

Olney Cross Country Club

www.olneyccc.org



Olney Cross Country Club Expectations

The goal of the club is to promote running for youth as part of a healthy physical, social, and mental lifestyle. We hope that all participants come to enjoy the workouts and competition. In order for our athletes to experience the greatest benefit from coming to practices, we ask that all (runners and parents) comply with the following expectations.

Athletes:

- **Attendance & Commitment:** Regular practice attendance is crucial for improvement and team spirit. Please inform your coach of any anticipated long term absences beforehand.
- **Effort & Sportsmanship:** Give your best effort during practices and races. Encourage your teammates and display good sportsmanship towards competitors.
- **Preparation:** Arrive at practices and meets on time with proper running attire and a filled water bottle with your name on it. Be prepared to listen and learn during training sessions.
- **Communication:** Communicate any concerns, or questions to your coach promptly.
- **Respect:** Respect your coaches, teammates, and competitors. Treat everyone with kindness and consideration.

Parents:

- **Support & Encouragement:** Cheer on your child and their teammates at practices and meets. Focus on their effort and enjoyment rather than placing pressure on results.
- **Communication:** Maintain open communication with the coaches. Feel free to ask questions or address any concerns you may have.
- **Transportation & Supervision:** Ensure your child arrives at practice and meets on time and is picked up promptly afterwards. Younger athletes may require supervision at practices and meets.
- **Sportsmanship:** Be a positive role model for your child and other parents. Promote good sportsmanship by cheering on all runners and respecting officials' decisions.
- **Volunteerism:** Consider volunteering your time to help with practices, team events, and the home meet. Your contributions are vital to the club's success.

Additional Notes:

- A detailed practice schedule and meet calendar will be posted on our website (<https://olneyccc.org/schedule/>).
- We encourage hydration, healthy eating and adequate sleep to support athletic performance.
- Please refer to the club website (<https://olneyccc.org>) for additional resources and updates.

What to Expect at Practices:

Depending on the day, practices may include; Warm up jog and drills; Group Workouts (Long Run/Speed Run/Repeats/Technical Drills/Hill Training); Games and Spooky Halloween runs; Cool-downs; and Stretch. Parents are welcome and encouraged to run with us – we always appreciate our parent volunteers!

For practices, every athlete needs: good running shoes, lightweight athletic shirt and running shorts for warm weather running, appropriate gear for cold weather running (e.g. sweatshirt, tights, hat, and gloves) and a water bottle with your name on it.

Practice updates and inclement weather information will be posted on our team website and an email will be sent out. We will hold practices in the rain, but not thunderstorms or extreme heat. Cancellations may also happen if the fields are too saturated for running

What to Expect at Meets:

Meets are held by area youth running clubs on Sundays. Course walks are highly encouraged and take place about an hour before the meet. Course walks are very helpful for athletes to understand the course layout, and it gives spectators ideas of places to cheer the runners along the course. The race distance is determined by the athletes age at the end of the current year (December 31st):

6 & Under	1 km (0.62 miles)
7 & 8	2 km (1.24 miles)
9 & 10	3 km (1.86 miles)
11 & 12	3 km (1.86 miles)
13 & 14	4 km (2.48 miles)

The race terrain varies at every meet and can range from wooded to open, to flat, hilly or even track. Meets, from start to finish, typically last 3.5 to 4 hours. Awards are usually given at the conclusion of each race or will be shared by the coaches during a practice day.

While meets are optional for our athletes, we encourage everyone to try at least one. Each family is responsible for signing up their athlete(s) for each meet. Information will be shared and posted each week. The registration fee is usually \$6-\$10. A team uniform can be purchased separately from our website (<https://olneyccc.org>).

We look forward to a fantastic season! If you have any questions, please don't hesitate to reach out to the coaching staff.

Sincerely,

The Olney Cross Country Club Coaches