

Raider Cross Country 2022

General Information and Expectations:

- Practice starts Monday, August 15th at **6:30 am** in Lake Park. This will only be for Monday, Tuesday, and Wednesday that week as I have trainings on those mornings. We will switch to 7 am practice after that until teacher workshops.
- We are still working on finalizing our schedule. There is an attached *tentative* practice schedule that is available on our website.
- Every practice is **MANDATORY**. Notes or calls will be needed for missed days. Please inform coaches prior to needing to miss practice.
- If you end up having an injury that does not allow you to practice, you are still required to come to practice and support our team.
- All athletes need to make sure Coach Sapa has your cell phone number and/or need to be signed up for our Remind.
- All athletes *need* to keep their grades up! There are some changes to the policy this year. There is now going to be a check every 3 weeks. If you have a failing grade (F) or an incomplete grade (I), you will have *one week* to get this grade up. If you do not get that grade/grades to passing you will be ineligible until you get your grade(s) to passing.
- Attendance will be taken.

Raider XC Goals:

- This year we will focus on staying **POSITIVE** during practice and meets. We want to have a positive and supportive team atmosphere. Striving to remain in this state of mind will benefit yourself and our team.

- Each athlete is encouraged to set goals for themselves and work hard to reach their individual goals.

Meet Information:

- Varsity & JV
 - Boys - 5,000M (3.1 miles)
 - Girls - 5,000M (3.1 miles)
- Junior High (Boys and Girls)
 - Distance may vary from meet to meet 2,500M - 5,000M (1.5 - 3.1 miles)
- We will arrive about an hour before the first race. Your expectations are to:
 - Get your race numbers
 - Jog the course to get a feel for the route
 - 15 minutes prior to your race you will gather as a team to do stretches, warm up drills, striders, and focus on doing your best.
- We will not be stopping after every meet or having sack lunches provided. Please make sure you have enough snacks and drinks for before/after you run.
 - We will let you know if we plan to stop after any meet.
- Bus times will be announced ASAP and teachers will be informed if we need to leave early.
- If you are not riding the bus home after a meet, you NEED to make sure a parent signs you out. This clipboard will be located at our team camp. You need to also inform the COACHES. Telling another teammate will not suffice.

Other Information:

- Uniforms, warm ups, watches, and backpacks will be handed out a few days prior to our first meet. Warm ups and backpacks will be handed out starting with seniors and working our way down.

- Athletes are responsible for their OWN uniforms and warmups! If you happen to forget your uniform **one** time, we will lend you one (if available). If you forget your uniform again, you will not be allowed to run at that meet. If you happen to lose your warmup/uniform, you will need to pay to replace it.
- Please remember to have a ride scheduled for pickup after practice and meets. Coaches are required to stay at the school until all athletes leave, so please be respectful of that. Morning practices will last until 7:45 am (first three days). Usually each practice lasts a little over an hour. We will be done with practice around 4:45 each day (during school) and we will let you know of arrival time after our meets.
- I will have a sign up sheet for some team meals, please be on the lookout for this Google Sheet.

Contact Information:

Head Coach - Sammi Sapa

Cell Phone: 701.367.0704

Email: ssapa@lpa.k12.mn.us

Remind Sign Up:

Send a text to **81010**

with the code @22xcraider

(if you were signed up last year, you are good to go!)

Sign Up:

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