



2023 Cross Country Coaching Staff

- Head Coach: Matt George / (360) 789-0106 / mgeorge403@gmail.com
- Assistant Coach: Mike Ziesemer / (360) 339-2763 / zeese1623@hotmail.com
- Assistant and Middle School: Josh Sproul / (315) 777-6963 / joshsproul26@gmail.com

Recommended Gear

- Quality running shoes
 - Visit South Sound Running for fitting and recommendations based on your student's running form
- Basic stopwatch for keeping time of intervals during workouts
 - Smart watch or running GPS watch not necessary
- Water bottle, please don't share bottles (focus during COVID, but good practice to continue to prevent transmitting illnesses)
- Snack for immediately after practice
- Team gear store: <https://tumwaterxc.gearupsports.net/>

Health and Recovery

- Hydration: Consistently drink water throughout the day
- Nutrition: Kids will be hungrier than normal probably!
 - Especially following race efforts and big workouts—eat a good meal within a couple hours if possible.
- Sleep: At least 8 hours recommended per night
- Think about your body: Don't risk injury during the season through non-XC activities like pick-up football/basketball, skateboarding, etc.

Team Expectations

- Conduct
 - Team unity / building teammates and competitors up, not tearing down
 - Honest effort during practice and meets, demonstrating willingness to improve
 - Prioritize the XC season (rearrange work schedule; Saturday practices required)
 - Unexcused absences not acceptable, please communicate in advance
 - Required to attend full school day to participate in practices and competitions
 - Language, implications during postseason meets in particular
 - See full Tumwater School District Athletic Code document ([here](#))
- Eligibility to compete
 - Maintain academic standing (passing at least 5 academic classes, min. 2.5 GPA)
 - Participate in 10 official team practices (or 8 for the Olympia XC Invite)
 - Active participation in practice the week of the race
 - Meet team conduct expectations

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Practice and Competition Schedule

- Typical weekday practice schedule once school starts on Wednesday, 9/6:
 - High school—2:45 to ~4:45 PM, meet at spin room
 - Middle school—3:00 to 4:30 PM, meet at BMS track
- High school: <https://www.athletic.net/team/457/cross-country/2023>
- Middle school: <https://www.athletic.net/team/38130/cross-country/2023>
- League Meets on Wednesday afternoons throughout season
 - Typical schedule: 4 PM Middle School Coed, 4:30 PM HS Girls, 5 PM HS Boys
 - Strongly encourage parents to come to the meets and also support the team in other ways (booster club involvement)!
- Invitationals
 - MS and HS: 9/9 Olympia XC @ LBA Park, 9/16 @ Ft Steilacoom
 - HS only: 10/7 Nike Hole in the Wall @ Lakewood HS in Arlington
- Postseason Meets
 - Leagues 10/18 @ Centralia
 - *Final meet for High School JV and all Middle School*
 - Districts 10/26 @ Lewis River Golf Course in Woodland
 - State 11/4 @ Sun Willow Golf Course in Pasco
- Varsity team
 - Coaches will choose the runners who will be a part of the varsity team. Race time is a major deciding factor, but other things can impact that decision including injuries, illness, and conduct and participation in practice.
 - Varsity teams consist of 7 students, with 2 alternates who will also travel to Districts and State.
- Transportation situation for meets
 - Partially dependent on meet location (no transportation for 9/9 Olympia XC Invite and likely dropoff only for 9/13 home meet at Pioneer Park)
 - Hope to have a bus for every meet, but sometimes won't find out until the day of the race that a drive is not available. If that situation were to occur, the meet is still on but it's up to the parents to transport their child or permit them to travel with another family or student. Coaches will not be directing who student athletes should travel with (including other students or families). Please have a plan in place in advance.

Booster Club

- Booster Club Lead: Erin Zahn / (360) 481-4330 / text preferred
 - Great way to support the team!
 - Unity nights, snacks for meets, etc.
 - Fundraising efforts, primarily operating aid station tables for Capital City Marathon (including training group runs) and Lakefair Races