

Cross Country
Newsletter 8/30/2019

Cross Country Exam Due September 3

All head coaches for high school and middle school cross country must complete the 2019 cross country exam. The exam was included in the large school mailing along with the Cross Country Announcement sheet. Most answers can be found in the announcement sheet. Coaches must log in and submit answers through the KSHSAA website as a school coach. Failure to complete the exam results in a \$100 fine.

First day of Competition – September 4

Many schools are preparing for the first cross country meets of the season later this week. The KSHSAA has a requirement that an individual participate in nine practices before participating. If a student athlete comes out for cross country late, they still need to follow the heat acclimatization policy.

Cross Country Runners Required to have NINE days of practice

As a reminder KSHSAA Handbook Rule 34 states a cross country runner must participate in nine days of practice with the team prior to participating in a meet. The concern about heat acclimatization and hydration is the reason for the required number of practices for each individual. Students who are dual participation athletes must work with coaches to ensure they attend nine practices in both sports. It is permissible for a coach to provide a workout for a student to complete prior to or after the other team practice. Coaches are responsible for documenting these practices.

Cross Country Teams Required to have FOURTEEN days of practice

KSHSAA Handbook Rule 34 also states “no member school shall participate in a meet until it has had 14 days of training. This rule applies grades 7-12. This means if the school has a meet scheduled for Thursday, August 30, 2018 the team will need to have a practice on a Saturday or Sunday in order to have fourteen days of practice before the meet.

Legal Uniform & Sportsmanship Message

Many meets do not have a coaches meeting prior to the start of races. Therefore, coaches are to turn in to meet management the “Legal Uniform and Sportsmanship” card prior to the meet starting. This indicates the coach knows their runners are properly equipped and agree to participate in a sportsmanlike manner. Coaches can get copies of this form on the KSHSAA cross country page. <http://www.kshsaa.org/Public/CrossCountry/PDF/CCLegalUniformsSlips.pdf>

Inhalers and/or Atomizers

The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet. (Note: Without a doctor’s statement, the athlete may only use the inhaler prior to and after competition.)

Coaching Cross Country Course released by NFHS

For the first time, cross country coaches now have a learning resource through “Coaching Cross Country,” an online education course available through the National Federation of State High School Associations (NFHS) Learning Center at www.NFHSlearn.com.

Cross country is both a team and individual sport that demands great fitness, endurance and a drive to compete. “We are excited to offer this course for cross country coaches,” said Dan Schuster, NFHS director of educational services. “For the first time, cross country coaches now have a course in the NFHS Learning Center.”

Created in association with USA Track and Field, the course is designed to help coaches learn more to teach the skills of cross country to their students. “Our goal is to assist coaches with courses that are specifically tailored to the needs of their students,” Schuster said. “We have had a track and field course available for a few years now and saw the opportunity to partner with USA Track and Field for ‘Coaching Cross Country.’” Units available within “Coaching Cross Country” include “Goal Setting and Mental Toughness,” “Team Dynamics,” “Tapering Principles” and “Ancillary Training

Activities.” Cross country coaches can also learn about developing a training plan, the psychology behind cross country, different training environments and how to identify, treat and prevent common injuries.

“Coaching Cross Country” also includes various video components with periodic quizzes to reinforce learning objectives. Additionally, the “Coaching Cross Country” course fulfills the sport-specific course criteria for obtaining NFHS Learning Center certifications as Accredited Interscholastic Coach (AIC) and Certified Interscholastic Coach (CIC).