

# **2024 De Soto Cross Country Program Handbook**

**Sign Up!**

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join/hed8hck](https://www.remind.com/join/hed8hck)**

## **Program Philosophy:**

The De Soto cross country program believes in developing each student-athlete into the best overall person that he/she can be. We want to build individuals that know the values of hard work, dedication, goal setting, accountability, as well as physical and mental health.

## **Athlete Injury:**

If there is a known injury, there will be an injury report filed by the coach and/or athletic trainer. The office will mail you a copy of this report along with insurance information. If you have not received that paperwork in a timely manner, please contact the office. It is important that each athlete keeps the coaches up to date on any injuries, so that they can be taken care of in a proper and efficient manner.

## **Uniforms:**

Runners will be provided with uniforms that meet NFHS and WIAA regulations. Please make sure that you have and use appropriate sports undergarments, and gear. If you need assistance in finding and/or purchasing these items, please contact your coach.

We will help you!

## **Gear:**

There is not much gear that is required for cross country. However, it is very important that you have a good pair of running shoes. If you try to run each day in shoes that are not designed for distance running, you will increase your risk of injury. Please talk to the coaches about finding a good pair of running shoes.

In addition to a pair of daily trainers, it is recommended that each athlete has a pair of racing spikes for our meets. These are not required, but they will help you be more competitive and better able to grip the terrain during races. We also recommend that each athlete has a wrist watch. These are very helpful for when athletes have individualized runs or workouts, as they help time the runs and intervals.

## **Complaint/Concern Procedure:**

It is important that information and concerns about any extra- curricular program proceed through a logical level of authority. Problems may be resolved at an initial level and would not need to involve the principal or superintendent. Parents are responsible for addressing their concerns and requests using the following format:

1. Student Participant > Coach/Advisor
2. Student Participant and Parent > Coach/Advisor
3. Student Participant and Parent > Athletic Director & Coach/Advisor
4. Student Participant and Parent > Principal, Athletic Director, Coach/Advisor
5. Student Participant and Parent > Superintendent, Athletic Director,  
Coach/Advisor
6. Student Participant and Parent > School Board

\*If you do not follow the chain of command, you will be redirected to the appropriate step.

## **Forms:**

In order to begin practice, the athlete will need the following forms turned in to the coach or athletic director.

- 1) Physical or Alternate Year Card
- 2) Athletic Code
- 3) Concussion Form
- 4) Sport Specific Risk Form
- 5) Sport Specific Handbook

## **How Do I Earn A Varsity Letter?**

In order to earn a varsity letter for cross country, you must meet the following requirements:

1. Average a top 7 finish on the boys/girls team throughout the season.
2. Girls- run a 5K time under 24 minutes. Boys- run a 5K time under 21 minutes.
3. Represent our program and our school with pride, respect, and dignity.
4. Seniors are able to earn varsity letters at the discretion of the coaches.

## **How Do I Make The Varsity Team?**

Varsity cross country races only allow 7 athletes per team. You must be in the top 7 from the previous meet, in order to earn a spot on the varsity team for the next race.

There will be times that the coaches will need to use their discretion if there is an outstanding circumstance, such as an injury, illness, etc.

## **How Do I Earn A Team Award?**

Team awards are voted on by the team members at the end of the season. The following awards are given out within our program:

1. Most Dedicated
2. MVP
3. Most Inspirational
4. Team Captain
5. Student-Athlete Award (This award is voted on by the teachers)

## **How Do I Earn All-Conference Awards?**

At the Ridge and Valley Conference Championships meet, the top 7 runners earn 1st team all-conference, while runners 8-14 earn 2nd team all-conference. There is no voting done, just show up and race!

## **How Do I Qualify for the State Meet?**

Each of the division 3 schools in the state is put into one of the eight possible Sectionals. These are based on geographical location, and there are 20-22 schools in each Sectional. In order to make it to the State Meet, you have two options:

1. Be a part of a team that finishes in the top 2 at the Sectional Meet.

2. Individually- finish in the top 5 of runners who are NOT a part of the top 2 teams that are already qualified for the State Meet.

## **Attendance:**

You are expected to be at each practice and meet. If you know that you will not be here, you MUST let one of the coaches know. Not your friend, not your parents, YOU must inform the coaches of your absence.

An acceptable reason to miss a practice or game could include, but are not limited to ...

- Family Emergency
- Medical
- Supervised study to fix grades

An unacceptable reason to miss a practice or game could include, but are not limited to

...

- A family BBQ
- Going to a friend's house
- A birthday party

If it considered an unexcused absence, there will be a routine followed:

#### 1<sup>st</sup> Offense

- Parent/Guardian will be contacted and made aware of the absence.
- The potential loss of a varsity spot.

#### 2<sup>nd</sup> Offense

- \_\_\_ Parent/Guardian will be contacted and made aware of the absence and a meeting will be scheduled. The parent/guardian and athlete will be notified that one more unexcused absence will lead to removal from the team.

#### 3<sup>rd</sup> Offense

- \_\_\_ The parent/guardian and athlete will be notified that the athlete will no longer be on the team. Three unexcused absences show that the athlete is not committed to their team. As stated above, this program expects athletes to be devoted, dependable and determined. The athlete has not lived up to these expectations.

## **De Soto Cross Country: General Expectations**

### **Practice:**

1. Practice starts at 3:50, be there on time ready to begin practice.
2. Be prepared for practice-have weather appropriate clothing. Always assume we'll be outside, unless told otherwise.
3. Bring a snack for post workout.
5. You will receive a weekly schedule every Monday laying out everything for the week so you can get yourself ready.
6. Keep it clean (Language).

### **Nutrition:**

1. Recovery is important.
2. Try to avoid solid food for 2 hours before a meet or workout.
3. Eat Healthy
4. Eat like an athlete. Fruits and Vegetables.
5. Hydrate all the time. It is recommended that you bring a water bottle with you to school.
6. Put good things in your body.

### **Miscellaneous:**

1. Get your rest!
2. Attendance is mandatory for all practices and meets unless a coach has approved it beforehand.
3. NO DRUGS OR ALCOHOL.
4. Always have a positive attitude
5. Make sure your physical card is current, or you have an alternate year card.
6. If you have a job, work your schedule around cross country, we will work with you!
7. Classes come first.
8. Give us your best effort!
9. Dress up for meet day! Look good, feel good!
10. At the meets, thank the officials, the parents, the fans, and congratulate your teammates and other competitors. This is key, and will become a pillar of our program!



## **De Soto Cross Country: Meet Expectations**

1. You will stay for the entire meet, cheer your teammates on!
2. You will ride home on the bus, unless a parent signs a permission slip.
3. Wear your uniform correctly- WIAA rules. You are a De Soto Pirate- be proud of that!
4. NO SWEARING ALLOWED.
5. Display excellent sportsmanship-win or lose.
6. Shake hands with your competitors at the end of a race.
7. When we arrive at the meet, we will set up the team tent, and then hand out bib numbers and pins for your races. After, we will take a walk/jog around parts of the course to get a “lay of the land.”
8. Cheer for your teammates!
10. Dress for the weather. Wisconsin Weather!!
11. Bring something to eat and drink to the meet to refuel your body. We will have some food and drinks at each meet!
12. Be on time.
13. Make sure you are focused on the meet. Help those Teammates! Limit your cell phone time.
14. Be ready for your race.
16. Plan on staying for the whole meet.
17. Be great representatives for our school. Pick up trash, pick up our camp site, wish people luck, and COMPETE!

## **Athlete & Parent/Guardian Signature**

I, \_\_\_\_\_, have read, understand, and acknowledge the guidelines and provisions of the De Soto Area School "Cross Country" Handbook.

\_\_\_\_\_  
(Student Signature)

\_\_\_\_\_  
(Date)

I, \_\_\_\_\_, have read, understand, and acknowledge the guidelines and provisions of the De Soto Area School District "Cross Country" Handbook.

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

## 2024 De Soto Cross Country Meet Schedule

1. Caston Invitational- Saturday, August 31st- 9am. **Bus Time- 7:00am.**
2. Viroqua Invitational @ Vernon County Fairgrounds- Thursday, September 5th- 4pm. **Bus Time- 2:15pm.**
3. Luther College All-American Invitational @ Decorah, IA- Saturday, September 14th- 9am. **Bus Time- 6:45am.**
4. Goat Hill Classic @ North Crawford HS- Tuesday, September 17th- 4pm. **Bus Time- 2:15pm.**
5. Lloyd-Luethe Invitational @ Brookwood HS- Saturday, September 21st- 9am. **Bus Time- 6:45am.**
6. Pirate Nation Invitational @ Home- Saturday, September 28th- 9am.
7. Kickapoo Lafarge @ Kickapoo/LaFarge High School, October 3rd- 4 pm/5pm. **Bus Time- 2:00pm.**
8. Riverdale Invitational- Saturday, October 12th 9am. **Bus Time- 6:45am.**
9. Badger Camp Invitational @ River Ridge -October 8th 4:00 PM. **Bus time-2:00 PM**
10. Ridge & Valley Conference Championships @ Wauzeka- Thursday, October 17th (HS Only)- 4pm. **Bus Time- 2:15 pm.**
11. WIAA Division 3 Sectional Championships @ Westby- Saturday, October 26th (Varsity Only)- 11am. **Bus Time- 9:00am.**
12. WIAA State Championships @ WI Rapids- Saturday, November 2nd