

# **Washburn Rural High School**



**2017**

**Cross Country  
Parent/Athlete Handbook**

## **Introduction & Philosophy**

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Welcome to Washburn Rural High School Boys and Girls Cross Country 2017!

I am Coach Matt Swedlund and I am proud to be the Head Coach of the Junior Blues XC teams. I am excited to build on the success of the last several years and I am confident that if we work hard we will produce very competitive teams this Fall. Our coaching staff is committed to investing significant time and effort in engineering an environment that nurtures pride, confidence, courage, respect, responsibility, trust, caring, and leadership in all of our runners. We believe that all runners have the ability to be successful if they are willing to train hard, give their best effort in competition, and push themselves beyond self-imposed limits. It is also important to us that our runners have FUN. There is nothing quite like the thrill and excitement you experience when your hard work pays off in the form of a new personal best in competition. The camaraderie and friendships that you build during your time in cross country can last a lifetime. Everyone who is willing to work hard and give their best effort are welcome on our team.

Please familiarize yourself with the content of this handbook. It contains a lot of important information regarding the rules and expectations for participation on the Cross Country team. Our hope is that by providing this information at the beginning of the season the expectations will be clear and any questions you have will be answered. If you have additional questions please feel free to discuss them with Coach Swedlund. Clear and open communication is a critical component to a successful program and communication is a two-way street. Our coaching staff will give you the respect and attention you deserve when you communicate with us and we expect that you will do the same when we are communicating with you. We are glad you have decided to be a part of our team and we are excited for a successful season.

## **School Attendance**

In order to be eligible to participate in practice or games, all student-athletes are required to attend at least half of their scheduled classes during the regular school day. If you are absent the Friday before a Saturday cross country meet you will not be allowed to compete. All-day absences due to other school activities (field trips etc.) are the exception to this rule. Also the school's athletic director does have the ability to excuse absences in special circumstances (funerals, family emergencies, etc.). Please contact Coach Swedlund immediately if any of these situations arise.

## **Eligibility & Classroom Conduct**

Student-athletes must pass five classes the previous spring semester to be eligible to participate in Cross Country. It is important to us that our runners are taking their school work seriously and performing well academically. Therefore your teachers may be contacted throughout the season and asked to provide information about your academic performance. Similarly, you are expected to behave respectfully and responsibly in all of your classes. For runners who are not performing adequately or behaving appropriately the coaching staff has the option of holding them out of competition until steps are taken to correct the problem.

## **Communication**

In order for our program to run smoothly it is extremely important that everyone involved (coaches, athletes, parents/guardians) communicates effectively. You are always welcome to contact me directly and I will do my very best to respond in a timely manner. Due to our large number of participants we will be utilizing two main forms of electronic communication. 1. Email; parents please send an email to [waruxc@gmail.com](mailto:waruxc@gmail.com) and include your name, your student's name and grade, and your contact information. A weekly email will be sent from this address with pertinent information for the week. 2. Text; students and parents please sign up to receive texts through the Remind App. Using your smartphone open a web browser and go to [rmd.at/warux](http://rmd.at/warux) and follow the sign up instructions. Team announcements and logistical information will be communicated to athletes and parents using this App.

## **Running Attire**

A runner's best friend is a good pair of running shoes. Having a good running shoe that fits right and provides proper cushion is one of our main defenses against injuries. You can find running shoes at most shoe stores but I would highly recommend going to a specific running store where they can observe your stride and make an informed recommendation (if you have questions or need more info feel free to ask one of the coaches). You will also need a pair of cross country running spikes. You can find spikes at running stores and online. You will want to purchase these well in advance of the first meet - we will spend a few practices doing strides in your spikes to get comfortable in them. Another important component for long distance runners is a stopwatch. Whether we are going on long runs or doing interval training it is important to keep track of your time. Finally, you will need both a shirt and some athletic shorts. We are required to keep our shirts on and it can get very hot especially in August and

even September so I recommend dri-fit style tank tops or sleeveless shirts. These are similar to what we will race in and will keep you as cool as possible (but any old t-shirt will also work just fine).

### **Practice Times**

The first day of practice is Monday August 14th at 3:00 pm (immediately following the fall sport orientation at the high school). It is very important that you arrive to practice on time and ready to run. If you are late you will either miss important information or important components of the workout. If you are habitually late to practice there will be consequences ranging from missing a meet to dismissal from the team. In the event of inclement weather I will notify you of practice cancellations, postponement, or reschedules.

### **Practice Attendance**

In order for you to be the best cross country runner you can be and for our team to achieve our full potential you must practice and get better everyday. Therefore your attendance at practice is mandatory. Open and clear communication will be extremely important. If you are sick and do not come to school your absence from practice is excused. However, if you come to school but go home sick you or your parent needs to inform me directly. If you have an unexcused absence from practice you will miss the following meet. Two unexcused absences can result in your dismissal from the team. If you have a school related function that inhibits your ability to make it to practice you need to communicate that with me ahead of time so that we can make appropriate arrangements.

### **Practice Participation**

It is extremely important that you give your best effort in practice. One of the few ways you can lose your spot on our team is to not give your best effort. Workouts will be tailored to individual runners based on fitness and ability. Our workouts are specifically designed so that we peak in late October and run our best races at the State Meet. In order to fully benefit from the workout program you must challenge yourself during hard workouts and give yourself rest on easy days. If you neglect either of these components your performance will suffer. Do not create your own workout schedule. If you have questions or concerns about the workouts feel free to discuss them with Coach Swedlund. You also need to be mindful of the activities you participate in outside of cross country practice especially once competition starts; strenuous activities need to be avoided and even less strenuous activities should be limited.

### **Injuries**

We will do our absolute best to train in such a way to avoid injuries. However, occasional injuries are simply an unfortunate reality of competitive sports. It is extremely important that you communicate any and all injuries with the coaching staff. Running injuries often start small and become serious because they are ignored. Early detection and small changes to your workouts and stretching routine can be the

difference between an annoying pain that goes away in a couple of weeks and a stress fracture that forces you to miss the State Meet. A Certified Trainer will be available to all runners throughout the week. Runners experiencing pain or an injury will be referred to the trainer so that the issue can be assessed and the severity determined.

### **Team Uniforms**

The uniforms checked out to each runner are school property and should be treated as such. Any damage caused to a runner's uniform beyond normal wear and tear will result in a replacement fee at the end of the season. Also, your uniform is for exclusive use by you and should not be given to any other student, family member, or friend to wear. You are required to have your uniform on to board the bus to attend meets. During meets runners are expected wear only WRHS attire. You can wear your assigned uniform, warm-up, or any other WRHS Cross Country attire that you purchase through The Shack. This is particularly pertinent for those receiving medals. When you receive your medal you are representing the WRHS Cross Country program and should do so proudly with your school attire on.

### **Sportsmanship & Competition Conduct**

Every runner is expected to compete hard and do their best at every meet. Cross Country is a team sport and the team's success is dependent upon each individual's effort. All runners are responsible for helping create a positive, encouraging, and supportive environment on the team. Additionally, runners must interact respectfully and appropriately with opposing teams and individual opponents. Failure to maintain a positive attitude toward teammates or opponents can result in disciplinary action.

### **Travel Policy**

All runners must ride to the meet on the bus. It is absolutely imperative that you arrive to the bus on time. We travel to meets all over the state and we cannot afford to wait for runners who show up late. If you miss the bus you will not be permitted to participate in the meet. Part of being a good teammate is showing up on time. Unless you are sick, injured, or have other extenuating circumstances you must be present for the entirety of the meet. Cross Country is a team sport and it is important that we cheer on our teammates and encourage everyone to do their best. After the conclusion of the meet runners may ride home with their parents/guardian. If you are riding home with a parent/guardian you and your parent/guardian need to formally "checkout" with a coach before leaving (if you are unsure whether or not you formally checked out then you probably didn't). You will only be allowed to ride with another runner's parents with prior written permission. No exceptions will be made the day of the meet - if you are not with your parent/guardian and you did not provide prior written permission you are riding on the bus.

### **Alcohol, Tobacco & Drug Policy**

Use of alcohol, tobacco, and drugs are strictly prohibited. The use of any of these substances will have a negative impact on your cross country performance which will in turn have a negative impact on our team. Abstaining from alcohol, tobacco, and drugs is one important component to an overall healthy

lifestyle necessary to become a successful runner. The Washburn Rural High School community substance abuse policy will be in effect for all cross country runners and will be strictly enforced. Any runner in violation to this policy will find their role within the cross country program greatly diminished.

### **Lettering**

In order to earn a varsity letter, a runner must run varsity for at least 3 meets or make the regional/state team (we will have 6-10 runners on both the boys and girls regional/state team). Special consideration will be given to runners who make a significant contribution to the team but do not meet the above criteria. If you are dismissed from the team at any point prior to the end of the season you will not earn a letter.

### **Varsity/Junior Varsity/C Team Assignments**

Anyone who is willing to show up to practice everyday and give their best effort earns a spot on our team. No one will be "cut" from the team simply for not running fast enough. Individual effort and working your hardest to be the best you can be will be valued over specific times individuals are able to run. Due to this policy we will have a large team. Only 7 boys and 7 girls will run in the varsity race each meet. This means the coaching staff will have to make difficult decisions about which race to place each runner in. We will take multiple factors into consideration when making these decisions including past performances, daily work ethic, and recent performances. The varsity roster is never set in stone; each runner will need to earn their spot on varsity week to week. Concerns regarding the race you are placed in need to be addressed between the runner and the coaches.

### **Bullying/Harassment**

All forms of harassment are strictly prohibited at school, on school property, and at all school-sponsored activities, programs and events. Harassment will absolutely not be tolerated. Harassment against individuals associated with the school is prohibited, whether or not the harassment occurs on school grounds.

The USD 437 Board of Education prohibits bullying in any form, including electronic means, on or while using school property, in a school vehicle or at a school-sponsored activity or event. Students who have bullied others in violation of this policy may be subject to disciplinary action, up to and including suspension and expulsion. If appropriate, students who violate the bullying prohibition shall be reported to local law enforcement. This may include, but not be limited to, the following:

Verbal, physical written or electronic intimidation or abuse

Derogatory name calling

Insults

Practical jokes which may result in awkwardness or embarrassment

Unwelcome remarks or innuendos

Taunting or ridicule of any individual

Derogatory or offensive pictures, drawings, and materials

Use of derisive slang terms concerning another individual

Sexual harassment

Racial harassment

### **ACT Testing & College Visits**

The autumn ACT Testing dates conflict with our Emporia Invitational Meet and our Regional Meet. If you did not take the test in summer you will need to wait until the winter or spring to take the test. Our Regional/State teams will not be fully determined until the week prior to the meet and there is always the chance that we will need runners to step up and fill spots due to injury or illness. Similarly, college visits and trips need to be planned around our meets and practices. Our schedules are set so please be proactive and make arrangements so that your plans do not conflict.

### **Friday Night Dinners & Expectations**

Thanks to the amazing support of our parent volunteers we will have team dinners every Friday night prior to meets. Although not mandatory Friday Night Dinners are *highly recommended*. Details about time and location will be arranged by parents and will be communicated to the team beforehand. This is a great opportunity to relax and spend some quality time with your teammates. The emphasis needs to be on relaxing; eat, talk, play board games, watch a movie (there are a lot of great inspirational running movies), etc. It is absolutely imperative that you do not engage in any strenuous activity (i.e. swimming, hot tubs, football, ultimate frisbee, etc.). During Friday Night Dinners you will be less than 24 hours away from the start of your race; you need to save all of your energy for your competition. Following Friday Night Dinners it is highly recommended that you head home and get to bed early - many of our meets require that you get up very early Saturday morning to make it to the bus on time. A good night's sleep is critical in order to perform your best. If you do choose to go to the football game, stay off of your feet, have a seat and watch the game and head straight home after the game.

### **Hydration & Nutrition**

It is imperative that you stay properly hydrated at all times by drinking sufficient amounts of water. Muscle is approximately 75% water, and even a 1% loss in body weight due to dehydration will result in decreased endurance performance. For ideal performance and recovery you must remain adequately hydrated before and after each run. August and even September will be very hot and humid. It is

important that you drink water throughout the day and evening. Water will be available throughout practice and runners will be encouraged to stay hydrated. You also need to eat a lot of nutritious food. You will not only be burning a lot of calories during our runs but you will also be raising your resting metabolism so you burn more calories at rest and when sleeping than sedentary people. Proteins and especially “complete proteins” are particularly important as our training will put stress on your muscles which requires protein for repair and to grow stronger. Good proteins include egg whites, red meat, poultry, fish, and dairy products. Quality carbohydrates are also important as these will be your main source of fuel as a distance runner. These include whole grains, pasta, fruits, and vegetables. You will want to minimize your intake of processed foods, fatty foods, and processed sugar. These are less efficient fuel sources and generally not as good for your health. That does not mean you can never enjoy sweets or junk food but you do need to be mindful in limiting your intake. The sooner you eat after running the quicker the carbohydrates can replenish your energy stores, and the protein can repair and build the muscles, so you get maximum recovery for the next day’s run.

### **Sleep**

Sound sleeping habits are critical for your body to recover from the stimulus of our training. It is recommended that teenagers get 9-10 hours of sleep each night. Good sleeping habits also decrease the likelihood of getting colds and other illnesses that have a negative impact on your training. Getting proper sleep and rest is an important component of running and will help ensure we stay healthy and capable of running our best.

### **Resources**

There are two very good cross country/track and field websites for Kansas: [ks.milesplit.com](http://ks.milesplit.com) and [catchitkansas.com](http://catchitkansas.com). You can utilize these sites to obtain information and meet results across the state.

# Washburn Rural High School

## Boys and Girls Cross Country Schedule 2017

<b>Meet:</b> Greg Wilson Classic	<b>Location:</b> Johnson County Community College	<b>Date:</b> September 2nd
<b>Meet:</b> Emporia Invitational	<b>Location:</b> Jones Park Emporia	<b>Date:</b> September 9th
<b>Meet:</b> Wichita Southeast Inv.	<b>Location:</b> Cessna Activity Center Wichita	<b>Date:</b> September 16th
<b>Meet:</b> Rim Rock Inv.	<b>Location:</b> Rim Rock Farm Lawrence	<b>Date:</b> September 23rd
<b>Meet:</b> Seaman Inv.	<b>Location:</b> Shawnee North Community Center	<b>Date:</b> September 30th
<b>Meet:</b> Topeka City	<b>Location:</b> Felker Park	<b>Date:</b> October 7th
<b>Meet:</b> Centennial League	<b>Location:</b> Washburn Rural High School	<b>Date:</b> October 14th
<b>Meet:</b> Regional	<b>Location:</b> TBD	<b>Date:</b> October 21st
<b>Meet:</b> State	<b>Location:</b> Rim Rock Farm Lawrence	<b>Date:</b> October 28th

\*Note: there will be a limited number of entries for the Rim Rock Meet and only varsity runners will participate in the Regional and State Meets. More information regarding race assignment, start times, and directions will be provided prior to the meets.

# Washburn Rural High School Cross Country

## Program History

### City Champions

#### Boys

1993

1996

1997

1999

2000

2001

2007

2008

2009

2010

2011

2012

2013

2014

2015

2016

#### Girls

1995

1996 (Perfect Score!!!)

1997

1998

2000

2002

2003

2007

2008

2009

2011

2012

2016

### League Champions

#### Boys

1996

1997

2000

2001

#### Girls

1995

1996

1997

1998

2003

2009

2000

## **Regional Champions**

### **Boys**

1997

2000

2009

### **Girls**

1996

1997

2009

## **State Champions**

### **Boys**

### **Girls**

1996

## **Individual State Champions**

### **Boys**

Chuck Copp, 1967

Chris Currie, 1982

Jacob Morgan, 2010

Jacob Morgan, 2011

### **Girls**

Avery Clifton, 2008

Avery Clifton, 2009

## **Individual Record Times**

### **Boys**

Jacob Morgan 5k 15:13

### **Girls**

Avery Clifton 4k 13:48

Avery Clifton 5k 18:12

## All-State Cross Country List

### Boys

Chuck Copp '67, '68  
Rodney Ward '70  
Dave Copp '71  
Dale Copp '71  
Steve Caughey '71  
George Reich '79  
Chris Currie '80, '81, '82  
Steve Groth '82, '83  
Lee Collard '82  
Mike Patterson '84  
Brian Emmons '95  
Andy Payne '95  
Todd Palmer '95, '96  
Tim Lang '96  
Matt Smith '98, '99  
Matt Swedlund '99, '00, '01  
Joe Zimmer '00, '01  
Brian Hageman '07  
Jacob Morgan '08, 09, '10, '11  
Aaron Pope '08, 09  
Alex Mahaffey '09  
Justin Montney '12, '13  
Cason Cropp '15  
Pierce Flanders '15, '16  
Michael Knapp '16  
Maxx Bradley '16

### Girls

Kelly Ross '81  
Jennifer Reynolds '83  
Beth Nelson '87  
Billi Ross '90, '91  
Christie Caywood '94, '96  
Cate Holston '96, '97, '98, '99  
Michelle Simecka '96, '97, '98  
Jesse Antes '98  
Sarah Payne '97  
Kristi Anspaugh '97  
Madeline Harms '00  
Sarah Conrow '03  
Avery Clifton '08, '09  
Amanda Morgan '12, '13  
Shufelberger 16'

## **Shuf's Thoughts**

1. There are at least three other people watching you, who want to be just like you.
2. Do the right thing, even if nobody else is.
3. Be a positive influence on the lives of other people.
4. Get a stopwatch, you'll need it.
5. Bring a water bottle.
6. Encourage others.
7. Make me proud. Alumni care how we are doing. They tell me all the time. They know your names! They see your times!
8. You get out of life what you put in to it.
9. Put something in to it.
10. People who sacrifice the most for something dislike failure the most.
11. Every cross country race will only have 1 winner.
12. Set short term, and long term goals. Greatness happens over time. Heck, it takes a long time just to be good.
13. Visualize your race. Make it part of race day preparation. Run the race before you run the race.
14. Ice every day.
15. Take out the trash.
16. Be the best at whatever you do.
17. Keep a training diary.
18. Be a great teammate.
19. Be nice to someone every day. Pick someone new everyday to be nice to.
20. Talk to your coaches. Let us know your thoughts so we can deal with you properly.
21. Don't be a rule.
22. Make a new friend. No one has too many friends.
23. Don't be defined by just being a good runner. Be good at more than one thing.
24. Volunteer to help someone.
25. Develop those areas of life in which you are weak, and enhance those in which you excel.
26. Be nice to people not expecting you to be nice to them. Start at home.
27. Take criticism as a way to improve. There will come a day when you will have to do a job and not get a pat on the back for doing it well. You were expected to do it well.