



2024 Jefferson Cross Country



Head Coach- Jason Wagoner
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School- 367-6184
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Asst. Coach- Zach Tuschen
Volunteer Asst. Coach- Lukas Nelson

Team Expectations-

Eligibility:

- must be currently enrolled in 4 classes and must have passed a minimum of 4 classes from the prior semester
- incoming freshman are excluded for the fall semester- clean slate
- coaching staff will periodically check athlete's grades
 - if there is concern with the student athlete's grades, arrangements can be made for a study table session
 - student/athletes are students first, then athletes; school will come before cross country
- athlete must adhere to all the policies and guidelines as listed on the golden rod from as well

Equipment:

Team members will be issued a team uniform, pants, jacket, and bag before the first meet of the season. It is their responsibility to keep track of the equipment and maintain the condition of the equipment until the end of the season. If the equipment is lost or damaged, it will be the responsibility of the athlete to replace the equipment.

Practice:

Runners are expected to be at practice on time everyday. If the athlete is late to practice and not excused, the athlete may be held out of the upcoming meet. The athlete is responsible for being at every scheduled practice. If the athlete is unable to attend practice, they must call the coach before practice and be excused. **TEXTING THE COACH IS UNEXCUSABLE.**

Practice will take place every day from 3:30-5:30 p.m. once school starts. We will have lifting on Tuesday and Thursday from 3-3:30 p.m. in the JHS Weight room. Practice will take place on Saturdays when scheduled from 8 a.m. to approximately 10:00 a.m. The practice schedule may have changes and those will be communicated to athletes and parents.

Athletes must complete the running waiver prior to practicing. Form is included in handouts and can also be found at <https://sfsdathletics.k12.sd.us/home>.

Meets:

At a meet, unless it is an emergency, please leave athletes to be with their team and prepare for the meet. Also, when an athlete is finished with their race, please allow them time to gather their belongings and cool-down with their teammates. The cool-down is one of the most important things they can do to help with recovery. Cross Country is unique in the fact that parents have very easy access to their athletes, however, please be respectful of your child and their coaches as a lot of preparation has gone into putting them in position to be successful.

Some meals will be provided to the athletes on trips that involve travel home during dinner time. Each athlete will be given an itinerary for the upcoming meet that will have travel details included two days prior to each meet.

As per district guidelines, athletes are expected to ride to and from meets with the team. If circumstances come up that the athlete needs to be excused from riding home with the team, you must complete the Parent Transportation Release Form and have it turned in to Coach Wagoner by 4:00 p.m. the day prior to travel. The form is located on our team website under links. Emergency situations will be handled as they come up. Athletes may only ride home with immediate family. Traveling with family to the competition is not permitted. When you take your child home from the meet, parents will need to sign their child out with a coach before leaving.

Lettering:

A varsity letter shall be awarded if one of the following occur:

1. Compete in the Metro Conference Meet as a Varsity team member
2. Compete in the State meet
3. Athlete is a senior who has completed 3 or more seasons
4. Athlete is a previous letter winner with acceptable participation
5. Athlete has special circumstances, which are deemed appropriate by the coaching staff

****All lettering is done at the discretion of the Cavalier Coaching Staff****

Parent Communication:

Please follow the chain of command when dealing with concerns. If you have concerns about anything dealing with your child or the program, please feel free to communicate that with the coaching staff. We are more than willing to sit down with you and discuss concerns or issues that may arise. Please do not bring up concerns immediately before practice, during practice, right after practice, or at meets. We will set up a time with you when we can visit.

Social Media:

As social media becomes more prevalent in our society, please be consciousness of what you or your child is posting on social media. Collegiate coaches and employers use social media to see what your child has posted when recruiting or hiring. It is a job interview all the time! Also remember, if it is not positive for our program, don't press send.

Athletes must also follow all policies and guidelines listed in the Sioux Falls School District Co-Curricular Handbook. It can be found online at <https://sfsdathletics.k12.sd.us/home>.

Team Website and Social Media:

Website- www.sfjeffersonxctf.com

Twitter- @SFJeffersonxctf

Remind- Free text notifications- link is on website

Important Websites with schedules and information:

www.metroconferencesd.org

<https://sfsdathletics.k12.sd.us/home>

www.sdhsaa.com

www.athletic.net

Important Reminders:

- Team Camping Trip

- Blue Mound State Park: Luverne, MN

- Aug. 23rd-24th

- Leave after school on the 23rd and return in the afternoon on the 24th

- Volunteering for Sioux Falls Half/Full Marathon

- 7:30 a.m. to approx. 11:00 a.m. August 25th

- Team Fundraiser

- Online Donation Platform