

Cadets Cross Country 2011: Developing healthy habits for excellence.

Qualities of a Champion:

COMMITMENT (to a higher cause, purpose, other)

RESPONSIBILITY (accept your role)

ACCOUNTABILITY (give and take critique)

INTEGRITY (gap between say and do)

RESPECT (game, opponent, self, coach, team)

TRUST (self, others, coach)

LEADERSHIP (everyone's work)

COURAGE/COMPASSION - twins (give)

SERVICE (sacrifice/suffering)

HUMILITY (others get credit, gratitude and thankfulness)

Team Agreements:

1. Positive Attitude.
2. Be Goal Oriented.

General Guidelines:

1. Golden Rule: Treat others as you want to be treated.
2. Make Arrangements to Practice and Race (see attendance process for 2c below)
 - o 6 regular and 2 supplemental practices are scheduled each week starting August 15th.General Expectations:
 - a) Seniors and Juniors complete 6 regular team practices each week.
 - b) 10th and 9th graders complete 5 regular team practices each week.
 - c) Communicate with Coach[^] before any potential scheduling conflicts arise (see process below).
3. Team Etiquette
 - a) Be in uniform at meets.
 - b) Clean up after yourself.
4. Safety
 - a) Run with teammates.
 - b) Take care around traffic.
5. Be Prepared.

Communication process to excuse absences: (supporting the guidelines above and communication process below will help everyone achieve consistency and balance needed for a successful season and life around it)

- Email or Talk to coach (in advance) before:
 - o school day practices by 12:00 pm.
 - o other scheduled regular practices: by 5:00 pm (on previous school day) or 24 hours ahead (whichever is shorter).
- Conversation will include:
 - o athlete plan for workout makeup.
 - o workout done within 24 hours of team practice.
 - o Intense workouts must be made up at supplemental practice (coach's discretion about details).
- General Hierarchy for excusing practices (God, Family, School, Running)
- Priority is to attend Meets, Intense workout days, then Aerobic Endurance days:
 - o All athletes received season schedule in May, or at first contact with the team during the summer.Appointments for Doctors/Dentists/Orthodontists shall be scheduled with these parameters in mind.
- Unexcused tardy for school: inform coach by 12p and schedule afternoon workout on own, then complete a supplemental practice before the next meet.
- All steps properly followed = Athlete in good standing.

Consequences: (if an athlete does not follow the above guidelines and communication process)

- 1st Miss = Warning.
 - o For next meet, athlete will attend and perform alternate workout. They will not toe the line for the Cadets.
- 2nd Miss [9th & 11th grades] = Second Warning.
 - o For next meet, athlete will attend and perform alternate workout. They will not toe the line for the Cadets.
- 2nd Miss [10th & 12th grades] = Excused from the team for the season.
- 3rd Miss [9th & 11th grades] = Excused from the team for the season.

Summer Training:	June 1 – August 27 th Fall season starts August 15 th .	500+ miles
Practices before school:	August 15-19 (Mornings) August 22-26 (Afternoons)	8:00 am M-W 3:30 pm, Th 4:00 pm, F 3pm
School Days:	August 29 - October 28	3:30 pm (3:00 pm Fri.)
Saturdays:	(All are welcome. Juniors and Seniors expected) August 20, 27; September 3, 17; October 1, 15 8:00 am	
Other Days:	Thursday, October 20, 8:00am (Juniors and Seniors expected) Monday, September 6, 6:00pm; October 21, 22 (MEA), TBA (8:00 am)	

August 25 Time Trial: (7th-11th) 4:45 pm 12' Run; (Varsity +Alums) 5:00 pm 3200m STA (stadium)

Date: **9th - 12th Grade Meets:** (Most races 5km. Non 5km race distances are specified.) **Location:**

September 2	Irish Invitational (3200m): (Top 10) 11:05 am, (7 th -12 th) 10:15 am C-Race	Rosemount HS
September 10 [#]	Ron Kretsch Invite (3200m): (10 th) 10:15 am (11 th) 10:45 am (12 th) 11:15 am	Bassett Creek Park
September 13	CSC ¹ Preview: (9 th -12 th) 5:00 pm	Saint Croix Bluffs
September 24	Milaca Mega Meet: (10 th) 11:45 am, (Top 7) 12:45 pm, (Jr Varsity) 2:15 pm	Stones Throw GC
October 8	Meet of Champions: (Jr Varsity) 11:45 am, (Top 7) 12:45 pm	Arrowwood Resort
October 18	CSC ¹ Championship: (Top 7) 3:00 pm, (Jr Varsity) 4:45 pm, Awards 5:15 pm	Saint Croix Bluffs
October 26	3AA Championship: (Top 7) 2:15 pm, (Jr Varsity) 4:15 pm	Les Bolstad GC
November 5*	<i>MSHSL² Championship: Class AA at 11:00 am</i>	<i>St. Olaf College</i>
November 13*	<i>NXN³ Heartland</i>	<i>Sioux Falls, SD</i>
November 27*	<i>Footlocker Midwest Regional</i>	<i>Kenosha, WI</i>
December 3*	<i>Nike Cross Nationals: Boys Championship at 11:35 am.</i>	<i>Portland, OR</i>

* Post-season meets for those whose progression continues to State/Region/National levels (STA coaching ends November 5th). # No bus provided for meet.

Varsity Letter Criteria: Earn four letter points, or other high achievement (see automatic criteria)

Summer (1 point)	1. Run 500+ miles from 1 June 2011-27 August 2011
Season Races (4 pts)	Run a top 7 STA time, or run faster than #5 finisher of a top team: “[...]” teams considered. 2. BSM [top 2] 3. Preview [top 2] 4. Milaca [top 10] 5. Meet of Champions [top 10]
CSC Champ. (2 pts)	6&7. Win JV race, or beat #5 finisher of a top 4 Varsity team.

Automatic Varsity Letter: Coach's discretion.

Top 7 STA runner at Classic Suburban Conference Championship.

Senior athlete in good standing with the team and earns two or more letter points his senior season.

Date:	7th - 9th Grade Meets:	Location:
September 2	Irish Invitational: (3200m) 10:15 am C-Race	Rosemount HS
September 10 [#]	Ron Kretsch Invitational (all races 3200m): (7 th & 8 th) 9:15 am (9 th) 9:45 am	Bassett Creek Park
September 13	CSC ¹ Preview: (7 th -9 th , 2km) 4:00 pm	Saint Croix Bluffs
September 24	Milaca: (8 th 3200m) 10:00 am, (7 th 3200m) 10:15 am, (9 th 5km) 11:15 am	Stones Throw GC
September 27 [#]	Edina MS Invitational (1.5 miles): (8 th) 4:00 pm (7 th) 4:40 pm	Pamela Park
October 10 [#]	Joe Ross Invitational (3km): (8 th) 4:00 pm, (7 th) 4:40 pm	Wayzata East MS
October 18	CSC ¹ Championship: (9 th) 4:45 pm JV 5km	Saint Croix Bluffs
October 24 [#]	Saint Aloysius Ekiden (~3600m): (7 th -9 th) TBA	Fort Snelling

1 CSC= Classic Suburban Conference

2 MSHSL = Minnesota State High School League

3 NXN = Nike Cross Nationals