

Tornado Cross-Country Team Handbook

Coaching Philosophy

We believe that students will gain confidence and a love for the sport through positive feedback from their parents, coaching staff, and teammates. Although each runner will develop at a different rate, development will assuredly take place through genuine effort and learning. Through positive coaching, we can develop better athletes and better people.

Winning at all costs is not the focus of our program. We will work to create a culture in which every member of the team feels safe and welcomed at every practice and competition. Every athlete will support each of their teammates through a positive coaching model. Through treating people with respect, we will develop new friendships and a true support network. Winning will simply be a by-product of our culture.

At practice, runners will learn the very fundamentals of our sport and how to apply them to become successful competitors. Each and every runner will feel confident and ready when they step up to the starting line.

Core Values

Anoka High School Cross Country aims to develop young men and women into great people who contribute to their society and achieve success in their careers and family lives.

The ELM Tree of Mastery (Positive Coaching Alliance, 2010)

E for Effort,
L for Learning and improvement, and
M for bouncing back after Mistakes.

Following the ELM Tree of Mastery ensures three keys to success in sport and life. Athletes will be successful sooner or later if they;

- routinely give their best effort
- have a teachable spirit and learn from everything that happens to them
- don't let mistakes (or fear of mistakes) stop them

ELM = Control: Athletes can't control the outcome of a competition. But they absolutely can learn to control all elements of the ELM Tree: a) their level of effort, b) whether they learn from their experience, and c) how they respond to the inevitable mistakes they will make. Control the aspects of the ELM Tree and control your own destiny.

Parent Responsibilities

If you are able to help out with the team in any way please do so. We will be looking for parents to volunteer in many different ways and each role helps develop the culture of our team.

Please encourage good sportsmanship by demonstrating positive support for all members of the team, coaches, and officials at every meet and practice. Please cheer for your student (and others), but do your best to refrain from yelling instructions to them. Trust that they have indeed been instructed, and give them this chance to enjoy participating in the sport and to explore their own limits.

Please let any of the coaches know if you have any concerns about your student or the program. I am always available via cell phone (listed above) or e-mail (listed above).

Attendance Policies/Procedures

Athletes must be at practice unless they are sick and not in school or if they are excused by a coach. In the case of illness, please contact Coach Westerberg if you are unable to attend school or practice. Athletes must be in attendance a minimum of ½ day in order to practice or compete at meets. This policy does NOT pertain to excused doctor visits or field trip situations, etc. If an athlete is injured, they must be at practice unless excused by the coaching staff. Any athlete with an unexcused absence from practice is subject to not participating in an upcoming competition.

Social Media Policy

All athletes represent the Anoka Cross-Country program and Anoka High School. Any negative posts about players, parents, coaches, our team, or opposing teams will result in a consequence ranging from missing competition opportunities to expulsion from the team.

Lettering Policy

In order to earn a Varsity Letter in cross-country, athletes must adhere to each of the standards listed below:

- Compete in at least 2 meets in the varsity competition OR be named to a Championship roster (Conference Championships/Section Championships).
- Positive representation of AHS XC at and outside of practice and meets.
- Attendance at practice (no more than 3 unexcused absences). If you cannot make it to practice for any number of reasons please contact a coach prior to practice (if possible).
- Seniors who have competed for 4 years with AHS XC letter.
- Athletes may also letter at the coaching staffs' discretion. Lettering by coaches' discretion may include such things as continuous support of your teammates at practice and competitions, positively impacting teammates, leadership at practice and competitions, etc.

Competition

All members of the team get to race and compete. Typically, junior varsity races are not limited to a certain number of competitors. Most varsity competitions will be represented by seven runners on the team. The runners who work the hardest, run the fastest, and represent the team in a positive manner will run varsity.

Conflict Management

If conflicts arise within the team, please first bring it to the attention of one of your Captains or Upper Class leaders. If the conflict cannot be resolved then please bring it to the attention of any member of the coaching staff. If you feel uncomfortable at any time and would like to speak with a coach directly (prior to bringing a conflict to the attention of a Captain) please feel free to do so. We will maintain an open line of communication the entirety of the year.

MSHSL/Anoka-Hennepin Rules/Policies

Athletes must adhere to all MSHSL and Anoka-Hennepin rules and policies. Failure to comply may result in suspension or expulsion from the team depending upon the severity of the infraction.

Coaching Staff

Head Coach: Sam Westerberg
sam.westerberg@ahschools.us
(763) 210-8798

Assistant Coach: Thomas Hagerty
thomas.hagerty@ahschool.us

Assistant Coach: Brittany Kurtz
brittney.kurtz@ahschools.us