

# Interlake High School Saints Cross Country 2019

Dear Saint Cross Country(XC) Parents and Athletes,

It is with great enthusiasm that I begin my 19th year with the Interlake cross country program. I am excited to work with what I know to be an outstanding group of student athletes.

The primary objectives for IHS cross country are to have fun and be competitive, with both receiving equal emphasis. It is our goal to build a championship program. A championship program includes hard working, dedicated, respectful and wholesome student/athletes, strong **positive** parental support, strong school support, high team self esteem, sense of tradition, and **team** championship racing results.

Our comprehensive training program will include: cross country running training, mental training, strength training, stretching, good nutrition and proper rest.

I am available to be contacted any time via email at: *barquistb@bsd405.org*  
In the case of an emergency, please try my personal cell phone at:  
*206.972.2858*.

Go Saints!

Brad

**Brad Barquist**

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## Interlake High School Cross-Country expectations

- ✓ Athletes are expected to report to practice every day, unless they are ill and have been out of school.
- ✓ Athletes will compete in all meets for which they qualify.
- ✓ Athletes will put forth nothing short of honest effort in practice and meets.
- ✓ Athletes are expected to respect and support each other, all coaches, and all competitors.
- ✓ Athletes will refrain from using any foul language or behavior.
- ✓ Athletes will adhere to the Bellevue School District athlete code of conduct: <http://www.bsd405.org/departments/athletics-activities/code-of-conduct/>

## Interlake High School Cross-Country points of interest

1. **Practice** will be from 3:45 to 5:45-ish pm, Monday through Friday, and Saturday mornings at 9:00am-11:00ish, at the Interlake track unless otherwise announced.
2. **League meets** are usually on Wednesdays and the first race is typically at 4pm. There will be two races, the boys will race first and the girls will race after the boys race is finished, at about 4:30. All eligible runners will participate in the league meets. All athletes compete on the same 5k course. Bus transportation will be provided to and from all league meets. Parents can drive only their child home from a meet if needed and must sign out with a head coach.
3. **Invitational meets** on our schedule will be on Saturdays. All athletes will have an opportunity to race in the Invitationals that are on our current 2018 schedule. Transportation to invitational meets may include a bus for team members or require parent drivers. This information will be distributed as needed. Parents can drive only their child home from a meet if needed and must sign out with a head coach.
4. **Meet scoring** is by adding up the places of the top five finishers from each school. The team with the lowest score wins.
5. **Attendance** for all practices and meets are considered mandatory.
6. **Eligibility:** All school paperwork must be turned in and fees paid before an athlete may practice. An athlete is required to attend 8 full practices before they can compete in the Jamboree and 10 full practices to compete in their first meet. Participation in the Jamboree counts as a practice toward the first non-Jamboree meet. An athlete must attend the entire practice to count as a full practice, unless otherwise arranged with head coach. If any practices are missed during a week without permission from the head coach, the athlete may be required to miss that week's meet. If an athlete is restricted from competing in a meet for a week, that athlete must still attend all practices for that week. *WIAA rules state that an athlete must be checked in at school the day of a competition to be eligible to compete that day.*

7. **Training:**
- a. **Stretching:**
    - Stretch before and after each workout including easy runs.
    - Do routine stretches plus anything else that might be extra tight.
    - Hold stretches for at least 30 seconds each.
  - b. **Hydration:**
    - Drink a lot of water!
  - c. **Strength Training:**
    - At a minimum do 20 pushups a day and 30 sit-ups a day.
    - If possible, follow our weight training routine in a gym. We may be able to arrange supervised workouts in the IHS weight room.
    - Remember to warm up and stretch your upper body properly before working out.
  - d. **Iron**
    - i. Please Google “The importance of iron for long distance runners” for more information. Education always wins.
  - e. **One additional thing I pulled from the MIT Team Guidelines:**
    - i. “...purchase a foam roller. You can get one online at many different locations. Get one that is dense / relatively firm. I want you all rolling your glutes, hip flexor, IT band, quad, hamstring and calves on a daily basis until it no longer hurts. You may then go to three times per week. Once the roller gets too soft you will need to purchase a new one, preferably a harder one, or PVC pipe.”
  - f. **Strength Training**
    - i. We will do 10 minute abs or comparable core routine. Following abs we will do a set of plyometric exercises emphasizing your hips, quads, hamstrings, IT bands and glutes. This will be followed by our normal set of drills.  
  
If we have time for the weight room, we will be addressing quads, hamstrings and glutes as well.
8. **Injuries:** All injuries must be reported to head coach *and* head trainer. Injured athletes requiring treatment with trainer must check in at start of practice, unless otherwise arranged with head coach, to count as attending practice. Head trainer must clear all athletes to compete after injury.
9. **Communication** is generally handled at three levels, Coach to athlete, athlete to athlete and parent to parent. Our parent lead will distribute information through our team email list. Coaches will discuss and distribute information at practice and through the team Facebook group, Interlake Long Distance. Athletes will discuss information amongst themselves and through the team Facebook group, “Interlake Long Distance.”
10. **Behavior:** By joining the IHS cross-country team, athletes assume a responsibility to their team. Remember that your behavior during and out

**of team activities reflects on your teammates and coaches. All athletes will adhere to the school code of conduct. There will be no illegal drinking or drug use. Any athletes caught using these substances may be immediately dismissed from the team. Be cautious of being guilty by association. Don't get busted at a party where you were "doing nothing wrong." Use good judgment on and off campus.**

11. **Gear check out:** Everyone will be responsible for all equipment that is checked out in their name. If you quit or are dismissed from the team you have 2 days to turn in your equipment or you will be fined.
12. **Transportation:** Transportation will be arranged to and from most league competitions. All participating athletes must ride in team transportation to competitions, when transportation is provided. With written parent permission given to head coach, athletes may ride home with their own parent after competition. For some events volunteers are needed and the BSD has some paperwork.
13. **Off campus training:** Most training will be done off campus. Some safety tips for IHSXC athletes:
  - a. Do not run in traffic areas, all cars will not give you the right of way.
  - b. Do not run alone off campus. If you notice a teammate running alone, take it upon yourself to make sure they have someone to run with.
  - c. Do not run while using head phones.
  - d. Wear bright colored clothing to increase visibility to cars and bicyclists.
14. **Equipment:** It is strongly recommended that each athlete wear appropriate running gear including: running shoes, synthetic fabric long sleeve shirt, shorts, sweats, stocking hat, gloves, and watch. Each athlete should also bring a water bottle and snacks to practice each day as well as to meets. Do not share water bottles. Bring a complete change of clothes to meets. Any questions about equipment should be directed to a coach.
15. **Running shoes** are the most important gear for a cross country runner. There are many factors that define what the "best" shoe is for each athlete. A few local running shoe stores offer gait analysis and expert advice for purchasing running shoes. Good shoes are important to a runner's health, comfort and enjoyment of the sport of running. Training shoes should be replaced approximately every 400 miles.
16. **Spiked racing shoes** are important depending on the speed at which your athlete is running. Spiked shoes offer significantly more efficiency over a variety of surfaces. Spiked shoes are required for varsity level athletes. Please ask your coaches if you have questions about the appropriateness of spikes for your racing and training.
17. **Letter Winning:** To earn a varsity letter as a member of the Interlake High School cross-country team an athlete must meet the following criteria:
  - **General** (all athletes must accomplish to be *eligible* for a letter)
    - Must have no more than 3 unexcused absences

- Must remain academically eligible to compete
- Must abide by all team guidelines
- Must compete in 3 of 5 league meets
- Must compete in Kingco, District or State Championship Meet
- Must turn in uniform at or before end of season banquet
- **Performance**
  - An athlete who meets all the above criteria and meets any of the following criteria will be eligible for a letter.
    - Finish in the top seven of IHS team in 3 meets
    - Run in top seven at Kingco, District or State
    - Be a fourth-year senior team member
- **Coaches Discretion**

18. **PE Credit:** To earn PE credit as a member of the Interlake High School cross-country team an athlete must meet the following criteria:

- **Practices:** attend 80% of all practices
- **Meets:** compete in all of the scheduled league meets

## Interlake High School Parent Consent Form

Student \_\_\_\_\_ *(please print)*

Date \_\_\_\_\_

Please check each box, sign and return to the Head Coach.

- I have read and understand the Interlake High School Cross Country information booklet.
- I agree with and support the Interlake High School Cross Country team rules and expectations.
- I can help with the Interlake High School Cross Country home meet.
  - Sept. 18 Juanita, MI @ Interlake (Marymoor Park)

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Home# \_\_\_\_\_ Work# \_\_\_\_\_ Cell # \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Home# \_\_\_\_\_ Work# \_\_\_\_\_ Cell # \_\_\_\_\_

Parent/Guardian email address \_\_\_\_\_

Student Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete email \_\_\_\_\_ Student Athlete cell # \_\_\_\_\_

## **2019 INTERLAKE CROSS COUNTRY SCHEDULE**

League meets start at 4pm. Boys race first this season.

Sept. 10 Spike night at Super Jock'n Jill running store, Redmond

Sept. 11 Kingco Jamboree @ Lake Sammamish State Park, Issaquah

Sept. 18 Juanita, Mercer Island @ Interlake, Marymoor Park

Sept. 21 42nd Salt Creek Invitational @ Port Angeles, WA

Sept. 25 Interlake, Liberty @ Sammamish, Robinswood Park, Bellevue

Oct. 2 MI, Bellevue, Interlake @ Liberty

Oct. 5 NIKE – 13th Twilight XC Invitational, Cedarcrest Golf Course, Marysville, WA.

Oct. 8 Interlake, Mercer Island, Sammamish @ Lake Washington, Marymoor Park

Oct. 12 NIKE HOLE IN THE WALL XC INVITATIONAL, Arlington, WA.

Oct. 24 55th 3A/2A Kingco Championships @ Lake Sammamish State Park, Issaquah

Oct. 26 Sub Varsity Invitational @ Lake Sammamish State Park, Issaquah

Nov. 2 Sea-King District 2 Championships, Lake Sammamish State Park

Nov. 9 WIAA 3A State XC Championships @ Pasco, WA

**\*\* Our full schedule, meet results, season best performances and a lot more are available on [www.athletic.net](http://www.athletic.net) This site is very important to be familiar with if you are interested in following this team.**