

# Red Wing Cross Country

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## Philosophy:

By providing an atmosphere of positivity, we will give our runners the opportunity to grow as athletes and individuals. Athletes of all levels and experience will feel valued by their coaches and teammates and will be encouraged to meet their goals. Effort and determination will be the key to our success as individual runners and as a team.

## Footwear / Equipment:

Training shoes-

**Comfort is the key for a “good” running shoe.**

A running shoe is strongly recommended for daily practices. Dunham’s and Famous Footwear carry running shoes. Many running specialty stores in the Twin Cities are also good options. Magazines and the Internet are good resources if you know what shoe and size you are looking for. A shoe that costs between \$60 and \$90 is appropriate.

Spikes-

Most varsity athletes wear racing spikes during their races. They are lighter weight and provide a faster “feel” for the runner. They are available at many of the same locations as the training shoes. The XC team has collected many pairs of used spikes that may be used by athletes. When you grow out of your spikes consider donating them to the team for use by a future XC athlete.

Uniforms-

You will be issued a uniform singlet and a pair of shorts. Be responsible and respectful of your uniform (**when you take it off at a meet, put it in your bag--keep it off the ground!**).

Meets-

The following are items that should be brought to every meet regardless of weather: running shoes, extra socks, sweatshirt, water bottle, spikes, racing socks, rain gear, hat / headband, gloves, toilet paper (porta potties run out!), hand sanitizer, inhaler / medications, and healthy snacks.

## Practice Info:

Schedule-

**Please see the 2021 Calendar.**

Before school starts, practices will be held mostly at RWHS (see calendar for other locations), but times will differ due to Teacher Duty Days.

During school, practice will be at RWHS each day from 4:10 to 5:45 (5:30 on days before a meet).

Non-school days (Labor Day, MEA break, etc), practice schedule will be announced.

Procedure-

Prior to practice we will warm up with dynamic and static exercises. After our run, athletes are expected to do 4-6 gradual build ups, a core and push up circuit, and a strength / agility circuit.

**Practice is not over until all of these are completed.**

Practice Attendance-

All cross country athletes are expected to be at all practice sessions. If you are in school, you are expected to be at practice. Missing practices without notifying coaches may result in the athlete being suspended from the meet or running down a level (ie: from V to JV). If a student-athlete knows s/he must miss practice, or has to leave school early, s/he will let one of the coaches know. Also, if a student-athlete is experiencing a fever, a cough, or shortness of breath, let coaches know but do NOT come to practice.

## Meet Info:

Meet Itineraries-

A day or so prior to the meet, parents and athletes will be emailed an itinerary for the upcoming meet. This sheet will have race times, locations, and other information regarding the meet. Please do not call the school for information regarding cross country meets; Coach Rausch or Coach Tisland will answer any questions you may have.

Scoring-

Most meets are scored for both varsity and JV. The top seven runners receive points based on their placing in the race. Only the top 5 places are added together to determine the team score. Low score wins. The 6<sup>th</sup> and 7<sup>th</sup> runners still hold a team place, thus they are important in adding points to our opponents score. In the case of a tie, the placing of the 6<sup>th</sup> runner is used to break the tie.

## Results-

Results will be posted or emailed. Athletes will also receive a results booklet at the completion of the season.

## Bus and Meet Conduct-

While at cross country meets, as well as traveling to and from the meet, you are representing Red Wing and the cross country coaching staff. If the meet is at a golf course, do NOT run on the greens or tee boxes and stay out of the club house. No footballs, frisbees, soccer balls, etc are to be brought to our meets.

**As of now, masks are not being required but that could change. So we ask that you please be flexible regarding masks.**

## Health:

### Nutrition / Hydration-

Take care of your body through rest (SLEEP!), proper nutrition, and hydration. Please always eat and drink plenty of water during the day before practice! As a guide for proper hydration, your urine should be close to clear (not dark yellow).

### Injuries-

A proper warm-up and pre-season conditioning can effectively reduce injuries related to distance running. Follow our stretching routine and ICE anything that hurts after your run.