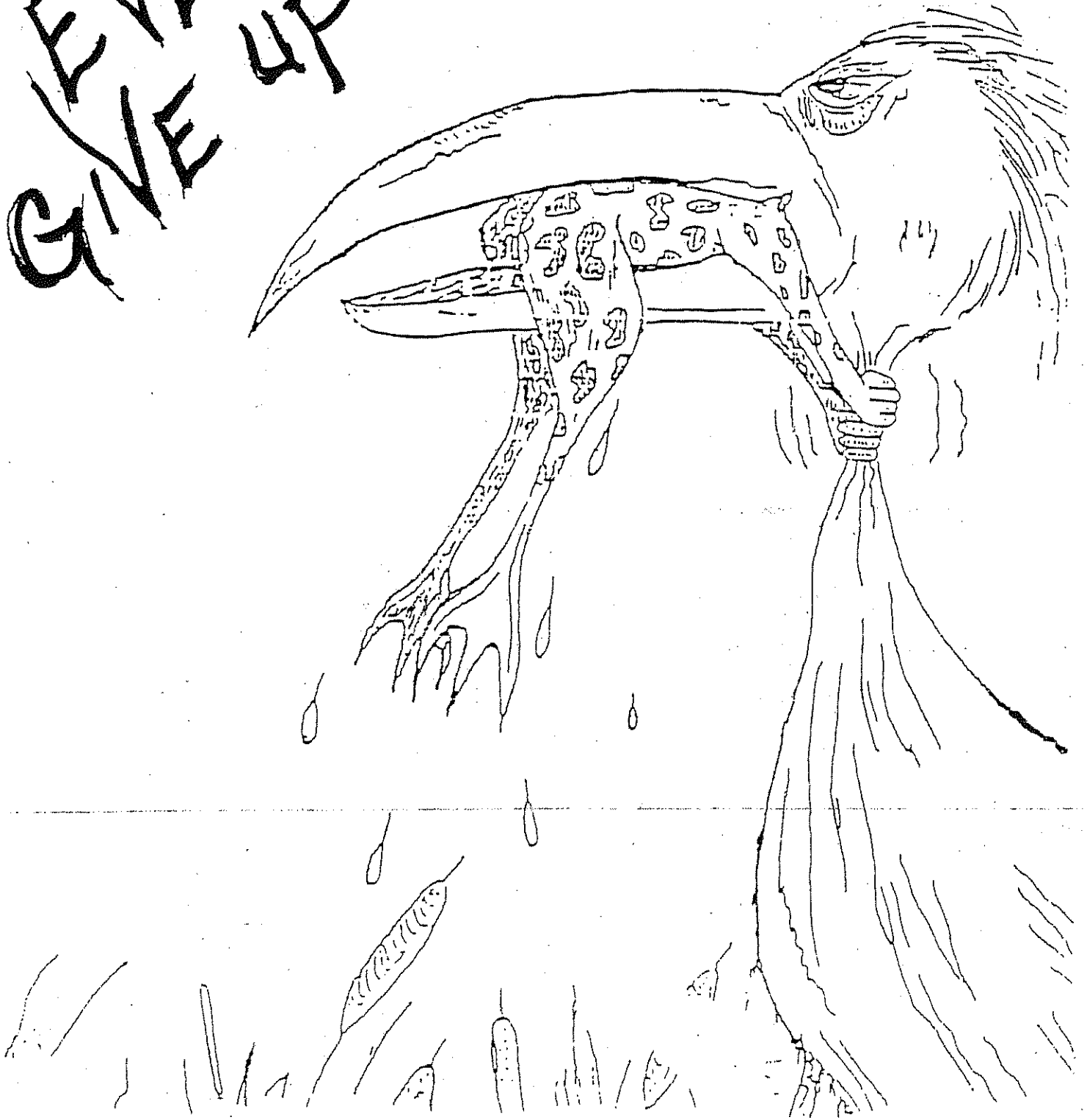


DON'T
EVER
GIVE UP

*Seward Cross-Country
Hand Book*



“Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle: When the sun comes up, you'd better be running!”

2012 Cross-Country Meet Schedule

Aug. 24	Alumni / Time Trial	Concordia	5:30 P.M.
Aug. 30	Charlie Thorell Invite	Concordia	J. Jays: 3:45 P.M. Girls: 4:45 P.M. Boys: 5:15 P.M.
Sept. 7	Aurora Invitational	Aurora CC	J. Jays: 4:00 P.M. Girls: 4:45 P.M. Boys: 5:15 P.M.
Sept. 10	Jim McConnell Invite	Lincoln (Pioneers Park)	Girls: 5:00 P.M. Boys: 5:30 P.M.
Sept. 13	Harold Scott Invite	Lincoln (Pioneers Park)	Girls JV: 4:00 P.M. Boys JV: 4:30 P.M. Girls V: 5:00 P.M. Boys V: 5:30 P.M.
Sept. 20	Crete Invitational	Crete (Doane College)	J.Jays: 4:00 P.M. Girls: 4:30 P.M. Boys: 5:00 P.M. Elementary: 5:30 P.M.
Sept. 24	UNK Invitational	Kearney CC	Girls: 4:00 P.M. Boys: 4:30 P.M.
Sept. 27	Aquinas Invitational (JV)	Aquinas H.S. (DC CC)	Girls V: 4:30 P.M. Boys V: 5:00 P.M. Boys JV: 5:30 P.M. Girl's JV: 6:00 P.M.
Sept. 28	Columbus Invite	Columbus (Lufjelusche)	Girls V: 4:45 P.M. Boys V: 5:15 P.M.
Oct. 4	Central 10 Conference	Fairbury (Fairbury H.S.)	Girls: 4:00 P.M. Boys: 4:30 P.M.
Oct. 9?	LPS Last Chance Open	Lincoln (Pioneers Park)	Girls 5:00 P.M.? Boys 5:30 P.M.?
Oct. 11	B-3 District Meet	Concordia	Girls: 4:45 PM Boys: 5:15 PM
Oct. 19	State Meet	Kearney CC	Girls: 12:30 P.M. Boys: 1:30 P.M.

*Sites and Times Subject to Change



Take off all pins or tags before washing. Pins will cause stains on jersey. rust

OMAHA, NE Sweat will cause rust stains, so please remove after race.

GARMENT LAUNDRY & CARE INSTRUCTIONS

WASHING

- ALL GARMENTS SHOULD BE WASHED ON GENTLE CYCLE.
- * ➤ WASH WITH COLD WATER ONLY. HOT OR WARM WATER WILL CAUSE BLEEDING OF FABRICS AND INKS.
- USE ONLY MILD SOAPS AND DETERGENTS.
- DO NOT USE ANY BLEACH OR FABRIC SOFTENERS.
- DO NOT SOAK GARMENTS.
- WASH ONLY LIKE COLORED GARMENTS TOGETHER.
- REMOVE GARMENTS FROM WASHER PROMPTLY.

DRYING - Air Dry

- * ➤ TO PREVENT FADING OR BLEEDING, ALL GARMENTS SHOULD BE HUNG TO DRIP DRY.
- IF YOU MUST USE A DRYER, USE THE "AIR ONLY" SETTING.
- REMOVE GARMENTS FROM DRYER PROMPTLY.

DRY CLEANING

- DO NOT DRY-CLEAN ANY UNIFORMS OR WARM-UPS.

IRONING

- DO NOT IRON ANY UNIFORMS OR WARM-UPS.

STORAGE

- ALL GARMENTS SHOULD BE COMPLETELY DRY BEFORE STORING.
- STORE IN A COOL AND DRY AREA PROTECTED FROM SUNLIGHT AND FLUORESCENT LIGHT TO PREVENT MILDEW AND YELLOWING.

You are responsible for your equipment, any lost or damaged equipment will be charged to the athlete.

What is the role of the Parent?

Support your athlete (tough sport), congratulate them, and praise them.

(Nobody try's to run poorly on purpose, sometimes athlete's might not give us their best and we might say something but for the most part they all try to please their parents, teammates and coaches. Something might be wrong, injury, illness, social/family problems, or just having a bad day. Sometimes they just need you to build them up after a below average performance and at the same time they need acknowledgement for going beyond their average performances.) It is hard to do sometimes, even for us coaches. We have 50 athletes and it is hard to say nice things to every single one at every single meet. So that is why we need you. You are still the most important people in their life and they need you.

Please call or e-mail me if you ever have concerns. (Support Coaches) Sometimes things get misinterpreted and it is best to know both sides of the story. We do not want things to get worse, we want kids to be happy and have good experience.

What can parents do to help our program?

You can help with Pasta Dinners (Parents Organize) This is a huge help, the athlete's love these dinners and they appreciate their parents for being a part of their sports program. We will have a list of available nights to help; if you cannot help during those times there are other ways to help by supplying deserts and things like that.

You can help with the Year End Banquet (Senior Parents Organize) Set-up and bringing food. This banquet is usually around the 1st Sunday in November, and it is truly a fun night and a great way to honor all our athletes on a great season.

You can Join and be and Active Booster Member (In the past we have asked the Booster club for items for our program.)

You can help out with our Home Invites (Time Trials, Charlie Thorell, Districts) Directing athletes where to go on the course, pulling tags at the finish, spraying athletes down with hoses, helping with results and awards, handing out food, etc...)

You can hand out towels at meets, popsicles, yard signs, treating the team to dinner after a meet, etc.

It endless, these are just things that parents have done in the past and it is always fun to see what new parents want to do or try. I am good with whatever you want to try to make the season more enjoyable for your athlete because you as a parent play just as important role in the success of our season.

Seward Cross-Country Website

www.sewardpublicschools.org then to *High School* tab - *Teacher Pages* – Mr. Holliday

In there will be everything you and your parents need to know about Cross-Country.

Meet Records, Athlete/Parent Expectations, Meet Schedule, websites, etc.

Seward High's Cross-Country Objectives:

4 plus years of Athletic Development, Lifelong Enjoyment, Development as a Person and Team, Striving to do ones Best, and Running like a Seward High Bluejay!

Seward High's Cross-Country Standard

Being there everyday and striving to do your best!

Don't let your Teammates down! – Don't do anything that could hurt the team!

What is it to be a good teammate?

What is it to have discipline, good character, effort, integrity, selflessness, mental toughness, (Teachable spirit)-coachability, attitude, and work ethic?

Lettering:

Cross-Country is the toughest sport to participate in and because of that I feel everyone (varsity and non-varsity) deserves the opportunity to letter. Generally the six varsity members who compete at districts and state will letter, but there could be some exceptions to this. Lettering is at the discretion of the coaches, but if the athlete meets all requirements more than likely a letter will be awarded. During the course of the year (starting in the summer and going to Oct. 5th) an athlete must earn 20 points to letter.

Earning Letter points:

- 5 points will be awarded to first time cross-country athletes.
- 1 point will be awarded to each day an athlete attended the camp.
- 1 point for every Wednesday evening run or road race attended in the summer.
- 1 point for each day helping with the little kids track club.
- 1 point for every 25 miles an athlete ran over the course of the summer.
- 1 point for achieving a personal best at a meet.
- 1 point for earning an award at a meet (JV or Varsity).
- 1 point for being top 4 on the team at a meet.
- ½ a point for being 5th-10th on the team at a meet.
- 4 points for recruiting someone for cross-country.
- 2 points for bringing donuts to Saturday morning practice.
- 2 points for a school record.

Loosing letter points:

- 1 point for missing practice. ½ a point if excused by coach.
- Doing anything that will hurt the team will be loss of points depending on the severity of it.

Earning a Top 10 Shirt

For those that received a t-shirt last year. You will be required to finish top 10 on the team for 5 meets (if you attended camp at least 6 out of the 10 days) or 6 meets if you did not attend the camp at least 6 days).

For those that did not received a t-shirt last year, you will be required to finish top 10 on the team in at least 4 meets (if you attended camp at least 6 out of the 10 days) or 5 times if you did not attend camp at least 6 days).

Cross-Country Practice/Meet Schedule (Student Expectations):

- 1. 3:45 – Warm-up (800 Jog around track)**
- 2. Stretch (10 minutes approx.)**
- 3. Approx. 4:05-4:15 Drills (10 minutes approx.)**
- 4. Approx. 4:15 Head out for our run or workout**
- 5. Depending on the workout we are done running anywhere around 4:45-5:45.**
- 6. After Workout we start our General Strength or Weight Lifting and Stretching (Approx. 20 minutes).**
- 7. Approx. 5:45-6:00 – Ice treatment (12-15 whirl pool).**
- 8. By 6:00 all our students are out of the building and heading home.**
Wednesday nights we are always out before 6. If it is a pasta night we are still out by 6:00 pm., because it is an easier workout day.
- 9. Mandatory Saturday Morning Practices. 7:00 A.M. (usually, but could change)**

All Athletes are required to do all of these things above, unless they have a major conflict, ie ACT prep class, God parent retreat, Doctors appointment, etc. If so, we work with the individual to be excused early.

All Athletes are required to have a White Seward Cross-Country T-Shirt! They are \$10 for a cotton shirt \$15 for a dry fit shirt, if an individual can not afford it, one will be supplied by Coach Holliday. The only requirement is that the student/athlete must come to Coach Holliday's room to pick it up. This must be done before our 1st meet.

All Athletes must have new "running shoes". Cross trainers, basketball shoes, etc will cause injuries. My suggestion is to go to the Lincoln Running Company-12th and Q and they will give you a 15% discount on shoes. Just tell them that you run for Coach Holliday in Seward and they will give you the discount.

There are a couple of meets that we have a time requirement in order to compete. One is the UNK meet were athletes must run 19:30 or faster at the Crete Invite in order to compete at the UNK Invite (Varsity only).

The second meet is the Harold Scott Meet. If an athlete does not complete the McConnell Meet faster then 30 minutes then they can not run the Harold Scott Meet.

(This does not include any meet where we feel an athlete is un-prepared to handle the meet from what we observe from practices, or previous meet) (Ex. If an athlete cannot run 1 mile without walking, then they are not prepared to race 2.5 or 3.1 miles in a meet.)

Grades: If an athlete is ineligible, the student/athlete will not be allowed to participate in practice or the meets until the grade is up. If the student/athlete is close to failing the Teachers have the right to hold students out of competition if they feel the student can not afford to miss school. Other arrangements can be made if a student needs to stay in school to finish work. (i.e. Parents are allowed to bring students to a meet if they get permission from our administration. Tardies to practice will be excused if student was making up class work. –Must bring note from teacher.)

Equipment: Athletes will be checked out a locker and equipment. It is the athlete's responsibility to take care of the equipment. Any loss or damage of the equipment the athlete is required to pay for that equipment. If a coach picks up your equipment (ex. Shoes left in hallway) then it will be your responsibility to pay Coach \$2 to get it back.

Injured Athletes are still required to attend practices, unless you are doing rehab or physical therapy, some place other than the high school.

Meets: Students will be required to make up school work before they leave for the meet (i.e. The day or days before we are to leave, not day of.) The same warm-up schedule used for practice is required before meets as well. There is also an additional 1 mile cool down and stretching after the race.