

# **Abilene High School Cross Country**



**2019 Season**

**Head Coach: Andy Cook**

**Assistant Coach: Tyler Bryson**

**Assistant Coach (AMS): Arianne Seidl**

**Athletic Director: Will Burton**

**Athletic Director (AMS): Derek Berns**

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**Calendar:**

<b>First Day of Practice</b>	August 19
<b>Abilene Meet (AMS, JV, V)</b>	September 5
<b>Holton Meet (AMS and JV)</b>	September 12
<b>Wamego Meet (Varsity Only)</b>	September 14
<b>Clay Center Meet (AMS)</b>	September 17
<b>Clay Center Meet (V and JV)</b>	September 19
<b>Southeast of Saline Meet (AMS, JV, V)</b>	September 24
<b>Beloit Meet (AMS, JV, V)</b>	<b>October 3</b>
<b>Ellsworth Meet (AMS, JV, V)</b>	October 8
<b>NCKL @Abilene (AMS, JV, V)</b>	October 17
<b>Regionals</b>	October 26
<b>State</b>	November 2



## **About the Coaches:**

### **Coach Cook...**

- ...has been a coach in the Abilene School district for 23 years.
- ...has served as a cross-country coach for the past 9 years.
- ...also coached softball for 3 years, baseball for 13 years, 8<sup>th</sup> Grade basketball for 8 years.
- ...serves as the 9-12 Mathematics chairperson, AHS School Improvement chairperson, USD 435 Enhancement Team, AHS Site Council, AHS MTSS Math Committee, AHS Building Leadership Team

### **Coach Bryson...**

- has been a coach in the Abilene School district for 12 years
- has been the Head Coach for 7<sup>th</sup>/8<sup>th</sup> Grade Track
- has also coached 8<sup>th</sup> Grade boys basketball and 7<sup>th</sup> Grade girls basketball
- ran cross country in high school as a Wamego Red Raider

### **Coach Seidl...**

- will be joining our district as the AMS girls PE teacher after teaching and coaching in the Louisburg district
- Is an avid runner and has participated in many races

### **Goal Statement:**

Abilene High School will field cross-country teams that celebrate work ethic, team loyalty and competitiveness.

- **Team:** This is a team sport. We will approach practice and competitions in a way that builds up the team and community.
- **Work Ethic:** Nothing in life worth having will occur without working hard. We will strive to work hard every day to be better today than we were yesterday.
- **Team Loyalty:** Everyone who wants to be a part of this team will celebrate team over self. We will value others on our team at practice, during meets, and when we are together at school.
- **Competitiveness:** We understand that the team's success is based totally upon individual competitiveness. We will compete with those around us because every point matters.

### **Coach's Philosophy:**

Cross-country is a sport that emphasizes mind over body. Truly, we have to train our bodies for long, competitive races. Everyone in our sport does that. To be successful, however, we have to train our minds to not accept mediocrity at any level of our training or competition.

In Abilene's history we have had some truly great cross-country teams. Those teams didn't accept mediocrity from themselves or from each other.

## **STATE CHAMPIONSHIPS**

Girls 1985

Boys 1976

## **OTHER STATE TEAM PLACINGS**

Girls 1983 3<sup>rd</sup>, 1992 2<sup>nd</sup>

Boys 1965 2<sup>nd</sup>, 1970 3<sup>rd</sup>, 1978 3<sup>rd</sup>, 1981 2<sup>nd</sup>, 1991 2<sup>nd</sup>,  
1995 2<sup>nd</sup>, 2005 2<sup>nd</sup>

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# **TRAINING**

## **Training Schedule:**

In our season we have several 8 day training periods and several 4 day training periods. The 8-day training periods are before the following meets: Abilene, Wamego, Beloit, NCKL and Regionals. The 4-day training periods are before the remaining meets: Clay Center, Southeast of Saline and Ellsworth.

For 8-day training periods, we will have at least one rest day in the schedule. We will work pace, hills, over-distance, sprints. For the 4-day training periods we will have only recovery runs, distance, and sprint workouts. In each case, the plan for the training period will be known from the beginning. Some of our workouts will be EASY, some MODERATE, some HARD.

*EASY: these runs are at a conversational pace – a jog if you will*

*MODERATE: these runs are at or around race pace*

*HARD: these are expected to be at an accelerated rate*

Because being a runner is a 7-day-a-week commitment, there will be 2 days a week that we will not meet as a team. You may get together and run with a teammate for accountability if you like; or run on your own.

For the most part, we will not meet on Fridays and Sundays. We will have practice first thing Saturday mornings. The only exceptions to this schedule are the weeks in which we run on Saturday (Wamego and Regionals).

The general plan for the season will be attached to this packet.

### **Practice Procedure**

We will meet under the overhang at the Cedar Street entrance to the high school. Practice will begin at 3:30. Practice plans will be posted in advance for each training period so that runners can be mentally prepared for the day's workout.

Role and announcements will happen first. We will then do agilities and our workout. In general, practices will end between 4:30 and 5:00. On Pre-meet days practice will be complete by 4:15.

**Practice Attendance:** Attendance is required at all practices. Parental excuse required for practices missed due to family reasons. School related events will also be excused.

Multiple unexcused absences will result in dismissal from the team. Coach will first visit with the athlete about attendance. Goals will be set for future attendance. If those goals aren't met we will part ways.

### **Practice Clothing**

Runners are expected to have running shoes and athletic wear. Runners who come to practice in jeans or similar pants will not be allowed to run.

### **Water**

Water breaks are allowed and planned for throughout each days workout. However, the athlete is responsible for bringing his or her own water bottle and making sure it is filled before practice.

### **Running Safety**

We practice often on the streets and roads of our community and county. Athletes should be aware of their surroundings at all times. Not all drivers are courteous or even paying attention to the runners around them. Never be afraid to leave the roadway if you have concern about an upcoming car. Also never assume that they are aware of you.

Runners are to run on the left side of the road into oncoming traffic. Runners should group no more than two runners side-by-side. It is



acceptable to run on sidewalks. However, if you approach a citizen that needs the sidewalk more than you do, I ask that you kindly avoid them.

Runners should avoid running on private property. This sends a poor message to our property owners about our respect for their property.

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## **SELF REGULATION**

### **Health Matters**

Being a runner demands a lot from the body. The body is a machine that responds well with proper maintenance but lags and sometimes falls apart with poor maintenance. The two biggest maintenance issues are what fuel we are putting into our bodies and what rest we are giving our bodies.

- Hydration: Every person is different but the recommendation is 64 ounces of water per day. Runners carry a water bottle with them throughout the day and refill it often.
- Food: Runners eat healthy, balanced meals and steer clear of fast food restaurants during the season.
- Rest: On rest days, runners rest. On workout days, runners go easy after practice. Healthy bodies get 7-9 hours of sleep per night.

Even healthy athletes have injuries and get sick. The coach should be made aware of sickness or injury at its first appearance.

### **Illegal Substances**

This section refers to tobacco, alcohol and other controlled substances. As a participant in a KSHSAA activity it is expected that you will not use any of these substances at any school event. Observation of an athlete's use of these substances by a school official will result in suspensions as per the USD 435 Drug and Alcohol policy.

As a runner who is training the body to be successful in 5K races, it is my advice that you avoid these substances at all times. Eventually the machine that is your body will fail if you partake in these substances.

### **Eligibility**

It is expected that students will maintain passing grades in their classes. AHS eligibility policy states that students can not be failing 2 or more classes and participate. Coach will monitor grades every two weeks and will actively pursue assistance for athletes who are failing any classes.

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## COMPETITIONS

### **Assignment of Varsity/JV**

The decision by coach of who is running varsity and junior varsity is solely up to the coach. Decisions will be made based on past performance as well as practice habits.

Sometimes the reasons for decisions are complicated. Coach will always try to visit with those folks on the bubble so that everyone understands the reasons for the decision.

If several people are of similar ability, Coach will rotate athletes for the first several weeks to give all an equal chance.

Runners who are unable to complete practices for an extended period of time will not be enrolled to run in meets.

### **Meet Behavior**

There are many things that occur when we are at meets. Coach can not always be monitoring our students and/or our campsite.

It is the coach's opinion that our student-athletes are mature enough to represent Abilene whether there is a coach standing there or not. Renegade meet behavior by a student-athlete from Abilene will result in suspension from going to meets. Abilene team mates should help each other police our team's campsite; including cleaning up before we leave.

### **Meet Clothing**

We are a team. Our clothing should represent the team. Hoodies and sweatpants are part of the clothing we wear at events. Socks are also a part of our appearance. Any questions regarding appropriate meet wear can be directed to the Coach.

### **Road Trips:**

All athletes are expected to ride to events in school vehicles. They may ride home with parents if the parent signs them out with a coach.

Alterations to the above statement must be approved by the athletic director at least one day in advance of the meet.

### **Varsity Lettering Requirements:**

Varsity letters will be awarded to all runners that compete in at least two varsity events.

Seniors in good standing with the program may be given a varsity letter at Coach's discretion.