

## **SAS Cross Country Rules**

Practice is mandatory. Team sports require a commitment by all participants - your teammates are counting on you!

Please be very careful while running. **\*\*Look both ways before crossing!\*\***

Be cautious and alert to the traffic around you at all times. Be courteous to crossing guards.

Bring water or sports drinks for after practice. Drink lots of fluids all season. Avoid caffeinated drinks as much as possible - these will only dehydrate you.

Please be courteous to your fellow teammates. Cheer your fellow teammates on during practices and races. Each runner is an important part of the overall team. The slowest runner helps to motivate the runner ahead of him or her, to do their best and so on and so forth, all the way up the line.

Please be courteous to other running teams we may encounter on the road. Rudeness of any kind will not be tolerated. We are representing St. Anthony School, do not embarrass your school, your teammates or your coaches.

Cross Country running is about running, not walking. It is both a physically and mentally challenging sport. Hills, long runs and sprints are all part of training and will only help you to run faster in the races. What matters most in this sport is that you give it your best effort. You will surely get out of it, what you put into it!

Do not leave practice without telling the coach. We will take attendance before and after each practice and meet. We need to know if you have to leave.

Please listen when we give directions. We will be running various routes throughout town. Listen carefully so you won't get lost.

Practices are Monday, Tuesday, Thursday and Friday. We will inform you of any changes early in the week.

Uniforms are property of St. Anthony School. They need to be returned at the end of the season.

We run in the rain. Unless there are torrential downpours and /or thunderstorms, we will have practice. If we have to cancel practice, we will let you know early in the day.

Unfortunately, this is not a perfect world. If you encounter any rude, unsavory characters while running, your workout, do your best to ignore and bypass the troublemakers and let us know about it. The coaches will supervise our runners as best we can during each workout but we cannot be at all places at all times. This has not been a big issue in the past, but we should all be aware of our surroundings at all times and strive to be safe.

On your days off - REST. Your body needs regular days off from the rigors of running to stay healthy and injury-free!

If you develop any persistent pains while running that do not go away with a day or two of rest, let one of us know about it. Listen to your body.

Eat a well balanced, healthy diet. Avoid large, greasy meals at lunchtime, especially before a race. Likewise, avoid skipping meals or you may run out of fuel halfway through your run!

Stretching exercises are very important. We will stretch together before and after each practice to loosen our muscles up before we run and prevent excessive soreness afterwards.

Invest in a sturdy pair of running shoes. They are your best defense against injury from the constant pounding of the road.

The first couple of weeks of running are the toughest. The more you run over time - the more enjoyable it will become. Be diligent and be patient. Your hard work will pay off.

THINK POSITIVE! You WILL make this a great season!!!!