



Head Coach- Jesse Coy

- 15th Year @ Stevens
- 4 Years @ Hill City & 2 Years @ Todd County
- Teach P.E. @ Horace Mann Elementary School
- CoachingDistance.com

- High School- Hill City
- Undergrad from Black Hills State
- M. Ed Chadron State
- Competed for Jamestown, USD & BHSU
- USATF/ USCCTFCA / ALTIS / Coaching Distance



<https://www.runninraiders.com/coach-coy>

Assistant Coach- Ben Larson

- **8th Year @ Stevens**
- **Graduated from Colorado State University**
 - **Competed for the Rams in Cross Country & Track and Field**
 - **Ran Post-Collegiately**
 - **Indoor School Record 5,000m**

<https://www.runninraiders.com/coach-ben>



COMMUNICATION



REMIND

To join, text: @stevensxc to the number 81010

For an **Emergency or Urgent Message** you could contact Coach Coy via cell phone at (605) 645-9820.



OUTLINE

- **Pound the Stone**
- **Team Values**
- **Policy Stuff**
 - **Travel Release**
 - **Uniforms**
 - **Lettering**
 - **Credits**
 - **Meets**
 - **Attendance**
 - **In-Season/Out-of-Season**
 - **Fundraising**
- **Links** (booster club, athlete health)

PROCESS > OUTCOME



Pound The Stone

“WHEN NOTHING SEEMS TO HELP, I
GO AND LOOK AT A STONECUTTER
HAMMERING AWAY AT HIS ROCK, PER-
HAPS A HUNDRED TIMES WITHOUT AS
MUCH AS A CRACK SHOWING IN IT. YET
AT THE HUNDRED AND FIRST BLOW IT
WILL SPLIT IN TWO, AND I KNOW IT
WAS NOT THAT LAST BLOW THAT DID
IT, BUT ALL THAT HAD GONE BEFORE.”

JACOB A. RIIS

**POUND
THE
STONE**

TEAM VALUES



*Gives us some guidance as to how we
try and do things.*



P: PUT IN THE WORK

<YOU>

- Working hard takes **zero talent** & involves everything we do, not just the running.
- We want this to be part of our identity. When people ask us about the team, we | want to say, *"They work really freaking hard."*
- Get on Strava. It's where we are accountable for the work.
- We'll never beat teams that train harder than us, so we need awareness of how the good teams train.
 - **BOYS** Seniors: 55-60 / Juniors: 50-55 / Soph's: 45-50 / Fr. Just run
 - **GIRLS** Seniors: 45-50 / Juniors: 40-45 / Soph's: 35-40 / Fr. Just run
 - When you hit **40 MPW** (girls) & **50 MPW** (boys) you start to find out what you can do in this sport.

• **Attendance**

- If you need to miss a practice, contact Coach Coy **before** practice
 -
- To be eligible to race, you need to :
 - Attend practice the day before the race
 - Attend school the day of the meet (when applicable)

T: TEAM: BE A GOOD TEAMMATE

<TEAM>



Your responses to the survey from the beginning of the summer were themed using ChatGPT so there wasn't any bias on what I thought made a good teammate.

Here's what's important to your teammates:

1. **Support and Encouragement:** Showing up, supporting the team, cheering each other up, motivating others, and always encouraging and pushing teammates to be better.
2. **Kindness and Inclusivity:** Being kind, inclusive, empathetic, nice, and honest. Accepting all teammates and building good relationships with everyone.
3. **Commitment and Effort:** Demonstrating hard work, dedication, being on time, showing commitment, and consistently putting in great effort.

- **No hazing/initiations**
- **Grades**
 - Must be passing 4 classes
 - Academic Team Honors / Academic All-State (Seniors w/ 3.5 GPA & 3+ years)
- **Physicals, Forms**
 - Must be completed before the season starts



S: STEVENS RAIDERS

<SCHOOL>

- Tradition: 32 State Cross Country Championships + everything else RCS has won
- Your name isn't on the jersey; it says "Stevens Raiders"
- **FIRST CLASS:** How we act, what we say, how we treat people / everyone watches us

- **Volunteer Opportunities**
- **Hotel/Busses**
 - Boys w/ Boys & Girls w/ Girls
- **Behavior (practice, school & beyond)**
 - 1st class
- **Sportsmanship**

HEALTH & SAFETY



<https://www.runninraiders.com/athlete-health>

Hydration: 2-3 Liters of Water/ Day, depending on conditions

Nutrition: 3 balanced meals + snacks (post-workout)

IRON ([runninraiders.com/iron](https://www.runninraiders.com/iron))

Shoes: Individual; new ones each season

Roads: Face traffic; be alert.



MEETS

Have to be in school the day of meets (when applicable)

Character should shine

- **Bus, restaurants, hotel**
 - Boys w/ boys & Girls w/ girls (bus and hotel)
 - Don't race or travel
- **Sportsmanship @ Meets**
- **Away Meets: School provides transportation/hotels**
- **Home Meets: provide own transportation**
 - RC Invite; Best of the West



TRAVEL RELEASE

If you need to take your child from (or traveling to) a meet:

- **Print off a form at runninraiders.com/schedule**
- **Complete the form and return it to the Activities Office**
 - They'll keep a copy at the Office
 - Give me a copy at Departure
 - We'll both sign it when you pick up your child from the meet
- **It's a hassle, but it helps us keep kids safe and accounted for**

ACADEMICS



- We want to keep making the Academic Honors list
 - SDHSAA Awards
 - 10+ Years in a Row

In order to be eligible, you must be...

- Enrolled in at least 4 classes
- Pass at least 4 classes

ROAD RACES



Don't do these during the Cross Country season, you'll lose eligibility.

VARSITY



- Top 7 by average place

LETTERING



Lettering Policy

Varsity:

- Top 10 (by average place)
- Seniors with 2+ years participation

JV Award:

- The next 7 runners (by average place)

Participation Award:

- Everyone beyond the 7th JV Award

UNIFORMS

Give these back.



FUNDRAISING



- Outside of uniforms and travel, we are given a budget of \$0
- What we do/want to do w/ Fundraising \$\$
 - www.runninraiders.com/fundraising

We use funds for a variety of program enhancement endeavors.



CONTACT

REMIND

Text: @stevensxc to 81010

E-Mail

- coachjessecoy@gmail.com