

# La Cueva Cross Country Handbook

## Expectations and Regulations

### **Student-Athlete**

- Practice is mandatory (two unexcused absences in at two week period = one meet ineligibility)
- Be on time ready to run (running shoes/apparel at practice on-time)
- Participate fully and to the best of your ability (minimal walking listening to coaches)
- Water bottles are mandatory, towel for core is optional
- New Running shoes ever 6-8 weeks (injury prevention)
- Positive attitude and work ethic at practice
- Supportive of teammates and coaches
- Communication with coaches about injuries/missed practices

### **Coaches**

- Fair and supportive of all athletes, great mentors
- Teach athletes to pursue victory with honor
- Clearly communicate directions and explanations with athletes
- Monitor workouts, demonstrate technical knowledge of the sport
- Safeguard athletes from overtraining/injury
- Share insight, experiences, and goals
- Encourage thoughtful support to improve performance

## Communication

- Check [www.bearscrosscountry.com](http://www.bearscrosscountry.com) and socials for updates and info
- PAY ATTENTION AT PRACTICE
- Communicate with applicable coaches at practice
  - Varsity- Coach Kyle ([fastwolfxc@gmail.com](mailto:fastwolfxc@gmail.com) and 505-933-9634)
  - JV & C-Team Boys Matt / JV & C-Team Girls Mackenzie
- Respect the LCHS chain of command and contact XC coaching staff before contacting administration

## **Key Rules for Success**

### **Adhere to LCHS sports rules and policies**

- Outlined by Coach Back, supported by LCXC

### **Practice is Mandatory**

- Multi-Sport athletes (LCHS sponsored activities only) can arrange for separate practice schedules to avoid interruption with primary sport
- Two unexcused absences in at two week period = one meet ineligibility
- XC athletes do NOT have to attend spring or winter sport practices prior to 11/11/2023 (if this is unclear, Brandon Back will enforce fall sport is the priority)
- Minimal use of phones at practice
- Absolutely no music or headphones at practice
- Stay at meets to support teammates

### **Communicate with Coaches & Teammates**

- Learn to constructively communicate with coaches and teammates
- Communicate with coaches directly, no telephone (“I told Matt to tell you that...”)
- Have a positive attitude, how you do anything is how you do everything

### **Adhere to Training Principles**

- Trust the process
- Respect Coaches and training/racing decisions
- There’s more than one way to bake a cake, but using two recipes at once won’t work

### **Parent Expectations**

- Parents are vital to the support and success of our program. To be clear, parents may ask for an explanation of team placement, strategies, and training plans in a one-on-one setting, but must respect coaching staff and my decisions as coach.
- Social media courtesy- Students can be negatively impacted by the consequences of their own and their parent’s social media postings.

## **XC Meet Specifics**

### **Varsity, JV, & C-Team Designation**

- Each week coaches will meet to discuss the upcoming week's varsity (typically 7), JV (7) and C-Team (unlimited) assignments. This is communicated on Tuesdays prior to the meet. This decision is based on:
  - Previous racing performance
  - Practice attendance
  - Attitude with teammates and coaching staff
  - Running proficiency
  - Coaches' observations
  - Health/injury status
- Final decisions are made by the Head Coach

### **Meet Day Protocol**

- Each "Pre-Meet" day, coaches will communicate all meet info to runners. This will also be posted on the website.
- Plan to be on-site 90 minutes prior to your race unless otherwise notified.
  - Check in with your coach 60 minutes prior to your race time at the tent.
  - Warm-up begins 45 minutes prior to your race (15 minutes to use the bathroom/jog, 15 minutes to stretch and put on shoes, 15 minutes to do drill at the start line—we are on the line 15 minute PRIOR to the race start)
  - After the race, athletes will group up, do a 10 minute cool down and stretch before leaving.
- In addition to these protocols XC runners must-
  - Wear team issued gear or school colors (black, grey, navy without large logos or graphics)
  - Bring uniform and race shoes
  - Check out with team specific coach to review race performance, conduct cool down and be dismissed.

## Scoring an XC Meet

- In a Cross Country meet, each runner scores points equivalent to their finishing place. The top five are scored and runners six and seven are used as tiebreakers and to displace other runners.

Example-

1. La Cueva- 1, 7, 12, 20, 24 = 64 points
2. Sandia- 3, 6, 10, 23, 25 = 67 points
3. Eldorado- 10, 11, 13, 18, 19 = 71 points

## Varsity Lettering Criteria

Attaining a varsity letter is a prestigious honor within the La Cueva Cross Country program. The criteria to be awarded a varsity letter is as follows:

**Performance:** Racing and scoring in a varsity meet and/or racing at a level that maximizes goals and expectations.

**Attendance:** Regularly attending practice, meets, and general punctuality

**Attitude:** positive support during practice, respect towards teammates and coaches, and sportsmanship at meets.

**Work Ethic:** Intrinsic desire to improve, resiliency to overcome struggles, and continued effort in all facets of life.

**Seniors:** Seniors who have committed themselves to our program for four years and meet above criteria, regardless of race performance or classification.

**Exit Season in Good Standing:** All varsity letters are under Coach Fastwolf's discretion and will be weighted with the above criteria. End of season evaluations will determine all borderline varsity athletes.

## Training Philosophy

My philosophy is to develop long-term fitness in young runners. We also aim to capitalize on seasonal success by applying consistent training and goals. We are committed to these basic tenets, and they form our training philosophy:

- Develop Overall Athletic Ability
- Decrease Injury Susceptibility
- Improve Running Consistency & Efficiency
- Implement Speed Training
- Master Racing Skills
- Enjoy Success, Discover New Goals
- Develop Lifelong Passion for Physical
- Run happy, run healthy run fast!

### **Training specificity**

We aim to implement a program that progressively builds athletes to a greater level of racing fitness. Collaborative monitoring provides the framework for constant feedback and evaluation. Similarly, races provide amazing data in aiding our training model. For this reason, we ask all athletes to be at practice every day and race hard in order to reach their potential. We utilize a general “Hard/Easy” training philosophy. We also assign & train all runs in minutes, rather than miles. Monday, Wednesday, Thursday are the most important and strenuous days of our week. We focus on speed workout, general strength, and long runs. Likewise, Tuesday & Friday are the most important maintenance and recovery days for us. Without proper rest on Friday and Sunday, our training model will not work (causing injuries and/or sickness).

### Weekly Training Outline Example

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Speed Workout	Recovery and Core	Tempo/Strides or Long Run	Long Recovery Run or Pre-Meet	Pre-Meet or Race	Race or Long Run

## **Booster Club**

The La Cueva XC Booster Club serves as the planning & stewardship branch for La Cueva XC. Our goal is to provide a well-rounded positive experience for all students, parents, and coaches. Their main method of fundraising is through participation fees. Fees pay for: Assistant Coach stipends, uniforms, equipment, insurance, coaches' education, and end of year banquet for the athletes.

### **2023 Officers**

- President- Alex Lujan
- Vice President- Mary Gilbertson
- Treasurer- Amy Brown
- Secretary- Abby Parten

### **Parent Volunteering Opportunities**

- Popsicle distribution, pasta dinners, meet help

## **Booster Fees and La Cueva Uniform Packet**

Each athlete will be issued a uniform packet, and will not be required to pay a participation fee. However, Booster Club fee payment entitles you to some awesome Bearwear, allows us to help pay our coaching stipends, and helps our program continue to run smoothly.

### **Team Gear-**

- Short sleeve running shirt
- Sweatpants
- Running jacket
- Racing shorts
- Team Water bottle

### **APS Uniform Jersey-Must be Returned**

APS has provided funds for our uniform jersey top. Therefore, each uniform jersey is owned by LCHS and must be returned at the conclusion of our season. Jersey Replacement Cost is \$150. These will be collected on 11/14.