

2024 Eaton Cross



Country



Coaches:

Baylee Galmarini - baylee.galmarini@nisdtx.org

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Goal: Be a top DFW program, be on the podium at district and establish ourselves at the state level. We are a program that wins.

How do we get there?

Practice:

- Great runners come from consistent training blocks.
- Championships are won in the summer.
- Be on time and be prepared.

Stay healthy:

- Track your training.
- Hydration and nutrient dense foods.
- Get to bed and get good sleep consistently.
- Take care of injuries, don't ignore.

Team culture:

- Mutual respect of your teammates and their goals.
- Behaviors should always reflect team goals.

The controllables:

- Be the best at what you can control.
- Effort and attitude.
- Preparation and communication.
- You have the choice everyday to be better or to find an excuse to give up.

Training Expectations:

Be on time:

- We will practice at 7:00 or 7:30 AM on most training days.
- If we are going to a trail, the bus will LEAVE at 6:30 AM during the school year.
- If practice is going to be shorter, we will come in later to get some extra sleep.

Be prepared:

- Good running shoes, update every 300-500 miles.
- **Everyone needs a watch!**
- Water bottle, every day.
- Eaton attire only in the weight room.

Be Coachable:

- We are here to support you in being the best you possible.
- Be open to feedback.
- Be respectful.

Communicate:

- If you are going to miss practice, email or message me on SportsYou before hand.

****No phones or headphones at practice. Be present on your runs!****

Student-Athlete Expectations:

- Any behavior that reflects poorly on your team and school could result in removal of the program at the discretion of your coaches. We will conduct ourselves at a higher standard than your classmates.
- Grades- if you are ineligible, you won't compete. Grade come first. It is your job to take care of class outside of practice time.
- ISS- you will sit out of 2 competitions. If you have a second offense, you will be evaluated for removal from the program.
- Zero tolerance for drug use. Immediate removal from the program.
- Attendance
 - 1st unexcused missed practice- warning
 - 2nd unexcused missed practice- sit out of the following race.
 - I understand emergencies come up, these will not be held against you as long as we have parent communication.

- Take ownership
 - You need to be your own voice. Don't rely on your parents to communicate for you.
- Properly care for and return all equipment.
 - you will be charged for missing equipment.
- Keep the locker room clean and your items secure.
- Report and care for injuries
 - Check in with your coach then go see the trainers.
 - Injuries don't excuse you from practice. We can still get you on a bike, elliptical or doing strength work.
- No private coaching or competition during the season.
- Team before self
 - CC & Track is a great sport that allows success on the team and individual level, but you will find success as a group is much more rewarding than any individual success.



Communication:

Email: baylee.galmarini@nisdtx.org

SportsYou: XDYF-4T8T



Weekly schedules will be posted every Sunday. Any changes and announcements will always be posted to SportsYou.

Any questions will be answered within a reasonable time. I typically won't respond after 7:00 PM or on the weekends unless it's an emergency.

- Email or SportsYou message me if you are going to be late or miss practice.
- Any issues, please email me as soon as your concern comes up. It is more difficult to address things that happened months ago.
- Please be respectful in your communication.

Race Day Information:

- Top 5 runners score. The lowest score wins.
- Most meets will start between 7:00AM and 8:00 AM.
- All athletes are required to ride the bus to the meets. We will meet at the school and leave very early, typically around 5:30 AM depending on how far we are traveling.
- Athletes may be signed out from the meet by a parent on non-school day competitions.
- A race itinerary will be sent out at least 2 days prior to race day.
- No parents at the start line. Once they begin their warm up, please wait to talk to them after their race.
- Bring extra toilet paper!



Meet Day T-Shirt Order



\$25- Cash or Check

Last Name:

Size:

Turn this form and payment into Coach G by August 1.