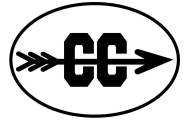




# Erwin Cross Country



[LemsXC.weebly.com](http://LemsXC.weebly.com)

**Head Coach** - Steven Jackson [steven.jackson@tsd.org](mailto:steven.jackson@tsd.org)

**Assistant Coach** - Morgan Stahl [morgan.stahl@tsd.org](mailto:morgan.stahl@tsd.org)

**Athletic Director** - Tim Bren [timothy.bren@tsd.org](mailto:timothy.bren@tsd.org)

---

Hello Erwin Students and Parents

Welcome to the 2023-24 Erwin Cross Country season!

## **Philosophy**

Cross Country at Erwin is guided by the idea that fitness is a component of life-long wellness. A child's life is positively influenced by being on a team, and one's natural passions are channeled into healthy lifestyle choices and habits. Having a competitive, fun, and positive experience is our priority.

## **Practice**

Cross Country practice will be from 7:00 AM to 8:15 AM every day, except Wednesdays, which will be after school from 4:15 PM to 5:15 PM. There will also be no practice in the mornings on meet days. In the event of inclement weather practice will be held indoors, however, always be prepared to practice outside. We will be outside at all costs, unless there are unsafe conditions. Practices will vary from doing long distance runs to build up endurance, to speed and pace workouts. Athletes are expected to be on time and stay until the end.

### **Practice Essentials**

- A good pair of running shoes!
- Appropriate clothing
- Watch
- Water bottle

### **Safety at Practice**

We will be running off campus, and athletes will always be accompanied by a coach. We will cross major roadways only at pedestrian walks, be courteous to drivers, walkers, cyclists, and other runners. We will run only on specified routes announced by the coaches.

Be on time to practice, prepared to workout. Pay attention to team announcements at the beginning and end of practices. Demonstrate good behavior and sportsmanship.

## **Attendance:**

Athletes are expected to attend all practices and competitions unless excused by a parent. Practices will be held every school day. If absent from school or practice because of illness, leave a message with Coach Jackson by email. Illness or unexcused absences from school results in not being allowed to practice. Other absences must be approved by Coach Jackson, please communicate your needs. Absences due to other commitments are excused with a note. Please communicate with coaches if you have any questions or concerns about this.

Consequences for an **unexcused** tardy or absence are as follows:

- Tardies = Three unexcused tardies result in a one meet suspension
- 1 absence = one meet suspension
- 2 absences = two meet suspension
- 3 absences = team dismissal

## **Grades**

Athletes are students first, and it is expected for school to be the priority. Athletes with 2 or more 1.5's in Work Habits will result in a meet suspension for the following week. Eligibility is pulled every Monday morning for the week.

## **Discipline**

Any school or team discipline/suspension *could* result in meet suspension and/or team dismissal. This will be dealt with on a case by case basis.

## **Meet Day Expectations**

Athletes are expected to wear their team issued jersey, and come prepared with the proper clothing and water/snacks for being outside in the weather. We often get to meets well in advance. During this time, we will preview the course and warm up. However, there will usually be some downtime where athletes will be outside and be expected to remain at team camp

Parents/Guardians are expected to be fans and demonstrate good sportsmanship as well. Please model sportsmanship and good behavior while at meets. Please cheer for your athlete as well as the other runners. We also would like for parents to support the team by signing up to bring snacks/drinks for after the meet, as well as sign up to decorate athlete's lockers before each meet. We want to show our support for these athletes and get them excited!

## **About Meets**

Most meets have separate divisions, as you will see at the high school level. Most of our meets consist of one boy's race and one girl's race. A "scoring team" consists of 7 runners. The first 5 runners from each team count in the team scoring, while the 6 and 7 runners are not scored, unless there is a tie, but affect the score of other teams. The lowest score wins.

**Loveland Meets:** There will be transportation to local city meets, however, there will **NOT** be transportation back to Erwin from these meets. It is the responsibility of the athlete to make sure they have transportation home from Loveland meets with their parent/guardian. You must sign out prior to leaving, and let a coach know. The sign-out sheet will be on a clipboard at team camp.

**Away Meets:** There will be transportation provided **to and from** meets outside of Loveland. For liability reasons, if you choose to go home with a parent from these meets, you must sign out prior to leaving, and let a coach know. The sign-out sheet will be on a clipboard at team camp.

**We are looking forward to a great season!**

# 2023 SCHEDULE

Date	Day	Time	Location
August 19 <sup>th</sup>	Saturday	10:15 Girls run first	<b>Berthoud High School</b> 850 Spartan Ave, Berthoud, CO
August 24 <sup>th</sup>	Thursday	4:30 Girls run first	<b>Sylvan Dale Ranch</b> 2939 N County Road 31D, Loveland, CO
August 26 <sup>th</sup>	Saturday	11:00 Girls run first	<b>Fort Collins HS</b> 3400 Lambkin Way, Fort Collins, CO
August 31 <sup>st</sup>	Thursday	4:30 Girls run first	<b>Walt Clark</b> 2605 Carlisle Drive, Loveleland, CO
September 7 <sup>th</sup>	Thursday	4:00 Boys run first	<b>Montfort Park</b> 2122 50th Ave, Greeley, CO
September 14 <sup>th</sup>	Thursday	4:30 Boys run first	<b>Mehaffey Park</b> 3285 W 22nd St, Loveland, CO
September 22 <sup>nd</sup>	Friday	4:30 Girls run first	<b>Eastman Park</b> 7025 Eastman Park Dr., Windsor, CO
September 29 <sup>th</sup>	Friday	3:30 Boys run first	<b>North Lake Park</b> 2750 N Taft Ave, Loveland, CO
October 5 <sup>th</sup>	Thursday	3:00 Boys run first	<b>Mehaffey Park</b> 3285 W 22nd St, Loveland, CO