

Heritage Cross Country 2021

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Getting to Know the Coaches:

Coach Taylor Clay: I have been a part of the coaching staff at Heritage for 6 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 15 years and love every minute of it. I'm married to my husband of 6 years and we have a 3-year-old named 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 Darby. 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 throughout the season. 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 need to be good examples of positive role models for not only our school and team but as individuals. We strive for a close-knit group that sets a good example for our team and our school. And of course, have some fun while we work hard for those goals!

FinalForms:

Every 7th grader coming into Heritage and planning on doing any sport for the fall needs to make an account on the FinalForms website. This will be the **ONLY** way we can communicate with parents and athletes during the season. If your child is already enrolled in FinalForms from last year, they need to select Heritage Cross Country and the current season to reactivate the account. FinalForms has been a great way for parents to turn in their paper for their athlete online and will be notified by FinalForms when paperwork is getting close to expiring and needs to be taken care of. For your athlete to be part of the fall Cross Country team, they need to be on our FinalForms roster. This would be the **FIRST** step needing to be taken for the season. We will base our roster from the roster on FinalForms and if your child is not on there, we have no way of making sure they have the paperwork needed to participate. Paperwork needed would be Parent Forms, Physical, Concussion, Travel forms, etc. **Please make sure this gets done ASAP so no one is left behind!!** We will try to help out the best way we can with any FinalForms issues but in some cases, we may have to contact the AD office in case we can't find a solution between coaches. We appreciate your understanding.

What Athletes will need this Season:

-**Tennis shoes** (should be replaced every 6 months, if being regularly used)
We will be attempting to put together a "team night" at RoadRunner Sports at Mill Run. This will be an open house where the athletes can go in and purchase anything they may need for the season (shoes, inserts, running gear, etc.). During this team night, any purchases made for our runners will have a percentage of that donated back into our program for the school which is great for our team. We will have a date in mind closer to the start

of the conditioning season and will keep everyone informed through FinalForms.

-**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.

-**Water Bottle** necessary EVERYDAY. Since Covid-19, we have been really strict on making sure everyone has their OWN water. They are not permitted to share at all and if they aren't prepared for practice by having it, they will not be able to participate until they bring their own. Having water at practice is absolutely vital for every athlete but especially running in the warmer weather we will be dealing with during conditioning and the start of the regular season.

Practices:

Conditioning will be Tuesday-Friday 8-9:15 AM starting July 6th and will continue through the month of July. This will be optional but encourage to allow time to build a base for the season. We will be introducing our stretching routine and starting out on smaller runs so we can build up to longer distances by the start of official season.

The first day of official practice is Aug. 2nd. We will start practicing in the afternoon to help us get accustomed to working out after school. Practice will run from 3-4:30pm Tuesdays-Fridays, 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 so 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. 19th), we will meet after school for from 3-4:30pm Monday through Friday. Pick up will be at the Heritage school, in the back parking lot area at 4:30. I tell the athletes that they should exchange phone numbers with their teammates and organize a carpool system in case the timing is too close for parents to pick up. It can be very helpful throughout the season for practice as well as our weekend meets.

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 **Hilliard Municipal Park** by the Hilliard Pool. The start is in between the trees on the other side of the basketball courts. We have been lucky in past seasons to have our meets Automatically timed which is a great opportunity for our team. We will still need some volunteers to help out during the meet. We will need someone to be a spotter on the gator with Coach Turney during the races when they lead the runners through 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. Typically, if you have a male runner, you would volunteer during the girls race and then the parents of the female runners will switch so everyone will be able to watch their athlete during their 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 also referred to as “study tables”. We have our bus times leaving around 3:45 in the afternoon, so if you want your child to come home first and then gets dropped off at the school, they need to be back no later than 3:45pm. *** **This may change due to Covid-19 precautions, so be prepared for the possibility of us not doing study table. In this case athletes will have to go home after school and then need to be dropped off back to the school for the transportation to the meet.** If you plan on taking your child directly from an away meet and they will not ride the bus home, we will have a sign out sheet to be filled out before you leave. We do ask that they stay for the remainder of the meet to support their teammates in their races.

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 midafternoon. 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 (snacks, water, extra clothes, blanket). Invitationals are set up a little different than our weekly meets. There will be 4 races we will run in. The top 7 of each gender from the dual meet earlier in 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.

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 we expect the same respect in return.

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.

COVID-19: As of right now we are still in the early stages of getting back to a normal season. We would like all athletes to please bring a mask for times when we are not actively participating in our workouts (team meeting times) so we can still try to remain safe until we are told we are clear to go back to normal. We appreciate your patience and understanding!

We are excited to meet everyone and get the season started! Please feel free to reach out if you have any questions. Have a great summer and Go Panthers!