

# WELCOME TO SOLANCO CROSS COUNTRY!

Honesty, Respect, Focus, Commitment



## PARENT HANDBOOK

2026

# Coaching Staff

## Head Coach

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## Head JH Coach

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## Team Rules

The four pillars of this program will be Honesty, Respect, Focus, and Commitment. Honesty in the communication between athletes, coaches, and parents. Respect for teammates, coaches, parents, and spectators. Focus while at practices or meets. Commitment to the team and their goals by attending all practices on time and with a positive attitude. These rules apply to all athletes equally, regardless of their position on the team. These are IN ADDITION TO rules listed in the Solanco Student-Athlete Handbook.

## Academics

School is priority #1. All athletes will be expected to get their work done, keep their grades up, and maintain good attendance and behavior in school before they may compete. Please pay close attention to grades at the beginning of each grading period as a single late or missed assignment can disqualify a runner from competing that week!

## Spectating

Cross country is a sport that tends to get very little media coverage or attention from outside the sport. This means that YOU make up the vast majority of the support for this team. It means a lot to the athletes to see family and friends along the course cheering them on. At meets, you are more than welcome to stop by the tent and provide encouragement before and join in the congratulations after the race. I only ask that once they start their pre-race warmup, they be given the room to get themselves prepared for their races without distraction. Even I back away during this time! Immediately after their race, they are expected to complete a cooldown run with their team. Once that is done, they are free to catch up with fans and relax until it's time to load the bus and depart.

At meets, I tend to run around like an insane person, looking at multiple watches hanging off my neck, yelling instructions and encouragement across the fields, and pouring over spreadsheets. Although I may not look very inviting or open to conversation, always feel free to flag me down to ask a question or say hi!

## Team Captains

**Izzy Brown**, Senior, Ladies captain

**Rhiannon Groff**, Senior, Ladies captain

## Practice Schedule

**Pre-Season** (August 10 - August 22) - Monday through Friday, 6:00 pm to 8:00 pm. Fridays may get switched to mornings depending on the needs of the team.

**Regular Season** (August 24 - October 31) - Monday through Friday, 3:15 pm to 5:30 pm. We will do our best to accommodate commitments to other programs (e.g. band, play, etc.)!

**Saturday Practices** - Dates to be determined. Early morning and hopefully at varying destinations. More details will be provided as the start of the season approaches.

# Meet Scoring

The first five runners from each team to cross the finish line receive the points that correspond to their place. The first place runner receives one point, the second place runner two, and so on. The team receiving the lowest score wins. The sixth and seventh runners on a team, although they don't receive a score, can also be important, because they can "displace" scoring runners from the other team. For example, consider the following race:

	<u>Scoring ONLY the first 5 runners</u>		<u>6th and 7th Runners Included</u>	
<b>Solanco vs. L-S</b>	<b>Solanco</b>	<b>WINNER</b> <b>L-S</b>	<b>WINNER</b> <b>Solanco</b>	<b>L-S</b>
	3rd	1st	3rd	1st
	4th	2nd	4th	2nd
	6th	5th	6th	5th
	7th	9th	7th	11th
	8th	10th	8th	12th
			(9th)	(13th)
			(10th)	(14th)
<b>Final Score:</b>	<hr/> <b>28</b>	<hr/> <b>27</b>	<hr/> <b>28</b>	<hr/> <b>31</b>

Without the 6th and 7th runners, L-S would have won by 1 point (27 - 28). With them, Solanco wins 28-31. Even though our sixth and seventh place runners' scores were not added into the total, they were enough to displace the L-S fourth and fifth place runners' scores, and give the win to us. I can't over-emphasize the important role of the #6 and #7 runners! A score of 27 or less always wins a meet, as does having the first, second and third place winners, with at least five runners finishing. This final instance is called a "sweep". This only pertains to dual meets.

## Invitational or Championship Scoring

Your team gets the points for the actual place that you earn when crossing the finish line. For example if we placed 11, 18, 21, 23, 34 (36, 40) – our score would be the sum of the places of the first five runners = 107

\*If a school enters less than 5 runners or starts a team and does not finish with 5 runners, they will not count in the team scoring. This means if a runner from an incomplete team finishes ahead of our first runner, they are excluded from the team scoring and our first runner would score just 10 points, despite finishing 11th. The ENTIRE field of runners would bump up into new scoring positions in the same way.

## Booster Club

Please get involved with the Solanco Tracksters Booster Club! When parents are more involved with fundraising and event preparation and coordination, it allows the coaches to focus our time on planning workouts, running practices, and preparing for races. Our combined efforts will help to support these athletes better than the coaches can on our own. Your time and assistance is greatly appreciated and goes a long way!

## Additional Information

This year, I am making a Google Drive folder available to everyone. You can request access if you do not currently have permission. **Please include your name and your athlete's name in the request.**

[solanco.run/xcinfo](https://solanco.run/xcinfo)

