

Tomah High School Cross Country



2023

2023 THS Cross Country Coaches Contact Information

Head Coach: Kate Schanhofer

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Assistant Coach: Jon Wolff

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Tomah CC Facebook Page

Please join the Tomah Timberwolves Cross Country Facebook page “Tomah Cross Country.” The Tomah Cross Country Facebook page will have a lot of information about races and results. We will also use this public page to celebrate our team’s successes.

***Remind will be the primary form of communication moving forward.**

Get out your phones

Send a text to: **81010**

Text this message: **@tomahcr**

You can also follow this link to set it up: <https://www.remind.com/join/tomahcr>

2023 CROSS COUNTRY PRACTICE AND MEET SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 13	14 Practice Starts 6:30-8:00 am & 3:00-4:00 PM	15 6:30-8:00 AM & 3:00-4:00 PM	16 6:30-8:00 AM & 5:00-7:00 PM	17 6:30-8:00 AM & 3:00-4:00 PM	18 8am-9:30	19 TBA
20	21 3:00-4:30 PM	22 3:00-4:30 PM	23 3:30 - 4:30 PM *TEAM MEAL*	24 MEET @ WESTFIELD @ 4:30p	25 7:30am-9:00	26 7:30-9:00AM
27	28 6:30-8:00 AM	29 6:30-8:00 AM	30 SCHOOL STARTS 3:30p - 5:30p	31 3:30p - 5:30p	Sept 1 3:30p - 5:30p	2 6:00-7:15 AM
3	4 LABORDAY NO SCHOOL Practice on your own	5 MEET @ MARSHFIELD @ 4:00p	6 3:30p - 5:15p	7 3:30p - 5:15p	8 3:30p - 5:15p	9 7:30- 9 AM
10	11 3:30p - 5:15p *TEAM MEAL*	12 MEET @ LEVIS MOUNDS/ NEILLSVILLE 4:30P	13 3:30p - 5:15p	14 3:30p - 5:15p	15 3:30-5:15	16 MEET @ BROOKWOOD @ 9:00a
17	18 3:30p - 5:15p	19 3:30p - 5:15p	20 3:30p - 5:15p *TEAM MEAL*	21 3:30p - 5:15p	22 CRANFEST No school 6:30- 7:30am	23 MEET @ MGV @ 10:00a
24	25 3:30p - 5:15p	26 3:30p - 5:15p	27 3:30p - 5:15p *TEAM MEAL*	28 MEET @ Kickapoo HS TBA	29 HOCO No Practice PARADE!	30 7:00-8:30 AM @ ET fields
Oct 1	2 3:30p - 4:30 *TEAM MEAL*	3 MEET @ TOMAH @ 4:00p	4 3:30p - 5:15p	5 3:30p - 5:15p	6 3:30p - 5:15p	7 MEET @ WIS RAPIDS @ 10:30a
8	9 3:30p - 5:15p	10 3:30p - 5:15p	11 3:30p - 4:30 *TEAM MEAL*	12 MVC MEET @ MGV @ 3:45	13 3:30p - 5:15p	14 No Practice
15	16 3:30p - 5:15p	17 3:30p - 5:15p	18 3:30p - 5:15p	19 3:30p - 5:15p	20 3:30p - 5:15p	21 SECTIONAL MEET @ DEFOREST
22	23 Practice: TBA	24 Banquet Practice: TBA	25 Practice: TBA	26 No School	27 No School	28 STATE @ WIS RAPIDS

Team Rules & Athlete Expectations

Team Rules

- Attendance at practice is mandatory
- **BE ON TIME!**
- Come properly dressed for practice and meets (Rain or shine)
 - **Watch** and running shoes included
- Respect the coaches, your teammates, opponents, officials, spectators and the sport of cross country. Team first, support each other. Give Coach the key word “duck” on second day of practice.
- Report any injuries, aches, and/or illness to the coaches
- Athletes must be in good academic standing
 - In the classroom, represent our team well. Be respectful to your teachers and classmates. Go to class prepared, participate in class discussions. School work and grades come before any sport. Remember, you are a “STUDENT-athlete.”
- Refrain from alcohol/tobacco/drugs/steroids/performance-enhancing substances.
- Racist/sexist/homophobic/xenophobic/anti-LGBTQ comments are grounds for dismissal from the team

Athlete Expectations

- Be positive and stay positive
- Have fun!
- Work hard
- Communicate & be honest. If you are struggling with anything, I am here. If something is in the way of coming to practice or a meet, please talk to me. Give Coach the key word “fartlek” on the 5th day of practice.
- Always push the person in front of you, and pull the person behind you
- Nutrition is important. Eat a quality & healthy breakfast & lunch. Post workout nutrition is crucial to muscle repair! Consuming lean proteins and healthy carbs following long runs and workouts/meets will have a positive impact. A lot of demands will be placed on your body, FUEL it properly!
- Sleep is equally important! Give Coach the key word “skittles” on the first day of practice. AT LEAST 8 hours every night!

“For the strength of the pack is the wolf, and the strength of the wolf is the pack”

BE “EQUIPMENT READY”

Have all equipment for the meet ready ahead of time. We strongly recommend that you pack your duffle bag with what you need the night before the meet to avoid rushing around and forgetting something the day of the meet.

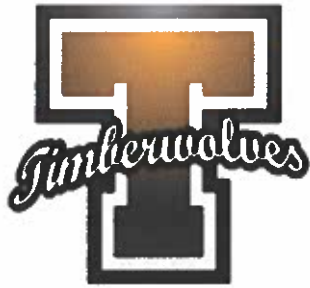
Included in those things to pack are:

1. UNIFORM TOP, SHORTS and WARM-UP
2. RACING SHOES
3. SWEATSHIRT, SWEATPANTS, LAYERS, WARM CLOTHING
4. EXTRA SHOES
5. EXTRA SOCKS
6. LONG-SLEEVE TOP, RUNNING TIGHTS (BLACK if wearing under uniform)
7. STOCKING CAP
8. GLOVES OR MITTENS
9. HEALTHY FOOD/SNACK
10. RAIN JACKET, LARGE GARBAGE BAG (if necessary)
11. SCHOOLWORK (TO WORK ON DURING BUS TRIP)
12. SPECIAL ITEMS (ATHLETIC BRACES, PRESCRIPTIONS, INHALERS, ETC.)
13. GIVE COACH THE KEY WORD “COIN” ON THE FOURTH DAY OF PRACTICE
14. BRING MONEY FOR FOOD OR YOUR WON SNACKS

*****OVERPACK! Better to have it and not need it, than to need it and not have it.*****

“The will to win means nothing without the will to prepare.”

-Juma Ikangaa



THS CROSS COUNTRY LETTERING CRITERIA



THE ATHLETE MUST:

* No code violations or academic restrictions at any point during the season

AND

* Have no more than 1 (one) unexcused absence (meaning, if you were at school then you will be at practice)

AND

* Have a 5K time that is faster than 26:21 for girls (8:30 per mile) or 21:42 for boys (7:00 per mile)

AND MEET ONE OR MORE OF THE FOLLOWING:

* Place at the Conference Meet (Top 21) or Sectional Meet (Top 38)

OR

* 5K Time: 23:15 for girls (7:30 per mile) or 18:36 for boys (6:00 per mile)

OR

* Obtain a minimum of 10 team points under the Point Scoring System (See Next Page)

OR

* Make the Top 21 List or improve your previous time on the Top 21 list

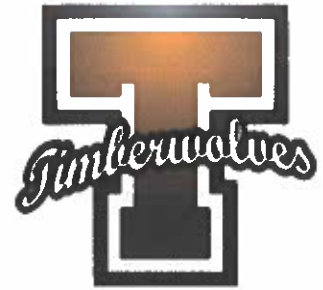
OR

* Have been a member of the CC team for 4 consecutive seasons

**** The coaches have the final say in earning a letter and can take other factors into account when making a decision ****



THS CROSS COUNTRY LETTERING POINT SCORING SYSTEM



THE ATHLETE WILL NEED TO GET 10 POINTS TO LETTER UNDER THIS SYSTEM

POINTS AT AWARDED AS FOLLOWS:

- 1 POINT FOR COMPETING AS A VARSITY RUNNER (THERE ARE 9 REGULAR SEASON MEETS PLUS SECTIONALS & STATE)
- 1 POINT IF YOUR TIME BEAT A VARSITY RUNNER AND YOU COMPETED AT THE JV LEVEL
- 1 ADDITIONAL POINT FOR FINISHING IN THE TOP 50% OF THE FIELD
- 1 MORE ADDITIONAL POINT FOR FINISHING IN THE TOP 25% OF THE FIELD
- 1 MORE ADDITIONAL POINT FOR FINISHING IN THE TOP 10% OF THE FIELD
- 1 MORE ADDITIONAL POINT FOR WINNING THE RACE

Maximum Points per race: 5 points

Maximum Points per season: 55 points

“When you think your legs can’t run anymore, run with your heart”

-Audrey Springer

ABSENCE POLICY

- You are allowed one unexcused absence without penalty
- If you are “absent unexcused” from school and/or practice the day before a meet, you may not be able to participate in that meet
- **** 2 unexcused lates = 1 unexcused absence****

Unexcused Absence	Penalty
1	Verbal reminder
2	Miss one meet
3	Miss two additional meets
4	Potential grounds for removal from team

What is an unexcused absence?

1. Being absent without validation from school and/or practice
2. Missing a practice for work, drivers education, or another avoidable excuse
3. Missing practice without telling the head coach. Your coach needs to be notified **PRIOR TO PRACTICE**. Email before 12p (Noon), otherwise a phone call voicemail or text message. Give coach the code word “flamingo” on the third day of practice.

If you absolutely MUST miss a scheduled practice because of an appointment that cannot be changed, let Coach know about it well ahead of time. Occasionally there may be a conflict that cannot be resolved. Ask Coach what the workout is for that day and try to workout on your own. Do not expect to receive an excused absence, unless Coach knows of it and approves of it ahead of time.

“Hard work beats talent when talent doesn’t work hard”

-Unknown

THS Cross Country Team Philosophy

Below is a brief description of what will be the core makeup of our cross country program:

Commitment

Each athlete has different reasons for participating but the commitment to the team should be the same. Each athlete needs to be committed to improvement. Work hard together, support each other. Always.

Positivity

Cross country is hard. Stay positive and encourage teammates. Each athlete should realize their actions & words can affect their teammates, both positive and negative. Cross country is an individual sport & a team sport. When we build each other up, we all rise.

Community

We are growing our program. In order to do that, we need to make others aware that we are here and what we are doing. This can be done in a variety of ways. Providing running opportunities for youth, volunteering time as a team at community events and representing our team well whenever we are out running. Spread the word, invite others to join the team. Ask friends, family and neighbors to attend meets.

Respect

The coach/athlete relationship is a two-way street. I always learn something from my athletes and I hope they learn from me as well. Respect is an attribute that should be shown in practice, at meets, in the classroom, and the community. Understand and appreciate all of those who are giving their time and effort. Respect the sport, coaches, and team.

Fun

Not every part of cross country is enjoyable, but the overall sport and experience should be. Find joy in pushing yourself to doing more than you thought you could. Find joy in finishing a race. Find joy in setting a new PR. Find joy in a teammate accomplishing a goal that they set for themselves. Smile! Have fun!

Pride

Take pride in your hard work. Training will be difficult. The races show what you are capable of. Take pride in what you have done and what you have worked through in order to put yourself out there. Take pride in competing for THS and being a part of our Wolf Pack. When you put on that jersey, let it represent the fact that you will leave everything you have out on that race course.

Class

Carry yourself with class at every opportunity. Being good sports regardless of the outcome. Remember, humble in victory, gracious in defeat.

Tradition

This is a work in process. It is all of our responsibility to lay the foundation and build on it every chance we get.

“Don’t let what you cannot do interfere with what you can do.”

- John Wooden

Tomah CC Team Meals

Team Dinners

Throughout the season, we will hold team dinners to fuel our bodies and build team spirit. Eating together, laughing together, and spending time together outside of practice and meets helps to build a cross country family.

Team dinners will be held in the Math Lab at THS and will last approximately 1 hour. We are looking for parent volunteers who might be interested in hosting a dinner. Parents will provide any dinner foods you would like for the team. If you want help with anything let Coach Schanhofer know. I can put out a message on Remind for assistance. Please have your meals prepared and ready no later than 5:00pm

If you are willing to host a dinner, please sign up on the calendar on the specific date you would be interested in hosting. If you cannot host a dinner but would like to help out with sides then that would be very helpful also. If you would like to volunteer in a different manner, please contact me directly. A schedule will be provided to the athletes when enough volunteers have signed up.

Secondarily, there will be a sign-up for post-meet nutrition and support. If you are willing to provide post-meet nutrition, please sign up on the calendar on the specific date you would be interested in providing. Post-meet nutrition can include Gatorade, water, bananas, baked goods, etc. Taking in protein and carbohydrates right after a workout/race is crucial for the muscles to be able to repair themselves.

The team appreciates your support immensely!

Dates of Team Dinners

Wednesday, August 23	Monday, September 11	Wednesday, Sept. 20
Wednesday, Sept 27	Monday, Oct 2	Wednesday, Oct 11

Banquet: Tuesday, October 24, 6:00 PM @ THS

Information for Parents

- Please sign up to help for a team meal & post-meet nutrition.
- Any help following races/meets with sack lunches/fresh fruit/water bottles is greatly appreciated
- Please feel free to contact Coach Schanhofer with questions/concerns/comments. If it is your athlete who has some concerns, encourage them to speak directly to me first. If that doesn't resolve the issue, then the parent should reach out to me.
- Please encourage your athlete. Cross country is hard. Being a teenager is hard. School is hard. Encourage before the race, appreciate their effort afterwards.
- After meets your athlete can ride home with you, I would just rather they ride the bus with the team. If taking your athlete, sign the sheet before leaving. The bus will provide transportation back to THS following each meet.
 - Please be prompt in picking up your runners at THS following a meet. The coaches will remain at THS until all athletes have been picked up; but remember, the Coaches also have to return home to their families!
- Please help to make sure your athletes are in bed early. Our muscles recover when we sleep and recover greatly when in deep sleep. 8+ hours is recommended.
- Your runners love to have your support during races. Come, cheer us on whenever possible.

A few supportive things your runner needs to hear on the good days and especially the rough ones:

“I am so proud of you.”

“I believe in you.”

“That was impressive!”

“I love your effort!”

“You gave it everything you had.”

“I enjoy watching you run.”

“I can see your progress!”

Things Coach needs from you

Athletes:

1. Come prepared for first day of practice! Have proper apparel, watch, shoes, hydration, rides to and from practice
2. Write down goals you have for yourself and/or the team
3. Read over and understand this packet and what is expected of you
 - a. Return the signed form to Coach Schanhofer at first practice
4. Make sure that you have had your physical or have your alternate-year physical form
 - a. The physical form or alternate-year physical form **MUST** be turned into AD office before you can practice
5. If you haven't been running, **START NOW!**
6. More to come on last page of packet

Parents:

1. Please make sure you have registered through the new online registration linked on the THS Activities/Athletics webpage
2. Please sign up to assist with post-meet nutrition
3. Read over and understand this packet and what is expected of you
 - a. Have your child return the signed form to Coach at first practice
4. Please make sure your child has had their physical prior to the start of the season

“Obstacles are what you see when you take your eye off your GOAL”

-Henry Ford

Cross Country Athlete Survey

First/Last Name: _____

Grade: _____

1. Have you participated in cross country before either in middle school or in high school?

a. No

b. Yes: Number of seasons? _____

2. Did you run over the summer?

a. No

b. Yes:

How many days per week? _____

3. What is your cross country race PR? Include year if known.

Distance: _____ Time: _____ Year: _____

4. Have you had any running related injuries?

a. No.

b. Yes, Describe:

5. Season Goals:

a. Personal: _____

b. Team: _____

6. What motivates you?

7. What one song gets you fired up and you can't help but sing when you hear it?

Terms and Conditions

By signing my name below, I certify that I have read and understand the Tomah High School Cross Country packet for the 2023 season.

Any questions should be directed to Coach prior to the first day of practice.

This sheet **MUST** be returned on the first day of practice, Monday, August 14.

Athlete Name: (Print) _____

Athlete Signature:

Athlete cell phone #:

Athlete Email address:

Parent/Guardian Name: (Print) _____

P/G Signature:

P/G cell phone #:

P/G Email address:
