

COPPELL DISTANCE PROGRAM INFORMATION

Welcome to the The Coppel Distance program. Our program is designed not only to help each individual develop into a better athlete, but to promote growth and maturation through such qualities as responsibility, teamwork, and character. Every team member who is consistent and academically eligible will have the chance to compete, regardless of their current level of ability. However, we do take dedication and determination very seriously. Our expectations are high, but those who are willing to work hard, be a supporting member of the team, and exemplify good citizenship are welcome in our program. Last year we had close to 100 members in our Cross Country program and we would love to keep growing.

Summer Training

- Athletes who run over the summer will be better prepared and less injury prone when we start meets in August.
- New athletes- please do not panic when looking at the mileage. Just try your best and do what you can. The chart is only a guideline and not set in stone.
- Athletes that are in Coppel are expected to be at practice. We fully expect and understand family vacation and camps during the summer. *Our goal is to keep our athletes training as consistently as possible when they are in Coppel.*
- **Please make sure to bring water to practices.**
- Practice is Monday-Saturday at 7:00 A.M. and will end by 8:45 A.M. at the latest; athletes are to run on their own or with teammates on Sunday and some Saturdays, most Saturdays will be time trials.

Logbooks

- All athletes will keep a logbook. This is mandatory.
- Logbooks will help athletes follow the training and keep them healthy
- They will also be used to motivate them throughout the season

School Year Training

- We will meet at 6:50 A.M. in the fieldhouse hallway Monday-Saturday for practice **ALL YEAR** for those that are in person. As changes are made, we will keep everyone in the loop.
- We will have makeup practice on Thursday from 4:00-4:30 P.M. Athletes will not be able to attend the meets until they have made up the missed practices. **Missing two meets or having three unexcused absences from practice can result in dismissal from the team.**
- Please attend after school tutoring instead of missing practice for morning tutoring. Most teachers at CHS have after school tutorials; also students can attend tutorials with a teacher in the same subject area if their teacher is not available. If you are going to miss practice in the morning for tutorials you must email Coach Benton before the previous school day is over (4:10) and CC your teacher on the email. Also, you will need to check in with a coach when tutorials end. In most cases, athletes can begin workout early at 6:20 and leave for tutorials at 7:30.
- As a member of the Distance Program, you are required to train consistently all year. We will take two team breaks after Cross Country season and after Track Season where athletes will run low mileage to get their legs back under them. **You are required to be here all year unless you are in another sport or you are under suspension. This must be discussed in a parent meeting at the time of the suspension. If you decide to quit and want to come back without a parent meeting, you have to sit out an entire year.** To be a good runner, you must train consistently throughout the season. Athletes may not come and go as they please during the school year.
- Discipline problems, missing multiple practices, having a poor attitude will not be tolerated. Athletes are here to train to be distance runners and are held to a high standard. In the event there is an issue, athletes may be suspended until there is a parent meeting. If the athlete refuses to meet, they may be released from the team.

Meet Days on Saturday

- 2-3 days before each meet I will send a "Meet Sheet" out on Remind
- This will cover directions, schedule of the meet and when we will depart and arrive back at CHS.
- Meets take place in the morning and are usually over by 12:00 P.M.

- This season, athletes will be leaving the meet after they run, they will not stay to watch teammates.
- There will be 4 races each meet with 10 athletes in each division (10 Varsity/ 10 Junior Varsity) in the early meets.
- District Meet forward there will be 7 on Varsity. There will be 10 on JV at District.

Required Forms

Below are forms that need to be turned in on the first day of official practice. All these forms are found online.

website: <https://coppellisd.rankonesport.com/>

1. Physical Examination- ***Must be on paper: UIL FORM***
2. Emergency Information- online signature
3. Acknowledgment of Rules- online signature
4. UIL Steroid Form- online signature
5. CISD Extracurricular Code Of Conduct- online signature
6. Sudden Cardiac Arrest Form- online signature
7. Concussion Form- online signature
8. Team Guidelines and Policies- *now online!*

Equipment

- Running shoes
- Proper undergarments (girls)
- Lightweight T-shirts and Shorts
- Spikes
- Watch, **must have a lap button** (recommend a Timex Ironman)
- Two great running stores are: **Run On!** www.runontexas.com and www.runningwarehouse.com

Contact/Communication

If you have any questions please feel free to contact Head Coach Nick Benton or e-mail ndbenton@coppellisd.com

All Athletes and Parents must sign up on Sportsyou. This will keep you in the loop and allow you to receive meet sheets and any other announcements associated with the team.

To Join, Download the Sportsyou App. Access Code to join the team is K2HP-ZD7F