

Heritage Cross Country 2020

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Getting to Know the Coaches:

Coach Taylor Clay: I have been a part of the coaching staff at Heritage for 5 years and was lucky enough to be a Panther runner when I attended Heritage Middle School and continued into High School at Darby. In addition to Cross Country, I also am an assistant coach during the track season, focusing primarily on the distance program. Running has always been a passion and being able to coach students who find it as fun and challenging as I did, is really a rewarding experience. I've had the pleasure of working at Brooksedge Daycare for 13 years and love every minute of it. I'm married to my husband of 5 years and we have a 2 ½ year old, Bennett, who keeps us on our toes. I can't wait to get the season started and to meet everyone!

Coach Nate Turney: I am excited to assist in guiding your athletes through the opportunities the sport of Cross Country has to offer. I have been involved with running since my middle school years and continuing through high school and college. I am a Hilliard grad from the Davidson Class of 2011 and currently am ELL Tutor at Heritage Middle School. Coach Clay and I look forward to getting to know all of you and introduce you to the driving force that is Cross Country. Welcome and I look forward to getting to know you all this season!

Season Objectives:

We want to introduce the athletes to how beneficial Cross Country can be for any athlete, at any stage. Our objectives are to teach the basics of competitive running, building up endurance and skill, as well as learn to be a team runner and work on individual goals. We want to show how fun running can be as well as being a sport everyone can participate in not matter how experienced they may

be. We pride ourselves on team building and supporting each other throughout the season. We emphasize that in school as well as out. We strive for a close knit group that sets a good examples for our team and our school.

FinalForms:

Every parent and athlete need to make a FinalForms account, pick the Cross Country 2020 season and needs to sign off on the paperwork on this account. All the paperwork you need will be available on the website for you to sign off. Both parents and athlete have paperwork to sign. The physical can also be turned in on FinalForms or turned into the AD office. All paperwork and physical needs to be done and updated for athletes to participate in practice. We can help you to best we can but anything we are unfamiliar with, the AD office will be able to assist.

What you need this Season:

-**Tennis shoes** (should be replaced every 6 months, if in need of new ones Columbus Running Company and FleetFeet (Front Runner) offer discounts to runners participating in their school's program.

-**Light, breathable layers** for hot days and **heavier layers** for when it starts getting colder.

-**Black shorts** for the uniform

-**Stopwatch** (used for long runs to know how long they need to be out for, helps with pacing and they are not allowed to run with their phones as a Athletic Dept rule.) This is optional, but you can find them cheap at Walmart or Meijer and it's good to have if your student wants to keep running in the future.

-**Masks** are now REQUIRED at practices until further notice. We will be using these for when we are stretching or in close proximity to teammates and coaches. We will not be running with them on, but coaches will be wearing them throughout the entirety of practice.

-Water is also a must during the season. Every athlete must have water for practice. Anyone who does not bring their own, may not join practice for that day. This is to help avoid any sharing during practice times and helps the athletes get in the habit of bringing one every day.

Screening: This will be some steps we are taking before anyone can be cleared to practice. This will take place at every practice until further notice.

Temperature- Anyone that has a 100.4 or higher temp. will not be allowed at practice.

Screening Questions- Anyone who answers yes to these questions will also not be able to participate.

Practices:

The first day of official practice is Aug. 3rd. We will start practicing in the afternoon to help us get accustomed to working out after school. Practice will run from 3-4:45pm on Monday-Thursday, where we will meet at the Heritage track just like during summer conditioning. We ask that your child prepare themselves for any kind of weather we may be having. Because it is Ohio and there is never a guarantee on what weather we will have, please make sure your student is prepared by bringing extra layers (sweatshirt, sweatpants, extra water, light jacket, etc.). That way if it changes, they can have some back up for colder days.

When school starts (Aug. 20th) we will meet after school for from 3-4:45pm Monday through Friday. Pick up will be at the Heritage school, in the back parking lot area at 4:45. Due to regulations in place for Covid-19, we ask that there be no hanging out before/ after practices. The athletes must leave as soon as practice is done. We will keep you updated on any changes for the where pick up may be. But for the time being it will be in the parking lot behind the school, closer to the tennis courts.

Scoring for Meets:

In the United States, the most common scoring system is seven runners, with the top five scoring. Points are awarded to the individual runners of eligible teams, equal to the position in which they cross the finish line (first place gets 1 point, second place gets 2 points, etc.). The points for these runners are added up, and the lowest score wins. Ties are usually broken by the position of each team's sixth and seventh runners. The lowest possible score in a five-to-score match is 15 (1+2+3+4+5), achieved by a team's runners finishing in each of the top five positions. This is known as the "Perfect Score".

Meets:

Our home course is located at the Municipal Park by the Hilliard Pool. The start is in between the trees on the other side of the basketball courts. Last year we were lucky enough to have automatic timing for our Home meets which was amazing. I believe we are trying to get it covered for this year as well, but in any case we will most likely be needing volunteers. We will need someone to be a spotter on the gator, during the races when they lead the runners on the course. We will also need people to stand in the crossing areas to help stop traffic during the races. This helps keeps the kids going where they need to and allows us to have a visual at multiple places during the race.

For away meets, the athletes will meet afterschool in the cafeteria where they can quietly work on homework and hang out before we load onto the buses. We have our bus times leaving around 3:45 in the afternoon, so if you want your child to come home first and then get dropped off at the school they need to be back no later than 3:45. They need to make sure they are prepared with their uniform, water, layers of clothes and anything they think they may need during this time.

Weekend Invitational's go for a lot longer than our meets during the week. We will meet in the back at Heritage on those days, usually pretty early, and typically don't make it back till around mid afternoon. It will vary depending on the Host meets start time and how many races they are planning to run that day. Please make sure your athlete is prepared to hang out for longer periods of time during these meets. Invitational's are set up a little different than our weekly meets. There will be 4 races we will run in. The top 7 of each boys and girls races

during the week, will run the Varsity races. The remaining athletes will compete in the Open races for boys and girls. This means that sometimes our Varsity rosters typically vary from week to week.

On our away meet days, if you plan on taking your child directly from the meet and they will not ride the bus home from the meet, we will have a sign out sheet to be filled out before you leave the meet. We do ask that they stay for the remainder of the meet to support their teammates in their races.

We have had athletes in the past, participate in Cross Country as well as another travel sport (soccer, volleyball, etc.). This can sometimes cause issues with making it to practice or meets. All we ask is if you plan on participating in both travel and school sports, you make an equal contribution of your time for both. If you need to leave practice early to make it to another, please let us know ahead of time and try to make it to practice for at least a half hour before you leave. If you need to miss a practice or meet, again just let us know prior to that day. We understand travel sports can be demanding and we ask for the runners to come and be present (physically and mentally) when at Cross Country practice. This way they can get everything they can out of the sport. We respect the travel coaches and their way of coaching, and hope they do the same for us as well.

We are a team and we expect our athletes to be good examples of teamwork and be a walking reminder of how close and supportive a team should be. When at our meets, we represent our city and school and we expect our athletes to be respectful to not only our own teammates but other opponents teams/parents as well. I am proud to say we haven't had any issues with this in the past but I feel like it is always a good reminder.

Safety:

As you are all aware, we are currently hoping to have a normal looking season. The district has been trying to work out every detail to let that happen. We appreciate your understanding of our steps we are taking during practices and all the information you are receiving about what we are doing to help control what we can. We cannot stress enough how important that all parents and athletes to understand that all **the temp taking, screening questions, keeping our**

masks and 6ft distance, is helping us reach our goal. We will keep you updated with any new information regarding any changes, because it may change the way the practices and meets will run in the future. But for the time being lets keep up the good work and stay safe! If you have any questions, please feel free to email us. Go Panthers!