

VINEYARD CROSS COUNTRY

Welcome to the cross country team!

This document explains the expectations for our student athletes and gives basic information that is related to our sport. The success of our team relies greatly on the ability of our athletes to adhere to these expectations.

Expectations:

Participation in athletics can be a significant part of each student athlete's high school experience.

Vineyard cross country has had some of the finest student athletes in the history of the school. We have been very fortunate to not only have success on the xc course but in the classroom as well. Over the past several years, Vineyard xc has had multiple top 10 graduates, salutatorians and valedictorians. In addition, our team has won multiple (17) league championships, state division championships ('18, '19, '21) and an all state championship in 2019. This doesn't come easy. The dedication it takes to be a high performer is difficult. That said, we have managed to hold high standards of accountability and responsibility while maintaining a fun and safe environment for our athletes to excel.

Practice

- Be on time
- Be prepared with the appropriate gear for the day (water, shoes, practice clothes)
- Be respectful of your teammates and coaches.
- Be respectful of school facilities such as locker rooms and athletic fields.
- Unexcused, missed practice will result in restricted participation or removal from the team.
- Being sick, injured or traveling for college visits are all valid excuses for missing practice.
- Have a positive attitude, support your teammates and have fun!

Meets

- Make sure you are responsible for all homework missed due to travel.
- Your gear bag for travel should include uniform, water, socks, flats/ spikes, warm ups.
- Our team will have warm ups to travel in. All members will be issued and will wear these for travel.
- Be on time to the boat. A bus is provided for dual meets from the school. For Saturday meets, 15 min before departure is the standard.
- Make smart food choices for both pre and post race.
- Support your teammates when they are racing.
- Respect our opponents, their coaches, their fans and the facility we are running at.
- We will warm up and cool down as a team.
- Our athletes are expected to have a positive attitude and give their best effort during every practice or race that they are in.
- Follow the schedule and plan ahead.

Uniforms

Each athlete will receive a uniform top/ bottom and warm ups.

All gear issued will be returned one day after the last performance that athlete is participating in. Failure to do so will result in a fee for full replacement of items not turned in. Team issued practice gear does not need to be returned. Girls will be issued specific shorts for competition purposes. Those items will not need to be turned in.

Fundrai\$ing

Our booster club, Go Vineyard Running, provides funds for numerous items related to our team. For the XC season, we have two major events: the Vineyard XC Invitational early in the season and the 5K for KJ at Thanksgiving. Our Booster officers will keep you informed throughout the season about these events. Please be active participants! Be involved!

Shoes

All athletes should have updated trainers and racing shoes.

Most Xc athletes compete in different shoes than what they train in. Racing flats, or spikes, should be in every runner's kit within the first few weeks. They will definitely make a difference in performance.

Resources

For communication

Sportsyou App for communication between coach/ players/ parents.

For results -

www.mstca.org Mostly Massachusetts meets

Ma.milesplit.com MA and national results

www.athletic.net Local, MA, National. We have a home page that I will update frequently.

<https://bay.staterunning.net/> Local MA. previews, rankings etc...

Arbiter sports Dual meet schedule, updates on any cancellations, start times, etc.

For shoes -

www.runningwarehouse.com Great selection of both shoes and racing flats.

www.marathonsports.com Marathon is also in Plymouth and Mansfield and Yarmouth

The Run House, Main Street, Falmouth - knowledgeable staff, discount for HS runners.

Hanlon Shoes, Main Street, Hyannis - knowledgeable staff, discount for HS runners.

Other

www.miaa.net

www.nfhs.org

Wt rising freshmen

Arters, Izabella Evgenievna	Begle, Arjuna DerManelian xc,tf	Bettencourt, Roan Davis
Barros, Maria Fernanda Franco	Brush, Milo Francis	Bodnar, Malia Austin
DaSilva, Christopher Furtado	Dos Santos, Luana Clara	DaSilva, Nathalya Noronha tf
DaSilva, Emily Rodrigues	Dubin, Laina	Hall, Henry Lincoln Cooper
Emerson, Henry Atticus	Engler, Lucy Violet	Henry, Abigail Paige
Esposito, Adagio Duke	Hyde, Robbie Rose	Johnson, Violet
Fernandes, Richarlyson	Fairstein, Isla Emelia	Maxner, River Laylee
Forrester, Aeneas	Greene, Floreana Jade tf	MacMillan, Matthew Henry
Hartzband, Greyson Alexander xc	Lepine, Landon Glenn	Napior, Leo McEwen
Maciel, Madisyn Eve	Louback, Melissa Aquiar	Powers, Talulah June
Martone, Maple Jane	MacLeod, Linden Theresa tf?	Sauer, Amos Taknash
Myers, Hadley Elizabeth	Moehnke, Margaret Judith	Solway, Eben Davis
Reis, Enzo Gabriel Garcia xc, tf	Thomas, Dreyden Albert	Street, Mira Christine
Regan, Brett Thomas	Thompson, Elizabeth Reilly	Treitman, Zoe Yona
Taylor, Emmett Cole xc	Thomson, Leah Hiroko	Warburton, Aubrey Noelle
Vargas, Seabella Alayne	Tilton, Wyatt	Williamson, Peter James