

August

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 1 st day of practice 4 miles distance	18 3 miles distance Core work	19 4 miles distance	20 3 miles distance Core work	21 1 ½ mile warm up 4 hill repeats 1 ½ mile cool down	22 rest
23 rest	24 ½ mile warm up 6 X 400 ½ mile cool down	25 4 miles distance Core work	26 1 mile warm up 3 X 1000 1 mile cool down	27 3 miles distance Core work	28 ½ mile warm up 2 mile timed run ½ mile cool down	29 rest
30 rest	31 ½ mile warm up 7 X 400 ½ mile cool down					

September

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4 miles distance	2 3 miles (pre-meet pace)	3 Clearwater invitational (Clearwater schools)	4 4 miles distance Core work	5 rest
6 rest	7 1/2 mile warm up 8 X 400 1/2 mile cool down	8 4 miles distance Core work	9 1 mile warm up 20 minutes farlek 1 mile cool down	10 Mulvane JV Invitational (Mulvane High School)	11 3 miles (pre meet pace)	12 Wamego Invitational (Wamego Country Club)
13 rest	14 1/2 mile warm up 9 X 400 1/2 mile cool down	15 5 miles distance Core work	16 1 1/2 mile warm up 6 x hills 1 1/2 mile warm up	17 4 miles distance Core work	18 3 miles (pre-meet pace)	19 Circle Invitational (Wartick Farms)
20	21 1/2 mile warm up 10 X 400 1/2 mile cool down	22 5 miles distance Core work	23 3 miles (pre-meet pace)	24 Goddard Invitational (Lake Afton)	25 1/2 mile warm up 20 minutes Farlek 1/2 mile cool down	26 rest
27	28 1/2 mile warm up 11 X 400 1/2 mile cool down	29 5 miles distance Core work	30 3 miles (pre-meet pace)			

October

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Berean Academy Invitational (Harvey Lake)	2 ½ mile warm up 8 X hill running ½ mile cool down	3 rest
4	5 ½ mile warm up 12 x 400 ½ mile cool down	6 MMS cc meet 4 miles distance (after meet is over)	7 ½ mile warm up 5 x 1000 ½ mile cool down	8 4 miles distance Core work	9 3 miles (pre-meet pace)	10 Trinity Academy Invitational (Wichita Trinity HS)
11	12 ½ mile warm up 10 x 400 ½ mile cool down	13 5 miles distance Core work	14 3 miles (pre-meet pace)	15 AVCTL Meet (TBD)	16 4 miles distance	17 rest
18	19 ½ mile warm up 8 x 400 ½ mile cool down	20 5 miles distance Core work	21 ½ mile warm up 8 x hills ½ mile cool down	22 4 miles distance	23 3 miles (pre-meet pace)	24 Regional Cross Country (TBA)
25	26 ½ mile warm up 6 x 400 ½ mile cool down	27 4 miles distance	28 ½ mile warm up 3 x 1000 ½ mile cool down	29 3 miles distance	30 State pre-meet	31 State Cross Country (Wamego Country Club)

Mulvane High School

Cross Country 2020

Cross Country is a sport like none other. It is one that allows athletes to compete at an individual level while still making a team contribution. Regardless of skill level all athletes are important, and have the same opportunity to make a contribution to the team. To be a great cross country athlete, there are only four guidelines you need to follow:

- 1) You must be willing to work hard in practice and in competitions.
- 2) You must never underestimate or limit your abilities.
- 3) You must have the desire to be your best and reach your goals.
- 4) You must compete not only for yourself but also for your team.

Tradition

When joining the Mulvane High School Cross Country Team, it is important that you understand what type of team you are becoming a part of. Mulvane has a tradition of being a school that produces some of the best athletes in the state of Kansas.

I can tell you that most of these athletes who made it to state in the past were not “naturally talented”. They were just like you, and they made the decision to work hard and get a little better each day. For you to be a part of this winning tradition, you only need to follow the four guidelines.

- 1) You must be willing to work hard in practice, and in competitions

It is no secret that almost everyone wants to get first, and almost no one wants to get last. The truth is that in every event there will be someone who gets first, and another athlete will place last. Ability does play a part in this, but the biggest factor for determining where you end up is how you prepared for the event. If you want to be closer to first, you must be willing to pay the price to get there. This includes completing workouts and never taking shortcuts even if you think no one will notice. This means always pushing your body to the extent of its abilities and never settling for a mediocre effort. If you ever walk away from a hard practice, and you are not exhausted, you did not push your body hard enough. You will never get better by settling for a less than exceptional effort.

- 2) You must never underestimate or limit your abilities.

You will never know what your body can do until you give it a chance. I have seen amazing things happen when athletes have decided to dedicate themselves to getting better. It is all about dedication. Most of your physical limitations are well beyond what you believe they are. Push yourself and you will be surprised what your body can do.

- 3) You must have the desire to be your best and reach your goals.

It is extremely important that you are giving your best effort in everything you do. No matter what you are doing, even if it is warming up at the beginning of practice, you must work to the best of your abilities. High expectations will be placed on you and your behavior. A half effort in some of the things you do will soon show up in everything you do, and you will never reach your potential.

Have goals and work toward those goals. It is important that you set reachable and measurable goals. Once you accomplish your goal, pat yourself on the back and feel good about your accomplishment. It is important that you realize you are making progress. Don't settle; you must now set your goal even higher.

4) You must compete not only for yourself, but also for your team.

In Cross Country you have the ability to do well and get recognition for yourself. That should only be part of your focus. To be a good cross country team, each member must think like a team. Your team is counting on you to give your very best effort. The difference that can be made in a good finish or a hard push in the middle of the race could make the difference of your team winning or not.

Team Rules

The instant you begin practice with the cross country team, you become a part of the team. Your actions from that point forward are reflected on the team, both good and bad. As a member of this team, you will be held to a high standard and, as such, will face consequences for any behavior that does not fit that high standard. If you are not able to meet these standards, you will find yourself no longer a part of this team. As with all other extracurricular activities, we abide by the KSHSAA, USD#263 policies, and a few of our own. They are as follows:

1. Students must have passed a minimum of 5 classes in the previous semester in order to be eligible to participate.
2. Students must be in good standing (not in violation of any school policy) to be eligible for practice or participation in activities.
3. Students must be checked into school before 11:30 a.m. and remain until the end of school day in order to be eligible to participate unless prior arrangements have been made with the principal or athletic director.
4. A student found to be using, in possession of, distributing, selling, or giving away any type of controlled substance or illicit drug may be denied the privilege of participation in the athletic or activity programs for the remainder of the school year (tobacco and alcohol are addressed in the next section). The consequences will be determined by the building administration. This policy will go into effect on the first legal day of fall sports/activities each year and will end at the conclusion of spring sports/activities. These guidelines shall also be in effect when students are away from school grounds on if a violation is substantiated by a reliable source.

5. Students must not use or have in their possession alcohol or tobacco/nicotine products. Any student involved with these substances will be withheld from athletics or activities for a minimum of the next competition. Students will be placed on probation. There may be additional consequences at the discretion of the administration and/or coaching staff.

9. Cross Country probation means that if any further involvement with alcohol, drugs, or tobacco products becomes evident, the student will be immediately removed from the cross country team.

10. If you are suspended from participation in cross country for any period of time, you will be required to attend all team meetings and practices and be present with the team during competitions.

11. Disciplinary action will be handled on an individual basis, except for the disciplinary action described above. Expulsion from the team will result if, in the judgment of the coach, the student's actions reflect an irreconcilable attitude on the student's part. Lesser disciplinary action can be assessed resulting in a student being given a chance to prove his/her desire to remain on the cross country team.

12. The students will follow all rules and regulations that are established by the coach and respect the authority of the coach while under their direction.

Cross Country Expectations

1) Each practice will begin with a team meeting at 3:45 (unless another time has been listed in the workout schedule or communicated to students/parents) in the commons. Don't Be Late! Tardies will result in extra activities for you to complete.

2) If you miss practice, you must complete your make-up before you are able to compete. This might mean you would need to come to school early to run on the day of a Cross Country meet if you missed the practice the night before. If you miss a practice, and it is not excused, you will have to complete your make-up and this will be your one warning. If this happens again, you will make up the practice and be suspended from the next meet. On the third unexcused practice you will be dismissed from the team. If you are injured, you are expected to be at practice. If you are not, it will be counted as an unexcused absence. Make up will consist of 20 minutes of running after practice.

3) Unless you are or become injured or sick, you are expected to complete the entire workout. If you are not completing your workout, I will insist you complete your workout. Refusal to do so will result in expulsion from the team.

4) Varsity and Junior Varsity teams will be decided on by who is the fastest. If you are on Junior varsity and you think you are faster than a varsity runner, then prove it by beating their time at a meet. Race times speak louder than talk of what you think you can do.

**Mulvane High School Cross-Country
Lettering Requirements**

1) In order to letter you must earn 20 points under the following guidelines.

Practice

Perfect attendance 2 points

Races

Beating you best time of the year 1 point

Most improved athlete for the week (time) 1 point

Most improved athlete for the week (place) 1 point

Finish in the top 10 overall (Varsity) 4 points

Finish 11-20 overall (Varsity) 3 points

Top 5 Mulvane runners (Varsity) 3 points

6-7 Mulvane runners (Varsity) 2 points

Competing at the regional Meet 5 points

Competing at the State Meet 5 Points

Penalties

Excused practice absence -1 point

Unexcused Practice absence (morning) -10 points

Unexcused Practice absence (afternoon) -20 points

2) You must finish the season in good standing

3) You must check in all school issued equipment at the appropriate time or have paid for missing equipment.

4) Seniors who have completed four years of Cross Country, #2, and #3 will letter.

5) Coaches decisions will be final.