

# OSKALOOSA CROSS COUNTRY



**"FUEL"**  
**2018**

# OSKALOOSA INDIANS CROSS COUNTRY

## MISSION: BUILDING CHAMPIONS

Oskaloosa Cross Country exists to bring student-athletes together and develop them into champions of character, champions in the classroom, and champions on the course, while exposing them to a lifelong activity and preparing them for post-graduate life.

Everyday you have the opportunity to pursue championships in three areas of your life. My goal as a coach is to help you capture those championships:

- 1) Character – Developing yourself as a person in order to be successful in life
- 2) Classroom – Developing yourself as a student in order to be successful in your education
- 3) Course – Developing yourself as an athlete in order to be successful in competition

I have five major expectations of this team

- 1) We will have fun
- 2) We will become a team
- 3) We will represent Oskaloosa positively
- 4) We will pursue excellence in all areas of our lives
- 5) We will pursue championships at the conference and state level

Running is a mentally and physically challenging sport, but it is also one of the purest. You will get out of running what you put into it. On top of that, you will discover attributes that will make you successful in any avenue of life such as hard work, determination, perseverance, teamwork, and responsibility. You will develop relationships with your teammates that will hopefully continue outside of cross country. No matter what your experience, ability, or reason for participating, there is a place for you on this team. One of the great advantages to this sport is that there is no bench. Everyone who practices will compete in each meet. I promise if you show up everyday and give your best effort you will improve and have fun.

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

# EXPECTATIONS OF TEAM MEMBERS

1. Academics are the #1 priority. You are students first. Make sure you deal with the requirements of your classes. Remember, you must be passing to be eligible. The Activities Office will monitor student eligibility. Coach Comfort will perform a weekly grade check. Any team member that Coach Comfort feels needs help will be required to attend a weekly study hall with Coach Comfort.

2. Alcohol, drugs, and tobacco will NOT be tolerated on this team. Violation will result in suspension from the squad and/or ineligibility in accordance with Civil Laws, Oskaloosa High School rules, and the Good Conduct Code.

3. Team members are expected to attend all practices and meets. All absences must be cleared with the coach prior to a team member being gone. The only valid reasons to be excused from practice are:

- a. Illness-absence from school
- b. Injury-cleared with coach
- c. Family emergency
- d. Conflict with another activity/school function, cleared with coach in advance.

Any other absence will be deemed as unexcused. Three unexcused absences will result in dismissal from team. Any absence not cleared with the coach ahead of time will be considered an unexcused absence.

4. You are expected to always be on time for practice, meetings, and bus times. Continual tardiness will result in unexcused absences. You will not be allowed to leave practice early to attend another activity/appointment. Do not schedule a doctor's appointment or any appointment during a time that conflicts with practice.

5. All runners will have the opportunity to compete in all meets, with the exception of the district and state meets. The seven fastest times at each meet, junior varsity or varsity, will make up the varsity at the next meet. Everyone else will compete in the junior varsity race. Exceptions will be if a varsity runner missed the previous meet due to an excused absence. Conference and district meet participants will be decided by Coach Comfort.

6. An unexcused absence from practice during the week will result in the runner sitting out the next meet.

7. If a runner misses a meet due to illness or injury the coach will make the decision as to which race the runner will run in at the next meet.

8. Proper rest and diet are essential to athletes. Make sure you are maintaining a well balanced diet and getting adequate rest. Also, make sure you are appropriately hydrated during the season. Please speak with me if you have any questions regarding this. What you do outside of practice will affect what goes on during practice/meets. Make wise choices!

9. All runners will travel with the team to meets. You may travel home with your parents, but they need to sign you out and check out with me before you leave.

10. Report all injuries to your coach.

11. Cell phones are not to be used during meets. Cell phones will only be allowed to contact parents for transportation or in the case of an emergency. If an emergency arises, the athlete needs to speak with Coach Comfort before making the call.

12. All athletes will be issued a uniform and given the option of being issued warm-ups. It is the athlete's responsibility to take care of them and keep them clean during the season. If the uniform or warm-up is not returned in good repair, he/she will be required to replace them. At a meet, athletes are required to wear attire that is school colored. Remember, you are representing the Oskaloosa community.

13. When traveling to meets, each athlete is expected to be respectful of others while on the bus, with other teams and officials, and will make sure the bus is kept clean. Again, you are representative of the Oskaloosa Community.

14. Social Networks: Proof of any negative, disrespectful comments/actions about or by any aspect of the Oskaloosa Cross Country Program or athletics will not be tolerated and discipline will be determined by the coaching staff. Support and commitment must be shown by all those involved if we are to reach our goals.

15. Each team member is expected to treat all other members of the team with openness and respect. No hazing of any kind will be tolerated.

#### WEBSITE

The team website is [www.oskycrosscountry.com](http://www.oskycrosscountry.com). Check weekly during the summer for any news.

## SUMMER RUNNING CHALLENGE

The foundation of a successful cross country season is built in the summer. You will not reach your potential if you do not run or run very little in the summer. If you wait to get into shape until the first day of practice, it is too late. The summer months are a perfect time to develop your endurance to prepare yourself for the higher intensity workouts in the fall. These runs can be done at a conversational pace and are a lot more fun when completed with a training partner(s). As an incentive to each of you, I encourage you to take part in my summer running challenge by striving to become a member of the Running Indians Mile Club.

## RUNNING INDIANS MILE CLUB

Any runner who completes the following levels of miles run during the period running from May 14 through the first day of practice will be awarded membership into the Running Indians Mile Club. Each member will be awarded a special t-shirt that signifies this achievement

Level 1	200 miles
Level 2	300 miles
Level 3	400 miles
Level 4	500 miles

You will be responsible to track your own progress (be honest!!!!)

**You must log your miles on the Cross Country Google Doc every week. The link is on the website.**

Those who train in the summer gain an advantage on their competition. You are expected to train in the summer. If you do not you are only letting the team down and are conceding the conference championship to your competition. Do not give your competition a three month head start!

# SUMMER TRAINING/OPEN GRASS

There are just 12 weeks from May 14<sup>th</sup> to August 6<sup>th</sup>. I cannot overstate how important it is to run in the summer. You will not touch your potential if you take the summer off. The following workouts will guide you as you prepare for success this cross country season. Most of the runs are easy runs at conversational pace. NOTE: The schedules start at week 2. The first week's mileage is up to you as you transition from your spring sport to summer training or from your couch to summer training.

## 200 miles

Weeks 2-3:	1 day – 4 miles, 2 days – 3 miles, 2 days 2 miles	Total Mileage: 14
Weeks 4-5:	1 day – 4 miles, 4 days – 3 miles	Total Mileage: 16
Weeks 6-8:	1 day – 5 miles, 1 day – 4 miles, 3 days– 3 miles	Total Mileage: 18
Weeks 9-10:	1 day – 5 miles, 3 days – 4 miles, 1 day – 3 miles	Total Mileage: 20
Weeks 11-12:	1 day – 6 miles, 1 day – 5 miles, 2 days – 4 miles, 1 day – 3 miles	Total Mileage: 22

## 300 miles

Weeks 2-3:	1 day – 5 miles, 4 days – 4 miles	Total Mileage: 21
Weeks 4-5:	1 day – 6 miles, 2 days – 5 miles, 2 days – 4 miles	Total Mileage: 24
Weeks 6-8:	1 day – 6 miles, 3 days – 5 miles, 2 days– 3 miles	Total Mileage: 27
Weeks 9-10:	2 days – 6 miles, 2 days – 5 miles, 2 days – 4 miles	Total Mileage: 30
Weeks 11-12:	1 day – 7 miles, 2 days – 6, 2 days – 5 miles, 1 day – 4 miles	Total Mileage: 33

## 400 miles

Weeks 2-3:	1 day – 6 miles, 2 days – 5 miles, 3 days – 4 miles	Total Mileage: 28
Weeks 4-5:	1 days – 7 miles, 1 day – 6 miles, 3 days – 5 miles, 1 day – 4 miles	Total Mileage: 32
Weeks 6-8:	1 day – 7 miles, 4 days – 6 miles, 1 day – 5 miles	Total Mileage: 36
Weeks 9-10:	1 day – 8 miles, 2 days – 7 miles, 3 days – 6 miles	Total Mileage: 40
Weeks 11-12:	1 day – 9 miles, 1 day – 8 miles, 3 days – 7 miles, 1 day – 6 miles	Total Mileage: 44

It is beneficial to supplement your training with core: planks, crunches, etc. Take 15 minutes each day and perform some core exercises of your choice.

If you start to feel like anything is hurting, contact me immediately

## **OPEN GRASS**

During the summer we will have Open Grass. This will be a time to get together and train with each other, as well as, to get in some tougher workouts to prepare for the season. This is voluntary and will be just for high school. A copy of a schedule with dates are on website.

You are expected to train in the summer. You are only letting your team down and putting yourself at a disadvantage for the season!

## **IMPORTANT NOTES**

- 1) First Day of practice: August 6, 7:00 a.m. at Edmundson Park
- 2) Get your physical
- 3) Sign up in the athletic office during school registration

**\*\*\*\*\*YOU WILL NOT PRACTICE UNTIL YOU HAVE SIGNED UP AND YOUR PHYSICAL IS ON FILE\*\*\*\*\***