** More info near the end of the season. We tentatively expect this run to be Wednesday October 4<sup>th</sup>.

**TEAM MASS:** This will be held tentatively Sunday September 17<sup>th</sup> at 9am at St. Basil. We will reserve the first few pews for the team. Please have your runner wear their team colors, jacket, hoodie, etc. You will have time to change into your uniform between the mass and the call time for the meet.

**XC SEASON BANQUET:** Help with set-up, provide a dish to share, clean-up, etc. More info near the end of the season. The XC Season Banquet will be held Wednesday October 18<sup>th</sup>.

I am always happy to answer any questions or concerns that you have, please feel free to email me directly at: [basilcrosscountry@gmail.com](mailto:basilcrosscountry@gmail.com). My cell phone is 845-642-5942.