

WACHUSETT REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT



Girls Cross-Country Program Expectation Sheet

- Practices are Monday to Friday afternoon regardless of weather, beginning at 2:30 and ending around 5, with the exact time depending on the type of workout. All team members are expected to attend promptly.
- A practice typically begins with a short team meeting and a warm-up run followed by light plyometric exercises and stretching and then a structured work-out. On alternating days, this is followed by weight training emphasizing upper body strengthening. Early season workouts focus on building endurance and strength; later season also includes speed and more tempo runs. The exact mix and the distances and repetitions involved depend on the experience of the runner. Because this experience varies and because of the size of the team (50+ in recent years), runners are often divided into smaller groups of approximate ability for the workouts.
- While there is a tradition of “no cuts” of anyone who joins the team, there are circumstances that could result in dismissal from the team. These include conduct that reflects poorly on the team or the school; poor attendance at practices or unexcused absences at meets. Dismissal is not automatic and should not be assumed until the issue is discussed with the coach.
- Dual meets, which take place on weekdays, start between 3:30 and 4 p.m. after a team has gone over the course and warmed up and begins with the boys’ race. Unless excused or rested by the coach, all team members are expected to compete. Invitational meets are on Saturdays with exact start times; some invitational meets have Varsity, JV and freshman races; others have limited entries. While the Varsity (10) runners train and compete to the end of November, all other runners end their competitive season at the end of October at the League Championship Meet, but are expected to support their teammates at the District and State Championship Meets which follow.
- The best way for a team member to contact the coach is at practice. The best way for a parent to contact the coach is via e-mail: wrhscoacho@gmail.com