**Viking Cross Country Fall 2023**

**PROGRAM GOALS**

* To teach all athletes about the sport of Cross Country and distance running.
* To instill values in student athletes that can be utilized in all aspects of life: teamwork, sportsmanship, dedication, hard work, perseverance, goal setting and leadership.
* To build a competitive team that represents Inglemoor and the Northshore School District at Kingco, Districts and State.
* To create happy and healthy athletes that enjoy running and competing for their school.

**COMMUNICATION**

* Weekly email from the head coach to parents. Please contact Coach Rich Bennett if you are not receiving the emails. [rbennett@nsd.org](mailto:rbennett@nsd.org)
* Coaches will reply back within 48hrs.
  + Inglemoor HS Website <https://inglemoor.nsd.org/athletics/teams/fall-sports/cross-country>
  + [Arbiter](https://www.arbiterlive.com/Teams?entityId=10876) replaces the KingCo athletics website. See scores and standings across all sports in the league.
* Athletic.net is where you will find updated meet schedule and results as well as individual stats for athletes.
* FACEBOOK a closed group monitored by the coaches.
* Inglemoor XC Booster Website <http://www.ihsvikingxc.org/>

**2023 COACHING STAFF**

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| **Coach** | **Years @ IHS** | **Athletic experience** | **Past Coaching experience** |
| Coach Rich Bennett  [rbennett@nsd.org](mailto:rbennett@nsd.org)  (425) 922-6031  Married to Gayle; father to Duncan and Ruby. | Since 2013  **Head Coach since 2019** | Track/XC at Timberline HS in Lacey, WA (XC Captain)  40+ years running experience  12-times marathoner  2x Boston Marathon  3x Ironman competitor  Competitive age group athlete  Ultra marathon and trail racer | \*10 yrs Track and Field coach at Moorlands ES  \*15 yrs Run/Tri coach at Northshore Y  \*USA Triathlon Level I coach  \*certified personal trainer |
| Coach Karra Whitmire  Married to Brian; Mother to Caden and Savannah  Director of Tennis Operations University of Washington | Since 2015 | Scholar Athlete at Inglemoor High School – ran track and cross country. 10-times marathoner, 3-times Boston Marathoner, 1 Ironman triathlon, 2nd degree black belt in Taekwondo; Crossfit Competitor | Masters in Intercollegiate Athletic Leadership UW  Four year volunteer for Team Luna Chix Seattle Triathlon; one year track coach for Cycle U Triathlon team; Girls on the Run coach and buddy; USAT certified track and field coach |
| Coach Susie Fagerholm  Married to David and mother to Jakob and Kaija | Since 2011 | Ran at the Bush School, Track and XC captain; State qualifier 3 years XC; 1yr Track  Ran at Pomona/Pitzer for XC/Track, XC Regional Qualifier all 4 years  Ran for Darkhorse International XC club team | 2 years XC and Track Assistant and Head Coach at the Bush School  Physical Therapist (RunPT) at Corpore Sano Physical Therapy since 2011 |
| Coach Kelly Richards  Married to Dan, mother to Anna and Paul  Teacher at Inglemoor | Seems like forever | \*Ran at Wenatchee High school, school record holder  \*All-American runner at PLU in both track and XC  \*Member of PLU Athletic Hall of Fame  \* Member of National Championship team in 1988 | \*Head XC and Track coach at Kellogg MS, Inglemoor HS  \*Assistant Track Coach at Shorecrest High School  \*Level I USATF certified coach  \* Masters degree in Athletic Administration |
| Coach Ken Jones  Married to Jen; father to HIS athletes Ava (XC, Track) and Jackie (Track) | Since 2019 | \*HS XC and track, captain on both, conference champion \*>20 marathons and ultras including Boston, NYC, and White River 50M \*Competitive age group athlete | \*6 years coaching across youth sports (softball, basketball, soccer)  \*Physical Therapist since 2003 in orthopedic/sports settings |
| Vol Coach Doug Diekema  Married to Susan; kids Katie and Nathan who are also Viking XC Alum | Since 2017 | Two time All American in XC at Calvin College Daughter Katie also ran at Calvin and was multiple All American in XC/Indoor/Outdoor Track | Doug ran HS XC back in the day and went on to run through college to the present. He currently works as a physician at Children’s in Seattle and we are grateful for his time. |

**Athletic Director – Kealy Stanich (**[**kstanich@nsd.org**](mailto:kstanich@nsd.org)**) (425) 408-7215**

**Athletic Secretary- Amber Antush (**[**aantush@nsd.org**](mailto:aantush@nsd.org)**)**

**2023 Captains**

**BOYS – Joel Pratt, Justin Huang, Liam Gould, Lucas Talbot**

**GIRLS –Cate Bouvet, Aishwarya Vellala, Lily Bailey, Annie Taylor**

**TEAM POLICIES**

Cross country is a varsity and junior varsity sport. We are not a club or intramural program. We must follow WIAA and Northshore School District policies and rules for student athletes to be a part of our program**. Please note the following policies:**

* Athletes must attend and participate in 10 practices before they can compete in a regular season meet or invitational, 8 practices for the jamboree.
* Athletes must regularly attend and participate in practices throughout the season.
* Athletes must maintain passing grades and have a cumulative GPA of 2.0.
* Athletes may miss one weekly practice for an outside club sport.
* Athletes get excused absences for school related matters.
* Athletes that practice with the team are expected to compete at meets/invites.
* Athletes who work must communicate with their employer about their sport schedule and make the sport a high priority.

In all cases, letting the coaching staff know ahead of time of any changes to the student’s schedule is mandatory to avoid miscommunication.

**PRIVATE COACHING**

For the health and safety of the athletes and for the integrity of the team environment, we cannot allow athletes to train with a private coach or training group during the season.

Parents and athletes who have concerns regarding this policy may make an appointment with the Head Coach and the school’s athletic director at the start of the season***.***

**ROAD RACES DURING THE SEASON**

We ask that athletes do not participate in road races or “fun runs” during the season. Please focus your energy and time into training with our team and for our scheduled races. However, please contact the head coach if there are any questions.

**ATTENDANCE POLICY**

Athletes are expected to be at practice every day. Any athlete who is going to be absent must contact the head coach ***before the start of practice.***

**ACCEPTABLE REASONS TO MISS PRACTICE**

* Illness that keeps an athlete home from school
* Academic help from a teacher after school
* Doctor appointment (please try to schedule outside of practice times)
* SAT/ACT test.
* Running Start Classes/WANIC/Driver’s Ed – please speak to the head coach about your schedule!
  + - * + Pre-arranged volunteer responsibilities (Evergreen Hospital, etc.). Athletes must provide a written note from their parent listing the practice dates that will be missed.

**UNACCEPTABLE REASONS TO MISS PRACTICE**

* Too much homework
* Injury. You must check in with a coach and athletic trainer before you miss practice or competition due to injury. We will work with you on an alternate training program.
* Club sports (as per WIAA RULE) 18.23.1 Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Some examples of special treatment or privileges include reduced practice times, special workouts, late arrivals, early dismissals or missing a practice or contest. Regular is defined as being **no more than once per week**.
* Work. Please inform employer of our practices and competitions.

Attendance will be taken daily via Final Forms. Unexcused absences will automatically alert parents via email through Final Forms.

\*Early dismissals are acceptable with prior notice, but athletes must stay for at least half of the workout time to get credit for the practice.

***Athletes who struggle to make our practices or have 3 unexcused absence will be asked to meet with the coaches and an administrator to discuss their eligibility to train and race with the team.***

**LETTERING POLICY**

**JUNIOR VARSITY LETTER**

Athletes must meet the following requirements:

* Attend and participate at least 80% of the practices during the season.
* Attend and participate in 80% of the meets (7 meets). Injured athletes are expected to come and support their teammates at all meets.
* Follow all the team/school district/WIAA policies for athletic participation

**VARSITY LETTER**

**Athletes must meet all the requirements of the JV letter plus at least ONE of the following criteria:**

* 4-year participant with Inglemoor Cross Country
* Compete at KingCo Championships
* Compete as a Varsity runner in at least 5 races during the regular season (not including a jamboree) OR
* Compete as a Top 9 runner at Championship (district/bi-district/state) meets

Coaches reserve the right to grant junior varsity or varsity letters to athletes who become injured or ill and are unable to complete the season but have otherwise met the criteria.

**Sub Varsity Culminating Event**

**Marymoor Park, Redmond**

This is not a post season league meet and does not count towards league standing. Performance and participation does count towards JV and Varsity requirements.

All athletes not participating in the KingCo Championship race will compete in this event. The top 7 boys and 7 girls with the fastest times at the last League Meet will be our scoring team for this meet and will earn standing towards a varsity letter. The top 2 boys and girls on this team will be considered alternates for the varsity team at Kingco.

**KingCo/Bi-Districts VARSITY TEAM**

7 boys and 7 girls and 2 alternates per team will be chosen to race Varsity at the Kingco/Bi-district Championships. Athletes will be chosen on the following criteria:

1. Athlete performance at Invitationals.
2. Athlete performance at the 4 league meets.
3. Attendance/Commitment to the team
4. Overall health of athletes the week of Kingco. Illness and/or injury will be taken into account.

**ALL VARSITY ATHLETES WILL BE EXPECTED TO RACE AT THE KINGCO CHAMPIONSHIPS IF PHYSICALLY FIT.**

**PE WAIVERS and CAS hours**

Athletes wishing to receive a PE waiver or Creativity, Activity, Service hours for participation in cross country need to do the following:

* Check in with their Inglemoor counselor or IB coordinator on the proper requirements and paperwork.
* Train and compete with the team through the **LAST MEET OF THE SEASON and meet the requirements for a Junior Varsity or Varsity letter.**
* Follow the Athlete Code of Conduct and Inglemoor Cross Country team policies.

***Athletes who have a poor attendance record will need to meet with the head coach and the school’s athletic director to discuss receiving a PE waiver.***

\* Athletes who need paperwork signed must arrange a time with the head coach BEFORE the season is completed. The ice cream party/uniform turn in is the best time to have your paperwork signed.

**TRANSPORTATION TO MEETS & PRACTICES**

* Transportation will be provided for athletes to/from away meets except as noted below for home meets.
* Parents wishing to transport their students or students wishing to drive separately to a meet must get permission from the AD first 24hrs in advance. We ask that all athletes **check out** with a coach before they leave the meet. Attendance is taken on the bus before it departs the racecourse and heads home to Inglemoor.
* Parents wishing to pick up athletes in addition to their own **MUST** **sign** those athletes out and are responsible for them.
* Transportation is **NOT** provided to our home meet venue (St Edward SP).
* Athletes and their families are responsible for transportation to/from practice. Carpooling is highly encouraged.

**UNIFORMS**

* All athletes will be provided with a racing jersey/singlet.
* A limited number of shorts are available for check out. If personal shorts are used they must meet WIAA rules for competition. We recommend BLACK running shorts. No basketball style shorts.
* Athletes must return their uniform upon leaving the team or at the end of the season to avoid fees.
* Uniforms are collected at the JV Ice cream party and at the banquet.
* Athletes who do not turn in their uniforms by the banquet may be issued a fine slip.
* We ask that athletes wear their uniforms for meets or picture day ONLY, not at practice or for spirit wear.

**EQUIPMENT FOR PRACTICE**

Athletes are expected to have the following for practice:

* Appropriate running shoes and running attire.
* Warm sweatshirt/sweats for cold days
* Rain jacket for very wet days and meets.
* Water bottle
* Running watch or timer
* Discover Pass for vehicles (if parking at the park)
* Inhalers/EPI Pens (MUST HAVE if prescribed)
  + - * Varsity level athletes will be required to have cross country spikes for racing.
      * Minimalist shoes (barefoot shoes) and headphones are **NOT** allowed at practice
      * **No cell phones during practice**. Must be left in secure bin.

**TRAINING GROUPS**

Athletes will initially be placed into training groups based on running experience and ability. Our training groups will be led by a coach or a captain. It is important that athletes follow the workouts prescribed by the coaching staff. Our goal is to keep kids happy, healthy and trained at an appropriate level that is challenging yet safe.

Athletes can move between groups through self-selection and by direction of a coach during the season depending on their progression at meets and workouts. Coaches will check in with athletes on a weekly basis to see how they are handling the workouts. It is important that athletes communicate if the workouts feel too difficult or too easy

**Training groups are divided into these 3 categories:**

**GOLD –**Athletes who are new to cross country/running or those who are returning from injury or need shorter workouts/slower paces. These athletes typically run 10-15 miles per week during the season. The goal of this group is successful completion of a cross country season and learning the sport.

**WHITE** – This is our largest training group. Athletes who have some running or athletic experience and have been running during the summer (at least 3 days per week). Most of these athletes may be able to finish varsity level workouts by end of the season and may be asked to move up to varsity level during the season**.** Depending on the individual this group runs 20-35 miles per week during the season***.***

**BLACK –** Athletes who have varsity level experience in track and XC, or have shown equivalent performance in another sport, and have run consistently during the summer (at least 5 days per week). Depending on the individual athlete, they will run anywhere from 30-50 miles per week. These athletes typically can run sub 18:30 (boys) or sub 22:30 (girls) for a 5K.

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**TRAINING WEEK**

**A typical training week in season looks like this:**

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| --- | --- | --- |
| **DAY** | **TYPE OF WORKOUT** | **EFFORT** |
| **MONDAY** | Intervals, fartlek, hills, track work, Oregon drills on grass | HARD |
| **TUESDAY** | Conditioning Stations, race prep | EASY |
| **WEDNESDAY** | COMPETITION | HARD |
| **THURSDAY** | Aerobic Run | MEDIUM |
| **FRIDAY** | Conditioning Stations, race prep, easy run or yoga | EASY |
| **SATURDAY** | Aerobic run on your own or COMPETITION | Easy or hard (depending on schedule) |
| **SUNDAY** | OFF | OFF |

**ST. EDWARD STATE PARK & BOTHELL LANDING**

We are very fortunate to be able to train and race at St. Edward State Park. To park a vehicle athletes and parents will need to purchase a Washington State Discover Pass. Bothell Landing Park does not require a parking permit.

**LONG RUNS**

Athletes will be placed into groups for our long aerobic runs on Thursdays based on ability and training speed. Athletes must follow these procedures:

1. Inform coach of the route you will take before you leave.
2. Stay with your group at all times.
3. Run in groups of 3 or more. NOBODY RUNS ALONE.
4. If an athlete becomes ill or injured, one runner must accompany them back to home base. One runner is sent ahead to inform the coaches if needed.
5. A coach will remain at home base at all times with a cell phone and first aid kit.
6. Stay on the trails and respect fellow park/trail users
7. Return back to home base in time allotment directed by the coach.

**SEVERE WEATHER**

If severe weather such as high wind, thunderstorms or heavy rain that may affect practice is forecast the head coach will work with the athletic director in deciding the safety of running at St. Edward State Park or Bothell Landing. If practice is cancelled or the location changed we will communicate in the following ways:

1. Email blast from the head coach.
2. Intercom announcements at Inglemoor (during school hours)
3. Facebook update.

In the event of lightning/thunderstorm during practice outdoors the practice will be suspended and athletes moved to a safe location for a period of 15min after the last lightning/thunder. If a safe location is not available practice will be cancelled and students will be asked to call parents for pick up if needed.

**EMERGENCY PROTOCOL**

In the event of an emergency the following procedures must be adhered to:

1. First Aid/CPR/AED will be administered immediately if needed.
2. Dial 911 for life threatening emergencies.
3. The team will be moved to a safe location if needed.
4. The Athletic Director will be notified by a coach as soon as possible.

**BAND MEMBERS**

Several of our team members participate in Marching Band. To accommodate their schedule the following allowances will be made:

1. Band members will be excused immediately after their cool down on Wednesdays to ensure they get back in time for band practice.
2. Band members will be excused as needed from practice the days of home football games.
3. Practice will end early the night of the homecoming football game for ALL team members.

I**NJURY POLICY**

Athletes who become injured and are deemed unable to run by a doctor or athletic trainer must follow these procedures:

1. Obtain written orders from a medical professional in regard to a return to play protocol.
2. Attend the 1st hour of each practice to participate in core and injury prevention exercises (if physically able).
3. Work with the head coach on an alternate training plan (biking, swimming, etc.)
4. Once an athlete is recovered, he/she must obtain a written authorization from a medical professional/Athletic Trainer clearing the athlete to participate fully.