

WELCOME TO CHANTILLY CROSS-COUNTRY 2018
Home of the 2012 & 2013 BOYS AAA/6A STATE & REGION 6A NORTH
CHAMPIONS

COACHES: Dr. Matt Gilchrist (Head Coach)

Matt Stoner

Lauren Soljanyk

Anver Ansari

Nora Raheer

Welcome to the 2018 edition of the Chantilly High School Cross Country program. We are very excited about this season, as we see a great amount of talent returning in our veterans, and an enormous amount of potential in a fantastic freshman class who has worked hard this summer. We have team members capable of performing at an all-state level, and team leaders and coaches who are deeply committed to and excited about this team meeting its highest level of potential and success.

Please take a few moments to read the following guidelines, explaining the team's rules and the coaches' expectations regarding athlete behavior. These are simple guidelines, which we do not believe should be a problem for anyone to follow, as the student-athletes of Chantilly are of a top-notch quality.

MISSION STATEMENT:

We, as coaches, promise to strive daily to aid you, the student athletes, to reach your highest potential as athletes, as students, as team members and as solid citizens of the community. We will strive to create a positive, harmonious environment which will be based on mutual respect and support for everyone, be it athletes, coaches, or competitors. We will strive to represent Chantilly in the most positive manner possible. Team goals will always supercede individual aspirations and will foster themselves in your daily workouts and quest for self-improvement.

1). **ACADEMICS-** You are here to learn! You must have passed the previous semester with at least 5 D's or better and be taking 5 subjects to be eligible. We certainly hope better! Academics take precedence over your social life. You can receive tutoring in all classes if you want or need it. If you think you might need assistance, get it. With stiffer rules for college entrance, the pressure has increased over the past few years. No college coach wants or will accept an athlete that does not exhibit the ability to succeed. Your job at this point in life is to be a good student. That is what the coaching staff, your parents and you will expect in terms of your classroom performance.

2). **ATTENDANCE-** It is expected that everyone will be at practice each and every day. Practices will begin daily at **3:20 pm**, and will run **5:30** or until your coach dictates that practice is over. This includes remaining after the run for additional stretching, weightroom or other exercises as instructed by the coach/es. Make any arrangements for transportation or other conflicts accordingly (jobs, tutoring sessions, etc.) Use the time before practice to see the trainer or your

teachers as needed, so that you may be on time, and practice time may be used efficiently. All practices are MANDATORY. Unexcused absences will be met with consequences. The only valid excuses for missing practice will be illness, family emergency, or academic concerns following an extended absence from school. A note must accompany absences or tardiness from the trainer or teacher, with a time on it stating when you came and left.

Those people missing practice may not be eligible to compete in their next meet. To be eligible to compete, each athlete must be in practice a minimum of three days during a week and may not miss the two days prior to the meet. If you miss a hard workout on Monday, for any reason, you will not be competing on Tuesday/Wednesday; you will be doing your workout. In addition, if you show up for a hard workout (or any other workout) unprepared (meaning no watch, shoes, etc.), it will count as an unexcused absence.

We will have a three-strike rule for repeated violations or unexcused absences. The first strike will result in a verbal warning. The second violation will result in a suspension from the next meet in which you are eligible to run, and a phone call home. The third strike will result in dismissal from the team. Repeated absences of any variety or inappropriate behaviors hurt your teammates and as such, will not be tolerated.

3). PRACTICE- We will begin stretching at 3:20 pm each day in the cafeteria or on the track. Be on time and dressed for practice (layer with sweats/long pants if it is cold). Inclement weather- assume there is practice unless announced otherwise. We may stretch, lift weights, or do other supplemental work. The team captains are responsible for an orderly stretching routine (up to ½ hour) upon arrival of the coaching staff. Only Coach Gilchrist can excuse you from practice. Doctor and dental appointments should be made with our meet and practice schedule taken into consideration whenever possible. If you give us two hours of dedicated practice, you'll never have anything to worry about. Bringing a bottle of water/Gatorade and a post-race snack (PowerBar/fruit/granola bar) is also highly advisable.

4). EMERGENCY CARE CARD/ PHYSICAL INFORMATION- You must have had a VHSL athletic physical since May 1st, 2018 in order to practice or compete. In addition, you must have an emergency care card completed in case you are injured and need immediate medical attention. Get these documents taken care of now!!!! **If you use an inhaler, epipen or any other medication that is essential in case of a bee sting, diabetes, etc., we must have the medication in the medical kit (meaning a 2nd one, in addition to the inhaler, etc you carry with you.**

5). CONDUCT- No one is above the team. Fighting, mouthing off, refusing to do the workouts, leaving early, showing disrespect for any adults or your teammates may be grounds for dismissal. This also includes behavior in the locker rooms and buses. You should not leave your valuables in the locker room or hallways. Theft has been a problem in the recent past. Make sure your valuables are appropriately secured. If you are involved in disciplinary actions with teachers or administrators, you can expect that coaching staff will be called in promptly. This means trouble for everyone involved and can result in serious consequences. Act responsibly,

behave yourself, and save all your energies for the course. At meets, it is especially important to be a good sport! This includes exhibiting sportsmanship towards your teammates and opponents alike. Sportsmanlike behavior and clean language also extend to your activities via social media (Facebook, Twitter, etc) Your conduct represents the Team. Do the right things.

6). MISSING MEETS- Failure to show up for meets causes problems for everyone. Your team performance may be weakened by members not showing, coaches must edit lineups, and teammates may see an attitude that the team is not a priority. You have a schedule. Make sure to set your work schedule, SAT testing, appointments, etc., around it. **YOU MAY NOT MISS MEETS TO GO TO OTHER CLUB SPORTS!!!!** Nothing will cause resentment and bad feelings more than letting down teammates. We work all season towards specific meets and when someone is lazy or does not care, our work can be for naught.

7). UNIFORMS- Every member of the team will purchase a singlet and shorts/briefs. These will be the same throughout Cross Country, Indoor Track and Outdoor Track. In addition, each member will be expected to purchase a team shirt, which will be worn by all members to each competition we attend. Please make sure that you purchase running shoes that will last throughout the season. Spikes/racing flats are recommended but not mandatory, although they will enhance your performance in competition.

8). TEAM DINNER- (Athletes Only)- Everyone is expected to attend our team dinner. This is when we traditionally kick off our drive towards the district, regional, and state championships. This is important. Clear your schedule and be there on time! You will be notified on what to bring to the dinner. The team dinner is considered a lettering requirement.

9). SPORTS AWARD NIGHT- This fall's awards will be on Tuesday, November 27th . All awards are distributed at this affair. We would like to have your parents or guardians attend. This banquet is for you and your parents, not for the coaches. The sports award night is considered a lettering requirement. IT IS YOUR NIGHT; BE THERE!!!

10). INJURIES- All injuries must be reported to your coaches and they should be kept informed of your progress weekly for long term injuries. You will be expected to go to the trainer, ice, and stretch. If you see a doctor, a report should be given to the coach or trainer.

11). BEHAVIOR/APPEARANCE- You are expected to dress and act appropriately in school, at meets and on the bus ride to and from meets. We will and must stay focused on why we are at the meets in the first place- to compete! When you have completed your race, including warmup and cooldown, then you are expected to cheer in a positive manner for your fellow teammates in a loud and orderly fashion.

12). BUS TRANSPORTATION- **You are expected to ride the bus to and from cross country meets.** Any other arrangements must be made through the coaches or the athletic director before the day of the meet. **You will not be allowed to ride home with a friend or their parents.** Due to budget constraints and team size, we may need to ask/allow some athletes to

drive to certain practices or meets, or ride with parents, both with documentation presented in advance.

13). SUBSTANCE ABUSE- We shall adhere to all school and county regulations governing the use of illegal substances. Any use or possession of drugs, tobacco products, or alcohol are strictly prohibited and will be dealt with in accordance to stated rules and regulations as dictated in the Students' Rights and Responsibility Handbook. Punishments may include dismissal or suspension from the team, in addition to any administrative or legal actions.

14). CONDITIONING FOR OTHER SPORTS- From time to time, other sports hold conditioning sessions. Please be advised that missing cross country practice to attend a conditioning session or practice for another sport is NOT an excused absence. Moreover, while we cannot strictly forbid participation in other fall sports, they are frowned upon. The reason for this is because given the exertion you are making for cross country, there is an expectation that you will be able to recover between hard workouts. This balance between hard runs/races and recovery runs is what guides the design of workout schedules. When you play another sport, your body can break down, and lead to injury, which will detract from our team. This is on top of the time commitments, which will also eat into your sleep/study times. You must notify the coaches if you are involved in another sport. All coaches would rather that you are upfront and responsible towards your obligations to your current sport. They will understand and not hold it against you. We will be happy to talk to them, if you like. Also, be advised that coaches talk to each other. The other coach will not be happy if you are less than honest with them, and we will not be happy if you are less than honest with us.

15). FUNDRAISING-One of the lettering requirements is participation in our annual team fundraiser. We annually take part in sales of Entertainment coupon books. Each student is responsible for selling five (seniors/siblings four). This money goes directly to the team, for some transportation costs, to purchase equipment, meet entry fees, and other expenses. In addition, when we are able to contribute to our own finances, it allows a greater means for larger capital projects from the Boosters and Athletic Department, which will benefit all teams, including the cross country team.

16). LETTERING POLICY:-Letters are awarded at the end of the season based on effort given and attitude displayed. Varsity letters do not require participating as a varsity athlete or upon scoring a minimum number of points. Standards may include being named to our ten-person district roster, and/or running the following times:

	Boys	Girls
Burke Lake 2.98 Miles	18:30	21:00
5K Course (Certified Only)	19:20	22:30

Please note that 5K times must be on certified courses, where it can be confirmed that the course is measured, and not just estimated (ie: most invitationals are okay, Braddock Park or

Lake Fairfax would not be acceptable). Letters are symbols of adherence to team goals, diligence, and respect for your program, teammates, coaches and school. You will be evaluated on dedication to self-improvement, never by any specific time or distance, or placement at district competition.

TEAM GOALS

- Improving your personal performance each time you compete.
- Strong dual meet season.
- Qualifying as many athletes as possible for the district/regional/state meets.
- Placing as many athletes as possible on the All-District and All-Region teams.
- Qualify our TEAMS for the state meet and be COMPETITIVE!!!
- Always maintain a high level of sportsmanship and have fun.
- Do your best in practice, meets and the classroom.
- Coming together as a team and believing in your coaches, parents, teachers and teammates. We are one and we win as one! Everybody on our team is important, no matter how fast or how slow he/she runs. Remember- to be a Charger is to be emblematic of the best.

A FINAL NOTE- When opposing teams see us arrive a meet, they know that we have come to compete. When you put on your uniform, you represent all the work that you and generations of Chantilly runners before you have put forth. We are no ordinary high school team. Everyone expects us to be successful. This year will be no different. We expect each of you to work harder than you ever have before. We expect all of you to maintain academic excellence and to be proud of you are- WINNERS! Now, lets go win some more championships!

COACHES' INFORMATION:

Dr. Matt Gilchrist- Head Coach

MTGilchrst@aol.com (703) 861-9642 (cell)

Matt Stoner- Asst. Coach

mrstoner@fcps.edu

Lauren Soljanyk- Asst. Coach

lsoljanyk@fcps.edu

Anver Ansari- Asst. Coach

asansari@fcps.edu

Nora Raheer- Asst. Coach

rahernora@gmail.com

OTHER NUMBERS:

Corey Bowerman, Director of Student Activities

CJBowerman@fcps.edu ; (703) 222-8161

Activities Office- (703) 222-8160

Activities Hotline- (703) 448-4909

(Please check this in case of inclement weather)

Certified Athletic Trainers- Katelyn Bishop; Kevin Boss - (703) 222-8170

kabishop@fcps.edu ; kaboss@fcps.edu

CHANTILLY CHARGERS ATHLETICS WEBSITE:

www.chantillysports.org

CHANTILLY TRACK & CROSS COUNTRY WEBSITE:

www.chargercctrack.com (primary website)

Chantilly TRACK & CROSS COUNTRY FACEBOOK PAGE:

www.facebook.com/groups/chargercctrack/

CROSS COUNTRY TRYOUT INFORMATION

We will hold our seasonal tryouts on Tuesday, July 31st, 2018. You **MUST** be present to tryout. Failure to show may result in not running this fall. If you are going to be absent on July 31st, you must notify Coach Gilchrist **NO LATER THAN JULY 28th**, **AND HAVE IT EXCUSED**. (ie: Family Vacation may be excused; work schedule will not be excused). In the event of an excused absence, make-up tryouts will be held on either Monday, August 5th or Friday, August 10th. The decision will be made based upon weather and upon the number of people needing tryouts.

The tryouts will be held on our two-mile course at Burke Lake. The tryout standards are as follows:

Boys: Freshman - 15:00; (first year) Sophomores- 14:30; Upperclassmen: 14:00

Girls: Freshman- 17:00; (first year) Sophomores- 16:30; Upperclassmen: 16:00

Athletes who come within ONE MINUTE (1:00) of the standards on July 31st, but do not meet the standard, will be placed in a probationary period. They must meet the standard by a second time trial, or the scrimmage on Friday, August 10th. Any athlete who does not meet the standard by this date will not be on the team. Any money paid for camp will be returned to them, although spirit pack fees are non-refundable. Note: If you miss the original 7/31 time trial, there may not be a 2nd chance.

Freshmen who go through the tryout process, and finish within ONE MINUTE (1:00) will be kept on the team, providing they fulfill all other practice/team expectations. They will still be placed on a probationary period, however, until the standard is met. In this time, they will not be permitted to compete in any races (scrimmage or regular season), so that they may demonstrate a minimal level of fitness which would suggest that they may be "race-ready".

Athletes who are on probation will not go to camp, in lieu of someone who has already made the team.

NOTE: Within the coach's discretion, a veterans/upperclassman "probationary period" may be extended, if it the time is not met due to injury or illness, rather than a pure lack of fitness. Such medical issues may require documentation by the doctor as requested.

PRE-SEASON PRACTICES

Official practices begin on Monday, July 30th. Tryouts will be held on Tuesday, July 31st. Athletes are required to be in practice for a **MINIMUM 20 days** prior to the first meet. It is your responsibility to pay attention to the workout schedule, as not all practices start at the same time, due to park availability. Expect practices to be held Monday through Saturday. Adjust your schedules accordingly. All runners are expected to attend each practice. The only acceptable excuses not to be in practice are due to illness, or in certain cases, family vacations. In the case that you are going on a **FAMILY** vacation (not a second week at the beach w/friends, etc), athletes may not miss more than one week of practice. Given the importance of pre-season practices, any athlete who plans on missing more than one week of practice due to vacation, may not be running cross country this fall. Friday, August 3rd will be the absolute last day for newcomers to join the team.

CROSS COUNTRY CUT POLICY

Following tryouts, the cross country team does not make cuts based on talent, but we do have a cut policy which is based upon certain behaviors which are contrary to our expectations for all of our athletes. This policy is based upon the desire of the coaching staff to limit participation only from those members who display a certain lack of commitment to our team, such that we are less able to extend the appropriate level of attention to those athletes who express, through their actions, a strong commitment to our team and its success.

We are requiring that each athlete display an equal level of commitment to our team to be part of this program. The coaches will be evaluating each athlete, on a continual basis, in the following areas:

- Attendance at practices and team functions
- Timeliness to practice, functions, and in completing responsibilities (ie: submitting of paperwork and fundraising materials)
- Effort in practice, from beginning to end
- Sportsmanship
- Acting as a Team Member at all times

Should the coaches decide that an athlete is not meeting our expectations of commitment, he or she will be given a verbal warning, including an explanation of the expectation that is not being met, and placed on probation. The athlete will then have one week to demonstrate, through action, that he or she is able to meet the expectations in order to continue participation on the team. If no changes are observed during the probationary period, the athlete will be dismissed from the team.

Please notice that there are no performance standards that must be met to remain a member of the team. This means that an athlete must demonstrate through action that he or she is willing and active contributor to the success and improvement of our team.

Guidelines: Off-Campus Running

III. Guidelines for Athletes Training Off-Campus

These guidelines must be reviewed with all student participants prior to the start of off-campus conditioning programs. Each student-athlete should return a signed copy of the guidelines to his or her coach and receive a copy to keep.

- Run single file facing traffic when there are no sidewalks.
- Stop, look, and listen when crossing key intersections.
- Cross with traffic lights.
- Do not cut diagonally across intersections or streets.
- Always run with a partner.
- Do not run on private property.
- Do not carry discmen/lpods, Frisbees, tennis balls, or any other distractions.
- Follow the approved specified course.
- Check in with the coach at the end of the day's run.
- Run defensively and anticipate problems.
- DO NOT CHALLENGE MOTOR VEHICLES!!!!

IN SUMMARY- SAFETY COMES FIRST AND FOREMOST!!!!

When crossing Stringfellow/Poplar Tree Rds...ALWAYS USE THE CROSS WALKS AT THE STOPLIGHT!!!! Always run across the stopwalks, looking for cars, because they are not looking for you. You should always go where the coaches tell you to and stay w/in shouting distance of a teammate. Please minimize conversations to the point where you can still pay attention to your surroundings.

Cross Country Meet Commandments

- 1). Find out the order of races (ie: JV vs. Varsity; Boys vs. Girls). Know when you run so you can warm up properly.
- 2). Get plenty of sleep, fluids, and eat right.
- 3). Take the walk-through seriously. This is your opportunity to learn the course, scope out possible obstacles, or think about strategic opportunities during the race (ie: hills, descents, blind corners, etc). This is not a time for being social, rather it should be done with the whole team, focusing on the task at hand.
- 4). You must warm up and cool down for each and every race. This means finding out who is in your race (Varsity/JV), and hang out with them before the race, and not disappearing after your race, until a full cooldown (15 minutes) & stretching.
- 5). Do not disappear from the finishing area until you have given your card and/or chip to Coach Ansari/Stoner/Soljanyk, and until your entire team has finished.
- 6). Know where the start line is and when to check in and where you should be, compared to the team camp area.
- 7). Don't bother officials about your times. Get them from your coach/manager, only AFTER you cooldown. Get your sweats and cool down.
- 8). After you run for the first time, put your sweats back on. Don't let us see you lying on the ground. There will be aches and pains if you don't allow your body to properly cool down.
- 9). Stay in our designated or chosen area.
- 10). No one leaves the meet early unless released by either Coach Gilchrist only. Check out must be done only if your parent is taking you, and you have checked out with that coach who is taking attendance on your bus.
- 11). NO RADIOS/PORTABLE SPEAKERS- IPODS or other personal audio equipment are the only audio devices permitted, provided they do not interfere with your ability to cheer your own teammates on.
- 12). Make sure you have all of your equipment needed on meet day.
 - a). Singlet, shorts/briefs, training shoes, spikes/flats, and socks.
 - b). Team shirt, warm-ups/tights/sweats, t-shirt, extra shorts, extra socks
 - c). A snack, water/Gatorade, for before and after your race.
- 13). NEVER talk back to an official, starter, opposing coach or athlete.
- 14). Never throw any equipment out of frustration or disappointment. This is a good way of getting yourself or your team disqualified and a quick way to be disciplined for your actions.
- 15). EQUIPMENT- Everyone is expected to help out with equipment (ie: tents, coolers, kits. This includes transporting equipment to and from the bus, before and after meets and practices. Be proactive; do not assume that someone else will take care of things. Do not always let someone else take the burden, or let the same people do all the work, every meet.



CHANTILLY HS CROSS COUNTRY/TRACK & FIELD

We understand that Facebook has become an extremely efficient use of communication, and as such, we have our own group page. As a coach, I encourage any CHS athlete, parent, or alumni to join this group.

We will be using this to post announcements, meet summaries, and we encourage parents/athletes to upload photo albums to share with everyone.

This will not replace standard emails or the use of our website, www.chargercctrack.com, but to enhance our communication abilities.

We encourage team members to have their team members and parents join the group to keep as many people abreast of team affairs as possible.

Note: As administrators, the coaching staff requests that any posts which may be made on the wall be directly pertaining to CHS Track & Cross Country and should be limited. Please keep your language clean and topics of discussion positive in nature, and be aware that this page represents the team as a whole and should not be used for personal conversations.

CHARGER PARENTS:

PLEASE TAKE THE TIME TO READ THIS INFORMATION PACKET.

Included are rules, regulations, lettering requirements, the schedule, information about volunteering, the off-campus running guide, coach's phone numbers/email addresses, etc.

As an athlete and a parent, we recognize that these expectations are valid throughout the entire 2018-19 school year, and are consistent through the cross country, winter track, and spring track seasons. By initialing each of the following, we accept that we have read and understood each of the following pages, and accept any penalties which may come about, through due process, for not adhering to them.

Parent Initials

Student Initials

_____ : I have submitted my VHSL Physical Form & my Emergency Care Card

_____ : Athlete & Parent Concussion Education

_____ : I have submitted my Online Athlete & Parent Info Surveys

_____ : Cross Country Team Rules

_____ : Tryout Information & Cut Policy

_____ : Off-Campus Running

Student Name & Signature _____

Parent Name & Signature _____