

Northwest Cross Country Team Handbook 2022



Coaching Staff

Head Coach- CJ Guilford- cguilford@northwestschools.net

Asst. Coach- Glen House- ghouse@northwestschools.net

Follow Us At:

Twitter: [@Coach_Guilford](https://twitter.com/Coach_Guilford)

Instagram: [@nwlionstrack](https://www.instagram.com/nwlionstrack)

website: Northwesttrack.org

Google Classroom Code: d6574nv

Team Expectations

Practice	Each athlete is expected to attend practice everyday after school from 2:40-4:40. Athletes are also expected to attend practices before the school year.
Attendance Policy	<p>Athletes are expected to be at practice everyday. If they are unable to attend for any reason, they need to either email Coach Guilford or provide a written reason.</p> <p>If the athlete misses school the day of a meet without prior approval, she will not be able to compete</p> <p>Athletes need to complete 14 practices before being eligible for a meet</p> <p>An athlete that misses practice regularly without notifying Coach Guilford, will be removed from the team</p>
Physicals	Athletes need a physical and be covered under a health insurance plan before being allowed to practice. Physical can be turned into Mrs. Reynolds in the activity office.
Meets	Athletes are required to attend practices and put in acceptable effort in order to compete in meets. Anyone who puts in less than acceptable effort(as determined by coaching staff) will not be entered, but still expected to attend to support the team.
Varsity Letter Standard	<ul style="list-style-type: none"> - Run 21:30 on a 5K course - Finish as a top 5 runner on team in 5 meets - Qualify to the Sectional meet - Complete 4 years of Cross Country - Finish the season in good standing
Academics	To be eligible, an athlete must have passed 6 classes the previous semester and be enrolled in 6 classes in

	<p>the current semester. (Freshman are eligible despite previous semester grades)</p> <p>Grade checks will randomly done by the coaching staff. If an athlete's grades start to slip they may be required to attend after school study sessions and removed from meets until grades improve.</p>
Fundraiser	<p>There will be 1 fundraiser this season</p> <ul style="list-style-type: none"> - Athletes will be selling T.J.'s Pizza again. <p>There will be a \$50 opt out.</p>
Equipment	<p>Athletes will need to have running clothes and shoes everyday for practice. For meets they are required to wear a team shirt and have uniform prepared. They may also want to purchase racing spikes to compete in. Athletes should bring a bottle of water everyday to practice and meets.</p>
Behavior	<p>Athletes are expected to be upstanding members of the community.</p> <p>Any suspension of 10 days or longer will result in immediate removal from the Cross Country team.</p> <p>Athletes will refrain from using tobacco, drugs, alcohol, and electronic cigarettes(JUUL, Vapes, etc). Punishments will be made in a case by case basis up to removal from the team</p> <p>Athletes are expected to be respectful to coaches, teammates, parents, officials, and other teams.</p> <p>Athletes are expected to follow all road rules. Failure to do so will result in runs being completed on the track.</p> <p>Any serious discipline issues on overnight trips will result in athlete's family being called to pick them up.</p>
	<p>Northwest Cross Country athletes are expected to hold themselves to a high standard in everything they do in life. They are expected to strive to be successful at all facets of life and be responsible community</p>

	members.
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Road Rules

As many of our runs are longer, it is often necessary to run on roads around campus. When running on the roads, it is important to athletes to be as safe as possible and be aware of their situation. When athletes are on the road, there will be at least one coach on the roads with them, either in a car, on a bike, or running themselves. Athletes will be required to pass a road rules test before being allowed to run on the roads.

1. Always use common sense. If something does not feel safe, get yourself out of the situation. Also, always run with at least one other person when out on the roads.
2. Always run on the left side of the road so that you can see oncoming traffic. (Highway 30 is an exception as there is a large shoulder and would be more dangerous to attempt to cross)
3. Always check to make sure it is safe to cross a road. If cars are stopped to make a turn, go behind the cars waiting.
4. Run single file on busy roads that have no or a small shoulder. On roads with a wide shoulder or in a neighborhood, never run more than 2 across.
5. Never use your phone while running. Music will distract you from your surroundings. If you need to make a phone call or text while running, step off the road to somewhere safe.
6. If you feel as if you are being harassed on a run, and no coach is nearby, go to the nearest residence and ask for help. DO NOT GO INSIDE!
7. Never leave the designated route. This includes never getting into cars of someone else. A coach will come looking for you if you get hurt or unable to complete the run.
8. Pay attention to weather. If it looks as if the weather could be dangerous, head back to school or get to a safe place.
9. If running on roads outside of practice, be sure to let someone know where you are running, wear reflective clothing, and never run on the roads at night.

10. Be assertive. Cars are not necessarily looking for you, so be sure to protect yourself.

Northwest Girls Cross Country
Practice Schedule

Date	Time	Location
8/8	8:00 am	NHS Track
8/9	8:00 am	Woodridge Middle School
8/10	8:00 am	Valley Middle School Track
8/11	8:00 am	Arnolds Grove(Valley Park)
8/12	8:00 am	Kircher Park(Eureka)
8/15	4:00 pm Practice 6:00 pm Parents meeting at NHS	NHS
8/16	3:00 pm	Valley Middle School
8/17	6:00 pm	Woodridge Middle School
8/18	3:00 pm	Valley Middle School
8/19	3:00 pm	Woodridge Middle School
8/22	10:00 am	Kircher Park(Eureka)
8/23(First day of school)	2:40 pm	NHS Track

2022 Schedule

Date	Level	Meet	Location
8/27	All	Ft. Zumwalt North Invite.	Ft. Zumwalt North High School
8/30	All	Fleet Feet Classic	Arnold Park
9/10	All	Stan Nelson	Early Childhood Center
9/15	All	Lutheran North Invite.	Spanish Lake Park, St. Louis
9/24	All	Gans Creek Leave Friday at 11:00 and spend night in Columbia	Columbia, MO
10/1	All	Frank Schulz Invite	Bridle Ridge Acres, Hillsboro
10/8	All	Webster Groves	Blackburn Park
10/15	All	Conference	McNair Park
10/19	All	Northwest Last Chance Meet	ECC
10/29	Vars	Districts	TBD
11/4	Vars	State	Gans Creek