

# MVHS Cross Country



## Program Information

# Mountain Vista High School Cross Country and Track & Field 2015

## Program Information

### Coaching Staff

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### **MVHS Track & Field and Cross Country Philosophy:**

We believe that athletics leads to improved academic performance, physical fitness, and social development in all high school athletes. We also believe that adolescent children will make better choices when being part of a team that positively impacts their passion for sport.

### Team Website

[www.vistanationxc.com](http://www.vistanationxc.com)

- Team News and Updates (check coach Dalby's blog)
- Practice and Meet Calendars
- Team Documents
- Results
- Meet Line-ups and Information
- Gear to Purchase
- Photos

Please check the website regularly. When info is updated on the website you may receive an email or text to let you know.

### Shutterfly:

Subscribe to our MVHS Track & Field and Cross Country photo sharing site to share and view photos of our team:

[vistanation.shutterfly.com](http://vistanation.shutterfly.com)

### Colorado Track/XC (a Milesplit Affiliate)

The internet home of all things Colorado cross country/track & field

[CO.milesplit.com](http://CO.milesplit.com)

[CO.milesplit.com/teams/MTVS](http://CO.milesplit.com/teams/MTVS)

## Practice and Meet Schedules

- Practices will be held Monday – Friday from 3:10 to approximately 5:00 p.m.
- Saturday practices will take place on weekends we do not have meets from 7 a.m. to 8:30 a.m.
- A season long meet and practice schedule can be found on our web site.

## Team Selection Process

Cross Country welcomes athletes of all levels and abilities and is a no cut sport. Typically, we are allowed to run 7 athletes in the varsity race at meets, 7 in JV, and are allowed unlimited entries in the open race. There will always be a race for athletes to compete in at every meet we go to except for the varsity regional and state championships.

- Coaches will be responsible for deciding the teams for each meet and will take into consideration meet and practice performances, attendance, injuries, consistency, etc.

## Lettering

All athletes are eligible for a varsity letter, not just those that participate in the varsity meets. In order to letter the following criteria will be considered:

1. Be a consistent member of the varsity team at meets.
2. Follow all team policies, including attendance requirements.
3. Be in good standing with the coaching staff and teammates.
4. Boys must run a time of 18:00 or better. Girls 21:00 or better.
5. Coach's discretion will be used.

## Uniforms

- A. Uniforms will be issued to all athletes
- B. Athletes are responsible for the cost of damaged or lost uniforms. **\$65 for a new uniform, \$100 for a new varsity warm-up.**
- C. When we travel to meets, athletes are expected to be wearing MVHS Track/XC Gear.

## Injuries and Use of the Training Room

Although we do all that we can to prevent injuries with our athletes, injuries can still happen.

- A. **If you are injured, you are still required to come to practice and meets.** We will provide appropriate cross training and drills to assist you in your efforts in getting better.
- B. **Report all injuries as soon as they happen**
- C. The Training room and ice bath are available for student use. Training room rules must be followed.

## Meet Day Information/Expectations

- A. Athletes are expected to wear team gear to all meets.
- B. Athletes are expected to ride the bus to and from meets with the team.
- C. The following items are not allowed at meets.
  - Frisbees, stereos, footballs, etc
- D. Sportsmanship is required at all times

## **Shoes at Boulder Running Company**

Please ensure that you have appropriate running shoes at all times. If you need to purchase a pair of shoes and have no idea what may be best for you, it is a good idea to visit Boulder Running Company who specializes in running shoes and apparel. Not everyone has the same type of foot. Some people have high arches, some flat feet, some pronate, and the list goes on. BRC specializing in running shoes is able to suggest the correct shoes for your type of foot, foot motion, and event. The correct shoe will assist your efforts and help prevent injuries.

- Boulder Running Company (on Arapahoe and I-25) 20% Off for all Mountain Vista Athletes.
- When to buy new shoes????
  1. Every 3 months
  2. Or Every 400 to 500 Miles
  3. Stay away from minimal running shoes to train in (Nike Free, 5-Fingers, Kinvara, etc..). These shoes will break down much faster than a normal running training shoe, and have to be replaced every 200-250 miles.

## **Hydration, Nutrition, and Sleep**

Information will be provided throughout the season on this important aspect of training. Athletes are expected to come to practice having eaten a healthy breakfast and lunch, as well as taking the proper care to hydrate throughout the day. It is imperative that you come to meets with the proper food and drink to support your efforts. Water bottles should be with the athletes at all time.

Sleep is also an important aspect of training. In order to receive the full benefits of training athletes should be getting 8 to 10 hours of sleep a night.

## **Weather/Snow/Lightning**

During the spring, we are subject to inclement weather. If there is snow or lightning in the area, the athletic trainer and coaches will determine if it is safe to be out. We will provide alternative activities if we are unable to practice outside. However, unless school is canceled **WE WILL ALWAYS HAVE PRACTICE!!!!!!**

# **Mountain Vista Cross Country/Track & Field Team Policies**

## **I. Attendance at all Practices and Meets**

- a.** Athletes are required to be at all scheduled practices and meets
- b.** Unexcused absences from practice/meets will result in removal from the team.
- c.** Excused absences include Dr. appointments, sick from school, family emergency, ACT/SAT.
- d.** Excused absences must be communicated with Coach Dalby/Selle prior to the absence
- e.** Showing up late for practice/meets, leaving early is the same as an unexcused absence.

## **II. Drugs Tobacco, Alcohol**

- a.** Use of these substances by any member of the team will result in the end of the athlete's season.

## **III. Academic Achievement**

- a.** A failing grade will result in temporary removal from the team until the grade is passing.
- b.** 2 or more D's may result in holding the athlete out of competition/practices until the grades have improved.

## **IV. Sportsmanship**

- a.** Athletes are expected to show proper sportsmanship towards teammates, competitors, and coaches at all times.
- b.** Failure to do so can result in removal from the team.