

2019 BOYS CROSS COUNTRY EXPECTATIONS

1) *Competition*

- ❖ We will travel to and from away meets in a bus as a team. This policy is a school policy. If you miss the team bus, you will not be running at the meet that day. Under extenuating circumstances, you may ride to or from a meet with your parents only. In these cases, a note must be turned in ahead of time and approved by your coach. This exception should be limited to a one-time occurrence at the most. Traveling together is an important part of the team-building process and essential for communicating pre-/post-meet information.
- ❖ Support your teammates during their races! If you are not racing, you should be stretching, warming up, or cooling down near the course so that you can cheer for your teammates. No one should be sitting in camp unless you are changing or refueling.
- ❖ Unsportsmanlike conduct, foul language, or any misbehavior on the bus or at a meet will result in immediate disciplinary action. Your actions reflect not only on yourself, but on your team and your school. New Trier Boys Cross Country athletes are known as intelligent, well-behaved young men with good manners; let's keep it that way!
- ❖ Clean up the campsite. All team members will be responsible for gathering up garbage and any athletic gear before we leave a meet.

2) *Uniforms*

- ❖ Uniforms are to be worn only at meets. It is your responsibility to keep your uniform clean and intact. Loss or damage to the uniform will result in a replacement charge. **If you don't have a uniform, you cannot compete.**

3) *Safe and Respectful Environment*

- ❖ All athletes should feel welcomed, included, and free from harassment based upon race, religion, gender, size or sexual orientation. If you feel at any time that this is not the case either because of our behavior as coaches, or that of your teammates, I expect you to let us know. We will try to be aware of what goes on when the team is together, but this is a big team, and we don't always see, hear or understand all that transpires. We believe it is crucial for everyone to strive to provide an inclusive and non-threatening environment, and we expect that each of you will help make that a reality.

4) *Equipment For Practice*

- ❖ Essential: Water bottle, shoes, socks, shorts & shirt, (colder weather: warm-up pants & jacket, hat and gloves)
- ❖ Optional: Digital sports watch (required for varsity) & training log

(5) Attendance & Tardy Policy

- ❖ If you are to miss a practice(s) due to unusual circumstances (death/sickness in family, college visits, vacation, etc.), it must be presented in writing and, if possible, cleared ahead of time.
- ❖ For juniors and seniors, missing two meets will result in the removal of the KW exemption privilege. For all athletes, 3 missed meets will result in dismissal from the team.
- ❖ Attendance at all practices and meets is mandatory. Practices are typically 1½ to 2 ½ hours long Monday through Friday and start promptly at 3:25 PM (Northfield Campus) and 3:45 PM (Winnetka Campus). **If there is not a meet on Saturday, the practice times for each level will be posted on the Google practice calendars found on the school website.**
- ❖ Be on time to practice every day. Important information is communicated in the first few minutes regarding workouts, meets, accomplishments, etc. Chronic tardiness will result in a call home and could result in a meet suspension or possible dismissal from the team if the problem persists.
- ❖ If you are home from school sick, or leave early due to sickness, please e-mail your coach or have a parent leave a message that day; the earlier the better (coaches phone numbers are provided below). Do not let your coaches know of your sickness by relaying a message through a teammate. Also, if you are home from school sick, you cannot practice or compete in a meet.
- ❖ If you are injured, you are still expected to attend practice (unless undergoing physical therapy) and meets. This allows you to receive treatment and alternative workouts from our excellent training staff, keep up with team information and strategy, and most importantly maintain your relationships with teammates and receive support during your recovery.

Coaching Staff:

Varsity Head Coach - Dave Wisner	784-6622	wisnerd@newtrier.k12.il.us
Varsity Assistant Coach - Matt Sloan	784-7636	sloanm@newtrier.k12.il.us
JV 1 Assistant Coach - Drew Hansen		hansend@newtrier.k12.il.us
JV 1 Assistant Coach - Greg Harper	784-7588	harperg@newtrier.k12.il.us
JV 2 Assistant Coach - Kip Hendren	784-6767	hendrenk@newtrier.k12.il.us
JV 2 Assistant Coach - Mark Wukas	784-7561	wukasm@newtrier.k12.il.us
Freshmen Assistant Coach - Brian Loring	784-6829	loringb@newtrier.k12.il.us
Freshmen Assistant Coach - Erik Saszik	784-7592	saszike@newtrier.k12.il.us