

# ***ORXC 2023***

***OWASSO RAM CROSS COUNTRY***

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***PARENT MEETING JULY 31, 2023***

# COACHES

Blake Collins – Head XC Coach

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Steve Parker – Head Track Coach

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Rachael Graddy – Assistant HS Coach

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Sierra Clark – Assistant HS Coach

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Vickie Graham – Head JH XC Coach

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Elaina Clancy – Assistant JH Coach

Victor Marquez – Assistant JH Coach

# ***TRADITION OF SUCCESS***

## STATE QUALIFYING TEAMS

- × GIRLS – 27 OF THE LAST 28 YEARS
- × BOYS – 26 OF THE LAST 28 YEARS

## TOP 10 FINISHING TEAMS

- × GIRLS – 20 OF THE LAST 28 YEARS
- × BOYS – 15 OF THE LAST 28 YEARS

## TOP 5 FINISHING TEAMS

- × GIRLS – 11 OF THE LAST 28 YEARS (9 OF THE LAST 10)
- × BOYS – 9 OF THE LAST 28 YEARS (5 OF THE LAST 10)

## PODIUM TEAMS

- × GIRLS – 8 OF THE LAST 28 YEARS (6 OF THE LAST 8)
- × BOYS – 5 OF THE LAST 28 YEARS (4 OF THE LAST 8)

## ALL – STATE RUNNERS

- × GIRLS – 26 IN THE LAST 28 YEARS
- × BOYS – 21 IN THE LAST 28 YEARS



# ***TEAM OF CHARACTER - MAC***

**Mentality** – Team First, Us vs Them, Something to Prove

**Attitude** – Get To vs Have To, Strong Work Ethic, Sacrifice to be Better, Determination

**Character** – Integrity, Unselfish, Consistent

# ***SOCIAL MEDIA***

- REMIND – text @orxc23 to 81010 for High School (9th–12th Grades)
- REMIND – text @orxcjh23 to 81010 for Junior High School (6th–8th Grades)
  
- Like Owasso High School Track & XC on Facebook for updates
  
- @OwassoTrack/CC on Twitter
  
- [www.owassotfxc.com](http://www.owassotfxc.com)
  
- [www.owassoathletics.org](http://www.owassoathletics.org)
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# ***PRACTICE***

1. Monday through Friday HS practice is from 2:00–5:00. Saturday practice is from 8:00–10:00.
2. JH practice is Monday through Friday from 3:00–5:00 at the Track/XC Fieldhouse.
3. **DON'T MISS PRACTICE!** The number one factor to your runner's individual improvement is consistent running every day.
  - a. Please don't schedule doctor's visits during practice.
  - b. Don't use schoolwork (or school detention) as an excuse to miss.
  - c. If runners consistently skip practice they will be removed from the program.
4. Practice will consist of a **TEAM MEETING, WARM-UP, RUNNING WORKOUT, SPEEDWORK, DYNAMICS, FLEXIBILITY WORK, CORE WORK, and WEIGHTS.**
  - a. **ALL** parts of practice are important.

# ***PRACTICE***

1. We will NEVER cancel daily practice for HS but may let out early if weather is severe.
  - a. Saturday practice may be cancelled if weather is severe.
  - b. Since JH practice is after school we WILL cancel due to bad weather.
  - c. If there is an issue with practice we will post on Facebook, Remind, send word to the Athletic Department, and the individual schools.
  
2. Injured runners need to check in at practice first then go to the training room.
  - a. Training room is open at 7:00 every morning.
  - b. Injured runners are expected to stay for the duration of the practice.
  - c. Injured runners will go through a dynamic stretch and strengthening routine, determined by the nature of their injury, to help accelerate their return to running or workouts through our training staff..



# TEAM RULES

1. We expect a cooperative and supportive attitude from every team member.
2. Team members are expected to be consistently at and on time to races and practices.
3. We carry ourselves with class at practice, in public, and especially at meets.
4. Alcohol, smoking, vaping, or the abuse of any controlled substance is grounds for dismissal from the team.
5. We will not insult or mock a competitor.
6. We will not insult, mock, or berate a teammate, or coach or speak poorly of the team or teammates on social media.
7. Runners are expected to get good grades and be respectful in the classroom.
8. We don't make sad choices that will embarrass our school, our teammates, our coaches, our Mommas, or ourselves.

## CONSEQUENCES

1. First offense is a DEMERIT
2. After three DEMERITS you will receive a CITATION
3. After five CITATIONS you will receive a VIOLATION
4. After three VIOLATIONS you will receive a VERBAL WARNING
5. After a VERBAL WARNING you will receive a WRITTEN WARNING
6. After a WRITTEN WARNING you will receive a DISCIPLINARY REVIEW.
7. None of the above is accurate...you will just be DEALT WITH ACCORDANCE with your ACTIONS.



# ***RACE DAY FOR RUNNERS***

1. We run to race!
2. We will leave early to get there early.
3. Everyone helps unload the bus and set up camp.
4. We will carry ourselves with class at meets. We will be humble in victory and gracious in defeat.
5. Cell phones and parents are not permitted once the warm-up begins.
6. We will make a TEAM statement by jogging the course, warming up, and going to the line in a tight group.
7. We will ALWAYS cool down as a team after our last teammate finishes.
8. We treat every other team and coach with respect without regard to their behavior.
9. Team members will stay to support their teammates in later races and for awards.
10. We will meet as a program before helping to break down camp and head home.

# ***RACE DAY FOR PARENTS***

- Please make sure your runner has their uniform, shoes, and enough clothes.
- Please have your runner bring a water bottle and snacks.
- EVERYBODY rides the bus together to the meet.
- Runners may ride home with a parent...not a boyfriend or a girlfriend.
  - If not riding home on the bus runners need to check out with a coach before leaving.
  - If riding home with another adult, a parent phone call (not text) will be required before an athlete may leave.

# ***RACE DAY FOR PARENTS***

- Please be positive with your kids! The last thing a runner needs to hear after a bad race is criticism from their parents. It is the coach's job to offer constructive criticism to the athlete. We all want each kid to run their best every time but that's unrealistic. Please understand there will be good days and bad days. Your runner needs you to back them up regardless...not tear them down. Praise their performance, not the outcome. Point out what they did well and leave it at that.
- The same positivity is needed before the race. The worst thing you can do is add to your runner's nervousness by being overly nervous yourself.. We have routines our runners follow before and after the race to help them settle in and get ready to go. We have strategies for the race itself. It is the coach's job to prepare them for the race. We need parents to give high fives and encouragement but not interfere with what we've coached them to do. We ask that once runners start warming up parents stay away from the team.
- Please understand how important your role is. The runners run, the coaches coach, and the parents should be their runner's biggest supporter. We can't outcoach the dinner table.

# ***RACE DAY FOR PARENTS***

- If you have a problem or are upset...please wait until after the meet (preferably the next day) before you approach a coach. We are wound up just as tight, just as nervous, and just as excited as the kids on meet day. The last thing I want is to have a heated argument in the middle of a meet with a parent or an athlete.
- You CANNOT run next to your athlete in a race! It is considered pacing and will get your runner disqualified if another coach complains. The rule is 5 steps.
- Also, please do not give your runner water during the race unless talking with the coach first.
- Cheer loud and cheer proud! Cross Country is a hard sport...the more you yell and encourage the team the better we'll do! The ORXC ARMY needs to REPRESENT!

# ***EXTRA RUNNING/CLUB TRAINING/CLUB SPORTS***

- Problems with extra running DURING season...
  - Extra running is not necessarily a good thing.
    - If you and your athlete think they need extra training please talk to us first. I am all for cross training and a few extra miles here and there but more than likely extra sleep and/or better nutrition will make a much bigger difference than more mileage.
    - It takes time (sometimes a long time) for runners to to make a big jump.
- Club Coaches often have different training and racing philosophies than our coaching staff. This has led to disruptions in runner's development, team dynamics, and coaching instructions in the past. With conflicting information, runner's tend to NOT reach their full potential.
- Club soccer and XC can coexist! We have several kids who play soccer and they are excellent runners.
- Top priority for us is to keep kids happy and healthy.
- **COMMUNICATION!** We want each runner in our program to be their very best. Please reach out to a coach if you have any concerns or questions regarding training.

# ***SCHEDULES***

- Meet schedules can be found on Remind, Facebook, and [www.owassoathletics.com](http://www.owassoathletics.com)
- Weekly meet itinerary will be posted on Remind, Facebook, and Google Classroom every Sunday.



# ***RANKONE AND PHYSICALS***

- In order to practice, race, and even tryout runners must have a current physical (taken after May 1st of this year) and have completed their electronic forms on RANKONE.

<https://owassosports.rankonesport.com/AthleticPortal/OnlineForms/Form.aspx?Type=4> (Rankone Forms)

<http://owassoramathletics.com/files/PhysicalsOHS19.pdf> (Physical Form)

# ***TEAM PACKS***

- Each season runners will purchase a Team Pack with a warm-up jacket, warm-up pants, jersey, shorts, and a season shirt. These will be theirs to use for the season and to keep when the season is over. The cost for the Team Pack, the Booster Club fee, ORXC Banquet ticket, and meals after races is \$215 for High School athletes.
- JH Team Packs will have a jersey and a season t-shirt. The cost for the JH Team Pack, the Booster Club fee, and meals after races is \$100 for JH athletes.
- Payments can be made by check to the Owasso Track and Cross Country Booster Club, by credit card/debit card, Venmo, or CashApp. In case of financial hardship please talk to the coaches and we will work something out. We never want to eliminate a athlete from participating for financial reasons.

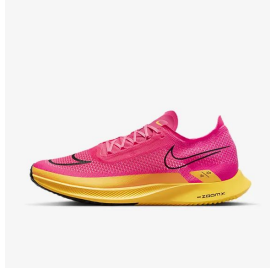
# SHOES

**Advance**



Trainers  
Nike Invincible

**Advance**



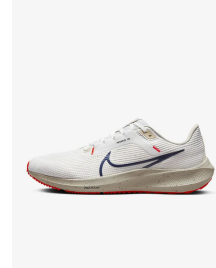
Racing Flats

**Advance**



Racing Spikes

**Beginner**



Trainers  
Nike Pegasus

**Lifestyle**



Not Running  
Shoes

These are all Nike shoes. I would also recommend Hoka, Brooks, and New Balance for good running shoes.

# ***WATER/SNACK DONATIONS***

- We are always in need of bottled water for the season. We pass out water for each athlete at our meets and take coolers of water for our athletes to each of our competitions. It ends up being A LOT of water! We can use all we can get.
- We also emphasize recovery for our runners. An important part of the recovery process is getting calories back into their system quickly after a workout. We try to give each runners a snack before they leave practice. All donations will be GREATLY appreciated! Thank you!
  - Snack Rules...

# ***FUNDRAISER - FANPLEDGE***

- We will have ONE fundraiser this season.
- Fanpledge will be on August 9th at 4:30 on the 3rd Floor of the Wellness Center.
- This is for HS and JH athletes.
- Runners need to bring a list of 20 contacts to call at the fundraiser. The link will be sent tomorrow.
- At the fundraiser runners will call their contacts and ask for a \$25 donation or higher.
- It's uncomfortable, it's better than selling candles, and it works!

# ***MIDNIGHT MILE RELAYS***

- Friday, August 4th we will host our fourth annual Midnight Mile Relay for our High School runners. The event will last from 9:00 pm to 12:00 am at the HS track.
- Parents and Alumni are encouraged to come watch and even participate!
- Spectators are \$5 at the gate.
- The cost is \$15 to run. Entries includes a Midnight Mile T-Shirt. A Google Form will be sent out tomorrow for sign ups.
  - If you would like to run, we will have teams of three with the goal of each runner gaining as many miles as possible over the course of the three hours.
- We are also asking each runner to bring a small gift for the unimpressive prize table as well as snacks and drinks. No more than \$5 dollars please for the prize.
- This a giant running party to celebrate and kick off the 2023 season! Come have a blast with your runners!



# ***MIDNIGHT MILE RELAYS - RAFFLE***



**Apple 2020 13"  
MacBook Air Laptop**  
\$999.00 value

**Lululemon  
gift card**

\$250.00 value



# MIDNIGHT MILE RELAYS - RAFFLE

**Cost** \$10/raffle ticket

**Purchase before** Friday, August 4, 2023 @ 11:30 PM CT

**Payments**

- 1) Venmo @owassotrack

*\*Specify the number of tickets per prize in the memo line*

- 2) Credit card (see QR code above)
- 3) Cash at Midnight Mile on Aug. 4

**Winners** Will be announced at the conclusion of Midnight Mile on Friday, August 4. Shipping is not available.



# ***FUNDRAISERS - FANPLEDGE***

- We will have ONE fundraiser for the season
- FANPLEDGE will on August 9th at 4:30 on the 3rd Floor of the Wellness Center
- Runners will need to add 20 contacts to a database. (Link will be sent tomorrow.)
- At the fundraiser athletes will call their contacts and ask for a \$25 or more donation.
- It's uncomfortable, it's better than selling candles, and IT WORKS!

# ***VOLUNTEER FORM***

- Ram Relays
- Owasso Invitational
- Regionals



***WE'RE LOOKING FORWARD TO A  
GREAT SEASON!***

***THANK YOU!***