

Prospect Cross Country



Program Information 2020

Coaching Staff

Jay Renaud	Head Coach	jay.renaud@d214.org
Erik Hodges	Assistant Coach	erik.hodges@d214.org
Matt Withrow	Assistant Coach	
Jeff Collier	Sprint XC Coach	

Goals

- Through participation in the program, students will strive to become better people at practice, in the classroom and in the community.
- fearlessly pursue goals in school, cross country, and life.
- Our goal is that each boy, regardless of natural ability, put in the work and the attention to detail on a daily basis to develop over time to achieve his fullest potential.
- Our goal for every athlete is to foster the feeling of self-satisfaction that comes as a direct result of achieving his potential.
- Develop team building skills applicable to other collaborative environments.

Values

- Each athlete will be **dedicated teammates** where the team comes before individual accomplishments (team player)
- Each athlete will be **committed to reaching team goals**, while individual goals will come secondary (selflessness)
- Each athlete will **work their hardest** to reach their potential (work ethic)

Norms

- **Punch out:** All athletes must “punch out” with their respective coach after every practice and meet.
- **Don't be average:** Plan, train and live with purpose and accountability, among your teammates and by yourself.
- **Embrace the process:** Victory is an expression of excellence, but it is empty if we value the results over the process.
- **Leave a legacy:** Leave a positive mark that others will talk about for years to come.

Team Website – <https://www.phsknightsxctf.com>

- Schedule
- Roster
- Meet Information
- Results
- Gear to Purchase
- Training Log for distance runners

Communication

Coach Renaud will be in frequent communication with everyone through the following means

- Team Website
- Weekly Parent and Athlete Email
- Remind Messages

Practice

- Athletes must be at all scheduled practices and meets.
- Practices will be held Monday-Friday for 90 minutes to about 2 hours. Some varsity practices will be 2 hours and 30 minutes. Saturday practices will be in the morning.
- If you miss you need to communicate directly and explain why you are missing that practice. Do not have another member of the team relay a message for you.
- Athletes with an unexcused absence during the week will not be eligible to compete.
- Consistent unexcused absences from practice/meets will result in removal from the team.
- Excused absences include doctors' appointments (try to schedule around practice), sick from school, and family emergencies.
- Missing practice for work or another sport is an unexcused absence.

Meets

- We will have 1-2 meets each week.
- We aim to be the best citizens on the course. Character first.
- Wear team attire to meets.
- Thank officials for their service and opposing coaches on running a good meet.
- The whole team assists in taking down our home course.
- We cheer on our teammates until our final runner crosses the finish line.

Uniforms and Gear

- Uniforms will be issued to all athletes
- Athletes are responsible for the cost of damaged or lost uniforms. \$60 for a new uniform top and \$40 for uniform bottoms.
- When we travel to meets, athletes are expected to be wearing Prospect XC Gear.
- Have proper practice equipment daily. Be prepared for all types of weather.

Injuries

- Although we do all that we can to prevent injuries with our athletes, injuries can still happen.
- 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.
- Report all injuries as soon as they happen.

Transportation

- We take buses to each meet. Athletes are expected to ride the bus home from each meet.

Running and Specialty Shoes and Spikes

- Please ensure you have the 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 Runners High and Tri in Downtown Arlington Heights and/or Dick Pond.
- Distance shoes should be changed every 400-500 miles

Locker Room Supervision

- Athletes must be accompanied by an XC coach in the locker room at all times.
- Athletes will not ask coaches of other sports to open the locker room.
- No athlete will be in the locker room without a coach.

Drugs, Tobacco, Alcohol

- Anyone using alcohol, tobacco, drugs, or displaying inappropriate behavior is not interested in the team. Disciplinary action will be handled according to the District 214 Co-Curricular Code.

Academic Achievement

- You must remain academically eligible. Keep up with your school work. If you are having difficulty in a class, talk with your teacher. Schedule appointments for help before school, during your lunch, study hall or free period.
- We receive a D/F list each week and will talk with students who are on the list each week.

Sportsmanship

- Athletes are expected to show proper sportsmanship towards teammates, competitors, and coaches at all times.

Fundraisers

\$20-40 optional donation

2020 Prospect Cross Country Schedule

*This schedule is very much subject to change

Date	Day	Event	H/A	Time	Location
8/28	Friday	Northridge Prep Dual	H	5:00 F/S 5:30 V	Prospect HS
9/01	Tuesday	Palatine Dual	A	4:45 F/S 5:15 V	Palatine HS
9/04	Friday	Loyola Dual	H	5:50 F/S 5:30 V	Prospect High School
9/08	Tuesday	Buffalo Grove Dual	H	5:00 F/S 5:30 V	Prospect High School
9/15	Tuesday	Rolling Meadows Dual	A	4:45 F/S 5:15 V	Salk Park
9/19	Saturday	Northridge Prep Dual	H	9:00 AM F/S 9:30 V	Prospect HS
9/22	Tuesday	Hersey Dual	A	4:45 F/S 5:15 V	Patriot Park (MacArthur Middle School)
9/30	Wednesday	Wheeling Dual	H	4:45 F/S 5:15 V	Prospect High School
10/02	Friday	Loyola Flight Night	A	Under the lights	Munz Athletic Campus in Glenview
10/06	Tuesday	Elk Grove Dual	A	4:45 F/S 5:15 V	Elk Grove High School
10/17	Saturday	MSL Conference	A	TBD	TBD
10/24	Saturday	IHSA Regional (Varsity Only)	A	TBD	TBD
TBD		IHSA Sectional (Varsity Only)			
TBD		IHSA State Meet (Varsity Only)			