

“Partners in Progress”

Academic Excellence- student-athletes must place academics first at Spalding. Please consult our handbook for school policies regarding academic and disciplinary ineligibility. We will have **study hall** in my room, 205, every day from 2:45-3:15, then practice from 3:30-5:30. The only days excepted will be meet days when we will announce dismissal and bus times for the meet that day. In study hall, the expectation is that students will arrive on time and work quietly for the 30 minutes. If they want or need to see a teacher or use the library- they must inform me first in person- don't tell Bob to tell Jim to tell Mr. Witte. If I am not in 205 at 2:45 (department meeting or faculty meeting, etc.), leave a note on my desk. Students should also use the opportunity to drink water and have a healthy snack before practice begins.

Practice Expectations- study hall will end at 3:15- student-athletes will then change to practice clothes if they have not already. Everyone is expected to be ready to go in the hallway meeting area at 3:30- not 3:35 or 3:40. Ready to go means dressed to run with a **working watch with a stopwatch function. All athletes must store their gear in a secure location- a locked car or locked locker. Do not leave your bags or stuff on the floor for others to steal. Every Monday you must bring a copy of your running log printed out and ready to give to the coach.** You are expected to come to practice rested, hydrated, and with fuel in your system. Attitude is also important- it is important to have a positive attitude, with respect for coaches and teammates. Failure to realize these expectations will result in the athlete being sent home for the day and suspended from the next competition. Repeated violations may result in dismissal from the team.

Meet Expectations- student-athletes must remember that they are ambassadors and representatives of Archbishop Spalding HS. Therefore, they must show respect for each other, their coaches and opponents. Sportsmanship is expected at all times. This means humility in victory and grace in defeat. Coaches and parents are of course also expected to model these behaviors.

Student-athletes are expected to remember when their dismissal time is, when the bus is leaving, and be present and prepared at those times. We will not wait for those who show the disrespect of being late. Student-athletes are expected to ride with their team on the bus both to and returning from meets. If this is not possible, it must be cleared with the head coach ahead of time. Our athletic director, Lee Dove, requires a written note for all athletes not riding with the team before the competition. This note should be given to the head coach so that he may pass it on to the athletic director. Student-athletes must come to the meets prepared and ready to compete at the highest level. This means rested, hydrated, and properly equipped. Uniform, spikes, team gear must be brought and ready for use. We wear team t-shirts to the meets. We wear trainers for course study and warm-up. Spikes are put on during final preparation for the race. Spikes should already be in place in the shoes if they are appropriate for the course. Coaches will advise the athletes on this the day before so spikes may be readied well ahead of time. Don't be

caught trying to screw in spikes as we are lining up for a race- too late! The team will do course study together. This is a time for thinking about your strategy and tactics. It is a time to prepare mentally for the challenges ahead. It is not a time for joking around and horseplay. Pay attention to coaches who are giving direction. Warm-up will be done together by each team preparing to race. Additional jogging or strides can be done by each individual according to their preferences. Each runner is responsible to be on the line and ready to go 5-10 minutes before the race is scheduled to start.

After the race, all runners are expected to turn in their place cards to their coaches as soon as possible. Then they should cheer their teammates in until the entire team has finished the race. Then they should return to the campsite and seek hydration. Then they should change into their trainers and gather the entire team that just competed for the cooldown. Coaches will inform the runners of the cooldown plan and/or other announcements. Runners should not leave before they have checked with the coach about cooldown and any other info that may be needed. Finally, everyone is expected to help clean up the area before we leave- regardless of whether the trash is yours- pick it up and get rid of it. It must become a point of pride that we leave an area looking the same or even better as when we found it or arrived.

Captain's Responsibilities- This year we are instituting a philosophy of **leadership through service**. Captains will earn their recognition and respect through the positive examples they set for the athletes on the team.

Captains will lead warm-ups and cooldowns at practices and meets. They must be sure runners are where they need to be at the appropriate times.

Captains will lead team stretches and dynamic warm-ups and cooldowns.

Captains will be responsible for school water bottles and coolers for meets: they will fill them and get them to the bus or to Kinder Park home meets. They will also be responsible for returning them to TJ Morgan's office upon our return to campus.

Captains will be responsible for getting runners out of the locker room and to practice on time. They should remind runners to secure their gear.

Captains will be responsible for getting team members to make sure the area is clean when we leave, and that no gear or belongings are left behind.

Captains are asked to make sure in study hall that their teammates have watches for practice and running logs ready for the coach on Mondays- this will prevent any last-second scrambling, delays or other obstacles.

Adequate Sleep- goal is 8-9 hours every night- this requires discipline and planning.

Nutrition- avoid daily McDonald's/KFC/Taco Bell type foods- once in a while is fine- do not cut out fats altogether- athletes need carbohydrates, protein and fat (10-20% of daily calories) in their diet.

***Breakfast needs to happen!!**

****Healthy snacks** for study-hall, immediately after practice and competitions (1 hour window for replacement carbs and protein for muscle regeneration) and bus/car ride to meets are needed. Athletes need fuel for their engines. Work fruits and vegetables in whenever possible.

Encourage kids to make **healthy choices at school lunch- fries and a soda and a sundae every day does not work!

****Pre-race meal** is something everyone has to determine for themselves through experimentation. I find plain bagels and bananas to work for me- fuel without stomach upset. Water before a race and a fluid-electrolyte-sodium replacement drink afterwards. I don't like to drink anything sweet like Gatorade before I race- stomach issues (enough said).

“Ice-Baths”- once or twice a week, I recommend athletes take a soak in very cold water in the bath tub (or other body of water). They should submerge at least their legs, hips and lower back in water of 45-55 degrees for 10-15 minutes. This will speed healing circulation of oxygenated blood to the muscles and clear lactic acid. This will help in healing and also help prevent injuries. Note the pinkish hue of the skin when you emerge. This is the circulating blood helping you recover from a hard effort or week of efforts. Follow the bath an hour or so later with a refreshing shower. You'll feel better and be able to come back stronger. Once or twice a week is the minimum- there is no maximum- do it as often as you like.

Massage- we have a massage-therapist who works with our teams to help recovery and speed healing and prevent injuries. The school picks up most of his fees. Once in a while we will ask you to pay for a session. Usually \$10 will do it. Our therapist's name is Jim Earley. He has tremendous credentials and experience. He works with college as well as professional athletes and is in high demand in our area. We are lucky to have him- our injuries have decreased significantly since we started working with him about 10 years ago. If you are hurting, Jim does some house calls- though they will be more expensive- see me for info.

Team-Dinners

These occasions are important, I feel, for team formation. Attendance is required unless adequate excuse is given the head coach ahead of time. We will try to avoid school nights as much as possible.

Equipment

Athletes need two pairs of training sneakers designed for runners. We visit stores staffed by professional runners to get the best recommendations. Athletes have different needs based on their physiological attributes. What works for one, may not work for another. The right shoes are the first and best line of defense against injuries. Two or even three pairs work better because of the foam in the shoes. When you use a pair, you push down the foam. It takes about 24-48 hours for the foam to rebound and reform, like a sponge.

If you constantly use and reuse the same pair, you run on ever-decreasing foam and are not enjoying the cushioned ride and protection you paid for at the store. 2 pairs or more is initially expensive, but alternating use will allow them to last twice as long and you get the protection and comfort that you pay for and expect. The cost will be the same eventually, but the benefits of alternating shoes will far outweigh the damage potentially caused by running on the same pair day after day.

Racing flats or spikes are also necessary. These are lightweight shoes that are optimal for racing. They do not offer the protection of training shoes and are only appropriate for running relatively short distances. We will use them for speed work and races only. It is a good idea to keep these spikes at school during the week so they are available for speed sessions. Do not forget to bring them to all competitions!!

Team t-shirts are to be worn to all team competitions. Team warm-ups are also required at all competitions, though exceptions for excessive heat may be made.

At every race/competition student-athletes will need: team uniform, spikes, trainers (regular running shoes), team t-shirt, team warm-ups, water, healthy snacks and perhaps a little cash for souvenirs- most invitational meets sell commemorative t-shirts.