

**St. Francis High School**  
**Co-Curricular Education Experience**  
**Boys Cross Country**  
**2008**

**Activity:** Boys Cross Country  
Interscholastic Competition at 2 Levels (Freshman/Sophomore and Varsity)  
Student-Athletes 35-45 (including summer camp program)  
Freshman/Sophomore Head Coach – Scott Nelson  
Varsity Head Coach – Scott Nelson

**Philosophy:** The cross country experience strives to initiate, utilize, and enhance the abilities and talents of the student-athlete by using a two pronged approach. The first component of the philosophy is the development of the complete student-athlete: physical, spiritual, academic, emotional, and social. Second is to foster a growth and appreciation for the lifetime values extracurricular activities are capable of developing. These values are manifested in countless forms; however, two of the most important values learned are lifelong fitness and the ability to perform in a leadership capacity for the betterment of society.

**Student-Athlete Educational Objectives:**

1. The student-athlete will maintain the standards set by St. Francis High School for participation in extracurricular activities.
2. The student-athlete will have the opportunity to develop leadership skills.
3. The student-athlete will have the opportunity to display sportsmanship.
4. The student-athlete will have the opportunity to develop responsibility (self discipline).
5. The student-athlete will race at the skill level appropriate to his current level of athletic development in order to facilitate further skill improvement in a timely and consistent manner.

**Measurement of Outcomes:**

1. Weekly eligibility reports will be utilized to verify student-athlete extracurricular eligibility.
2. Following every competition meet a sheet will document individual student-athletes participation experience and skill development.
3. The head coach will discuss student-athlete goals in the preseason, during season, and at the conclusion of the season.
4. A record will be kept of the student-athlete absences and punctuality as it pertains to all practice situations and competition meets.
5. A record will be kept of any and all pertinent information, actions, or experiences that reflect either negatively or positively on the student-athlete and his continued tenure on the team.

**Educational Methodology:** Boys cross country co-curricular educational experience occurs during two timeframes as permitted by the Illinois High School Association (IHSA). The paramount objective is to make sport part of the student-athletes lifestyle not become their life. The coach uses the whole-part-whole method of instruction.

1. Off-Season:

- A. Teaching and/or coaching the skills of cross country cannot occur after the state finals (1<sup>st</sup> Saturday in November) until the IHSA preset date during August the following school year.
- B. Summer program runs from the third week of June until July 31<sup>st</sup>, meeting on Mondays, Wednesdays, and Fridays.

2. In-Season:

- A. Develop and maintain the St. Francis high school boys cross country program. As mentioned previously the coach uses the whole-part-whole method of teaching. The coach will accomplish this teaching using several educational tools, including the following, but not limited to:

- 1. Lecture
- 2. Positive reinforcement
- 3. Intrinsic motivation
- 4. Extrinsic motivation
- 5. Team building applications
- 6. Audio Cues

- B. Development of skills

- 1. Teach and practice the skills needed in the sport of cross country. These skills include but are not limited to the following:
  - A. Fartic training
  - B. V02 training
  - C. vV02 training
  - D. Interval training
  - E. Speed play training
  - F. Distance base foundation, building, and maintenance.
  - G. Application of skills, both the physical and the cognitive, needed during competition
  - H. Leadership development
  - I. Installation of the discipline needed to improve in the sport of cross country and how this discipline relates to life long lessons
  - J. Development of “team comes first” attitude
  - K. Knowledge of the rules of cross country
  - L. Proper muscular strength and endurance procedures
  - M. Goal setting (short and long term)
  - N. Proper warm up and cool down procedures
  - O. Proper flexibility procedure

### 3. Commitment Expectations:

- A. Student-athlete attends all practices, even if recovering from injury. Excused absences will only be granted by the head coach. A few examples of excused absences **may** include: illness, funeral, or school related business. A few examples that are **not** considered excused absences: doctor's appointment, commitment to outside school sport/ club team, or job commitment.
- B. Student-athlete attends all competition meets, even if recovering from injury. Every missed competition will be communicated to the head coach in advanced. The head coach will have final say as to if the absence will be granted and the guidelines the absence will follow. If the head coach determines the absence **"not excused"** the athlete will be removed from the team.
- C. All team members ride to and from all competition meets on the school provided transportation (usually a school bus).
- D. Have needed equipment clean, ready, and available for each practice situation and competition meet.
- E. All team members will help at the 7<sup>th</sup> and 8<sup>th</sup> grade Spartan cross country invitational.
- F. Student-athlete will support both levels of the boys cross country program.
- G. Student-athlete attends St. Francis High School summer running camp or similar summer program in preparation for the fall cross country season.
- H. All team members will set-up and take down the course equipment at home competitions.

### 4. Special Policy and Procedures:

- A. The student-athlete will be accountable for his behavior toward all members of the cross country team.
- B. The student-athlete will participate in the commitment expectations listed above.
- C. The student-athlete will conduct themselves with-in the guidelines set forth by, but not limited to, the head coach, St. Francis high school, the IHSA, and the Suburban Catholic conference. The student-athlete will follow these guidelines at all times (during school hours, practice situations, meet competition, and after school hours).

### 5. Evaluation Methodology and Documentation:

- A. Cross country is distinctive in that it is a sport that allows the head coach to abstain from the traditional limiting (making cuts) of prospective student-athletes that other sports may make use of. However, the following list, while not all inclusive, is a firm guideline utilized by the head coach to allocate a roster spot to a prospective student-athlete.
  - 1. Work ethic
  - 2. Positive attitude
  - 3. Sportsmanship
  - 4. Cohesiveness (team player)

5. Receptiveness to the sports required skills
  6. Weekly Improvement
  7. Effort level as it pertains to each individual student-athlete
  8. Practice attendance
  9. Meet attendance
- B. The head coach and the student-athlete will discuss their respective development, or lack of, on a one on one basis several times during the season.
  - C. The head coach will evaluate and discuss the overall team development, or lack of, with the entire team on a daily basis.
  - D. The head coach and the team captain(s) will communicate on a daily basis to discuss any relevant actions concerning the welfare of the team as a whole, as well as, the relative actions of individual student-athletes.
  - E. The head coach and the team captains will meet a minimum of two days per week to discuss the student-athletes individual development in terms of the leadership role they perform on the team.
6. Communication Process:
- A. The student-athlete is responsible for being aware, following, and understanding any and all information communicated by the head coach and/or team captain(s). Furthermore, it is the student-athletes responsibility to communicate any and all information given to the parent(s) or legal guardian. The student-athlete is required to respond to the following venues of communication.
    1. Meet result sheets
    2. Team meetings
    3. Handouts
    4. Announcement(s) made by the head coach and/or captain(s)
7. Safety and Security:
- A. The head coach supervises all boys cross country activities.
  - B. Each student- athlete is issued a school athletic locker. The student-athlete is to own and use a lock (purchased from the St. Francis bookstore) to secure the athletic locker.
  - C. The student-athlete will report any concerns to the head coach. Upon notifying the head coach appropriate corrective action(s) will immediately be implemented.

**Assessment of Co-Curricular Activity:**

1. In-Season: Co-curricular activity evaluation is an on going process throughout the season. The evaluation criteria will be developed by the head coach. The following areas will be assessed:
  1. Practice effort.
  2. Competition effort.
  3. Performance level (team) in conference, state, and other competitions.

4. Performance level (individual) in conference, state, and other competitions.
  5. Development of skills (early season versus end of season).
  6. Growth in cognitive areas such as but not limited to: positive attitude, sportsmanship, ability to handle a negative situation in a positive approach, and team cohesiveness.
  7. Head coach will provide an end of season evaluation.
2. Off-Season: The evaluation criterion during the off-season conveys the active development of the student-athlete in both the physical and cognitive areas. The evaluation criteria will be developed by the head coach. The following areas will be assessed:
1. Involvement with off-season preparation program that facilitates student-athlete growth in skill development. This can be accomplished in a variety of different styles of successful planning decisions. Examples include, but are not limited too the following: St. Francis or similar summer running program, health center association, or a fitness based program that is either self-initiative or group oriented.
  2. Student-athlete fosters a positive attitude relating to the development of their leadership abilities. Development as it pertains to both their daily lifestyle and their overall commitment to the betterment of the boys cross country team and the St. Francis community as a whole.

### **Assessment Process of Coach:**

1. The head coach will be evaluated by the athletic director.
2. The head coach will utilize a self assessment.
3. The head coach will utilize an assessment completed by each member of the boys cross country team.

### **Supporting Processes and Activities:**

1. Financial support
  - A. Head coach utilizes, participates, and complies with the financial and budgeting procedures set forth by St. Francis high school.
  - B. The head coach recommends needs of the boys cross country program.
  - C. Head coach cooperates with the Spartan Athletic Association in a manner appropriate to illicit a solid relationship that will benefit the student-athlete, as well as, the continued growth of the boys cross country program.
2. Operational Support
  - A. The parents of the student-athletes provide voluntary help at home competitions such as: scoring, timing, place card presentation, and chute set up and take down.