

Hello everyone, Welcome to the 2023 River Ridge Cross Country season. Our coaching staff consists of: Aaron Doane, Darby Brooks, and Jacob Adams.

We will be using the **Remind App** for most communication during the season. The link to the class is <https://www.remind.com/join/4dah2ba> All communication through the app is saved by the school district. **You cannot erase anything once it has been sent.** Respect and etiquette will be always used on the app. Please use first and last names, no nicknames.

General Expectations

1. Minimum academic and behavioral expectations are clearly outlined in the River Ridge athletic code. All athletes and parents are expected to be familiar and to adhere to these expectations.
2. Be prepared, present and on time for all team activities.
3. Represent your school with pride and support your River Ridge family through support and respect for all your teammates, coaches, fans and meet officials.
4. Be prepared for practices and races mentally and physically. Hydrate, eat plenty of calories, and sleep well.
5. Communicate promptly, consistently, and clearly with your coaches.
6. Hold yourself to a high standard by establishing clear goals for yourself and your team.
7. Train consistently and sustainably.
8. Be accountable for your actions and attitude.
9. Commit to work hard.
10. Commit to enjoy your experience with your teammates.

Practices (Subject to change due to weather or other circumstances)

Practices will begin promptly at 2:30 PM and end at 4:30 PM. **Practices are mandatory.** Roll will be taken, and any unexcused absences will affect the athlete's ability to compete, earn a letter and/or continue to participate with the team.

- **Calendar:** Official team practices begin on **August 21st, 2023.** Please plan accordingly. The competition calendar will be updated on <https://www.athletic.net/> Cross Country > High School > Washington > 3A - District 3 - South Sound - River Ridge. On this site you can find the event schedule, results, rankings, and records. **I will put out weekly schedules that are more detailed over the Remind app.**
- Practice ending times can vary depending on the workout, so please communicate with your athlete for pick up times after practice.
- Must have **eight** practices by **5 September** to compete in the Timberline 2-mile Jamboree.
- Must have **Ten** practices by **9 September** to compete in the Olympia XC invite.
- **Location:** Regional Athletic Complex (RAC) or River Ridge weight room.
- **Absences:** Any anticipated absence from practice or competition must be communicated in advance with Coach Doane on the Remind app.
 - 1st unexcused absence: noted in record, no penalty.
 - 2nd unexcused absence: verbal warning, discussion with Coach

- 3rd unexcused absence: discussion with Coach regarding whether participation in Cross Country is a good fit for the athlete (or vice versa)
- 4th unexcused absence: possible dismissal from the team.
- **Equipment:** Please arrive at practices prepared with a water bottle, appropriate running shoes, clothing (weather appropriate) and sun protection.
- **Safety and Etiquette:** Be aware that most distance workouts will be taking place off-campus.
 - Make sure that a coach, ALWAYS knows your location and planned route.
 - Train with a MINIMUM of one other partner. Groups with a minimum of three are preferred.
 - Represent River Ridge High School and your community respectfully and honorably.
 - ALWAYS respect all traffic laws and never assume that all drivers will.
 - No earbuds on the road or trails, ever. Tune into your surroundings and your body.

Competitions

- We wear only River Ridge High School gear at every meet. Please arrive in full uniform and ready to compete. We represent River Ridge by warming up and cooling down in uniform gear.
- We support each other. We will meet as an entire team after each competition to acknowledge and celebrate our efforts (athletes are dismissed only after this meeting by the coaches).

Guidelines for Parent Support

1. I love parent involvement, so please get involved.
2. I need volunteer chaperones during the trip to Seaside, Oregon on Saturday, September 23rd.
3. Please monitor the food, sleep, and water intake of your athlete. The athletes will be running more miles than they have ever done in their lives and will need the proper number of calories, sleep, and water to be successful. This is not the time to cut calories to lose weight.
4. Please don't hesitate in informing the coaches about any concerns that you have about your athlete. The team consists of the parents as well.

Lettering Requirements

Junior Varsity Letter Requirements:

- The athlete must participate in the program for the entire season and finish in good standing, having adhered to the River Ridge athletic code.
- The athlete must attend and participate in all practices and contests unless excused by a coach.

Varsity Letter Requirements:

- The athlete must finish the season in good standing, having participated in the program for the entire season and demonstrated the work ethic and commitment required of a

varsity athlete. This includes the athlete being academically eligible throughout the entire season.

- The athlete must attend all practices and contests unless excused by a coach.
- Meet AT LEAST one of the following additional criteria:
 - a. Finished the season as one of the top 7 athletes (boys and Girls are separate) on the team in 20% of the seasonal varsity races.
 - b. Compete in the varsity race in the League Championship.
 - c. Compete in the District Championship.
 - d. Compete in the State Championship.
- Individuals may be awarded a Varsity Letter if an athlete demonstrates unusual contributions to the River Ridge Cross Country Team. This contribution may be expressed in any manner that enables other individuals and/or the team to achieve success over a four-year period with the program.
- The coaches reserve the right to make all final lettering decisions.
- **MANAGERS** may earn a Varsity letter after the second consecutive year in the program if they attend all practices and assigned meets and have performed their required duties to the satisfaction of the coaching staff.

Additional Info

- River Ridge gear will be available through BSN sports. I will send the link through the Remind app when available.
- There will be Team pictures, more information to follow on the Remind app.