



# REGINA JR. HIGH CROSS COUNTRY



"Nothing But Your Best!!"

## Parents Guide 2017

Welcome to an exciting season of cross country running! I am excited to coach your sons and daughters this fall. Our program goals are to have fun, learn about running, and learn about themselves and their teammates.

### **Expectations:**

1. Set goals, work hard, be responsible, HAVE FUN!! They all go together!!
2. Get better every practice and every meet!
3. Make everyone on the team important. We are a TEAM! We help each other!
4. Represent self, team, family, and Regina community with class, regardless of outcome.
5. Uphold and continue the Regina Cross Country tradition.
6. Carry over lessons learned in Cross Country to all phases of life.

### **Policies and Procedures:**

1. **Practice:** It is expected that all student-athletes attend practices. Please contact Coach Foley by email, phone, or text if your son or daughter will miss practice or if there is a need to create an alternative schedule. (This is a great thing for the athlete to do as it teaches him or her to be responsible and to communicate with their coach/teacher.) email: [tim.foley@icregina.com](mailto:tim.foley@icregina.com) cell: 319-936-8350
2. **Meets:** Every student-athlete runs in every meet
3. **Injuries:** Please make coaches aware of any injuries, doctor's visits, medications, etc. that pertain to cross country. I will make you aware of any injuries occurring at practice or meets.
4. **Uniforms:** Each student-athlete is responsible for his or her own uniforms and clothing. If he or she loses the uniform, than he or she has to pay for them. Be responsible.
5. **Drugs, Tobacco, and Alcohol:** ZERO tolerance. If you are out for Cross Country this shouldn't be a concern. We expect everyone to make healthy choices!
6. **School:** We expect you to do well in school, be on time to class, complete assignments, and do not miss practice because of uncompleted school work. We also have a tradition of academic excellence in Regina Cross Country!! Nothing but your best!!

*The highest reward for a person's effort is not what they get for it,  
but what they become by it.*

**About the Coach:**

Contact Information: Tim Foley Cell: 319-936-8350 email: [tim.foley@icregina.com](mailto:tim.foley@icregina.com)

This will be my fourth year coaching junior cross country at Regina and my fifth year coaching cross country overall. I grew up in a household of runners in Marshalltown. I was the youngest of four and traveled to many cross country meets as a young child. In seventh grade, I decided not to go out for football because I would rather watch my sister run as a high school student (Junior high cross country did not exist yet).

This will be my eleventh year coaching track or cross country (2 in California and 9 at Regina), and I have a deep passion for the sport and the lessons it teaches. My philosophy and the philosophy of the entire Regina cross country and track programs is simply: Nothing but your best! If the athletes, coaches, and families give their best everyday, than success will follow. The sport itself can be humbling at times because it takes hard work to get better. The lesson that all cross country runners soon learn:

Amount of Work = Amount of Success

The best part is that success is measured individually (time and ability) and as a team (race scores). Overall, our goal is to make each individual better for the overall success of the team.

**Physicals:**

Each runner needs an athletic physical on file in the office before practice begins on August 24th. Physicals only last for one calendar year from the date of physical. A concussion form is now required to participate in athletics in Iowa. It contains information related to concussions and athletic participation. It is required before the first day of practice.

**Practices:**

We will have practices at 6 a.m. in the morning. We meet each morning in the high school lobby (the doors as you enter the Regina parking lot will be open). Practice will end around 7:15, which allows for the runners to shower and eat breakfast before school starts. Regina offers breakfast in the cafeteria, or runners can bring their own breakfast with them.

**Equipment:**

Just a pair of running shoes and some athletic clothes. Runners need to bring appropriate clothing for the weather to each practice. They should not work out in their school uniforms if at all possible. It is hard to predict the weather, so I suggest always having a sweatshirt and some sort of athletic pant for practice.

**Shoes:**

It is important for all cross country runners to have a comfortable running shoe. It does

not have to be an expensive shoe, but it should be meant for running (basketball shoes, flat-soled shoes, etc. are not always good). Unless you know their feet are done growing and that they will stick with the sport into high school, I recommend not spending money on racing spikes until they get to high school.

### **Race Uniforms:**

Girls – We provide shorts and a racing top. You provide everything else. I would suggest that they wear a running bra, as that will provide them with more support.

Boys – We provide shorts and a racing top. You provide everything else. I suggest the boys wear performance underwear (Under Armour-type) to help prevent chaffing.

### **Showering:**

The high school locker rooms will not be completed until September. We will end practice at 7:15 each morning to allow the JH athletes to shower before the high school athletes in the elementary/JH locker rooms.

Runners need to bring showering supplies. The junior high runners have access to the junior high locker rooms by the elementary gym. I encourage all of the runners to shower before school for their own hygiene.

### **Meet Schedule (tentative):**

Tuesday, September 5th - Tipton Invite - Tipton City Park @ 4:15 p.m.

Tuesday, September 12<sup>th</sup> – Bob Brown JH Invite – Kickers Soccer Complex, IC @5:00 p.m.

Monday, September 18th - Solon Invite – Solon Nature and Rec Center @ 4:30 p.m.

Thursday, September 28th - City High Invite – Kickers Soccer Complex @ 4:30 p.m.

Monday, October 2nd – Iowa Mennonite Invite – Wellman Golf Course @ 4:00 p.m.

Saturday, October 7th - North Linn Invite - North Linn High School @ 8:15 a.m.

Thursday, October 12th - River Valley Conference Meet – Kickers Soccer Complex, IC @ 4:30 p.m.

### **About the Meets:**

The best part of cross country is that everyone competes. We will run in seven meets this year. All of our races are within an hour of Iowa City. Most races will be 2 miles long. Most of our races will be run Coed. There will be some races that have boys and girls run separately. Our home course is the Iowa City Kickers Park. It is a very fan friendly course.

### **Meet Scoring:**

Most of the meets we run in will not be scored. Scoring for cross country is similar to golf in that you want the lowest score possible. Runners are scored based on their place in the race. First place = 1 point; 99 place = 99 points. For junior high, they typically score the first four runners for each grade level and gender. In order to score as a team, you must have four runners for the grade level and gender of the race. A perfect score for junior

high would be 10 points (1<sup>st</sup>-4<sup>th</sup> place). There may be some races that score the team together (7<sup>th</sup> and 8<sup>th</sup> grade).

### **How to Watch a Meet:**

For those new to cross country, being a spectator at a cross country meet may involve a little walking/jogging/running (depending on how much of the race you want to see). Most of the courses we run at will provide you with multiple places to watch your son or daughter compete. It is a great spectator sport because you can get very close to the action!! Be sure to stay well off the runner's path. We will inform your child of the start time of their race. Don't be late!! If you arrive 20 minutes late, you may miss their whole race. Each race has a map of the course. I will try to send out the map of the course the day before the race. Upon arriving, use your map to get the best vantage point for the races. Most courses are set up so that the athletes go by the start or finish area several times. These are often the best places to observe without running a couple of miles.

### **After the races:**

Do not expect the attention of your son or daughter before or after the race. They are expected to warm up and prepare for the race ahead. At the conclusion of their race, you can often greet them after they go through the finish chute. They may however have been given a place card. These often must be given to the coach ASAP. Please remind them to do this right away. They also need to complete a cool down as a team.

After they complete their cool down, the athletes are free to go home with their parents. It would be great if all the runners would stay to cheer on our varsity and JV runners, but I understand that school work and other conflicts make it necessary for them to leave. If you would like to take your son or daughter home with you, please talk with me at the race or provide a written note to me so I can keep track of all the runners.

The JH bus will leave immediately after the last varsity or JV race if we are running at the same meets with the varsity athletes. We run with the varsity at Tipton, North Linn, and Conference. At the meets where we travel just as a JH team, we will leave as quickly as we can get everyone ready to go after the competition (cool down, camp pick-up, etc.).

### **How Can I Help my Child During the Season?**

There are many things parents can do to help their child have a successful season. First, support your child. Give guidance when needed, but mostly congratulate them on a successful race or practice. Second, make sure they are staying hydrated and getting good nutrition. These are the cornerstones of good running. Third, make sure they are getting good sleep. Fourth, please communicate to me any concerns you have regarding your child. If they need rest for an injury, to stay on top of school work, or because they are just tired, please let me know.