

East Hamilton HURRICANES HS Cross Country 2022

Head Coach: David Kelman

Assistant Coach: Janis Kelman

Contact:

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SIGN UP FOR 2022 XC REMIND LIST (remind.com): use code @87g3ch6

FEE: \$70 (includes passthru to athletic fund, meet entry fees)

Have your TSSAA physical/consent, concussion form, and cardiac form when official practice begins 7/24/2023 (available at <http://tssaa.org/schools/forms/> at “physical forms”)

VACATION WORKOUTS/CONDITIONING:

Starting Tues 6/6, we will have optional* summer workouts at East Hamilton TUES/THURS@9am-10:30am except during dead period (6/26-7/9). Often we will meet at greenways or parks, but otherwise we will meet at EHS in the rear by the track.

*(see expectations, below)

PRACTICE: Official TSSAA practice begins 7/24/2023. If you won't be available to practice until the start of school, you **MUST** let us know when and why. Until school starts, we will mostly be practicing at 9am. Once school starts, we will usually begin practice at 2:45pm and end between 4pm and 4:30pm.

SCHEDULE: We have a better idea of our schedule than some years, but dates may still change or be tentative. Saturday meets will usually involve leaving at dawn and getting back around lunch. We *may* have a Sunday afternoon/evening home meet.

Weekday meets usually start around 5pm and end by 8pm.

UNIFORM INFO: We will send out store/ordering information this summer via the Remind list.

EXPECTATIONS:

- 1) **Performance:** We do not have “tryouts” or “cuts”... but we do expect you put in the work and work for the team. I expect that **EITHER** you attend at least 5 summer workouts (out of 12), **OR** you be able to perform satisfactorily at our first 5k time trial on the East Ham track on or near 8/10. We want you to succeed, and we will always try to provide you more than one path to be a part of the team... so we do expect you to put your heart and body into your participation. If you do not meet expectations by 8/9, we will set a last-chance goal with you to meet for our first hilly course time trial 8/19.

♥☐♥ Remember that attending summer workouts, followed by continuing to meet the remaining expectations below, will ensure your spot on the team! ♥☐♥

- 2) **Teamwork:** Cross country is a **team** sport! Strive to follow team strategy in workouts and meets. Support your teammates. Hold each other accountable. Things are more fun that way, anyway!
- 3) **Attendance and Communication:** Practice and meet attendance is the expectation. If you can't attend a practice or meet, you **MUST** talk to us beforehand.
- 4) **Competitive Mentality:** Meets are a competition. We expect good sportsmanship and a competitive approach to races. We believe that every athlete can adopt a racer's mentality, no matter their current ability level, and we will guide you to that mentality so long as you follow our lead.