

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



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)

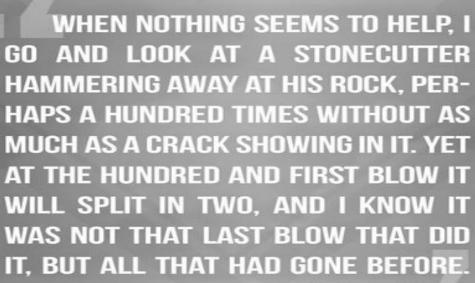


PROCESS > OUTCOME

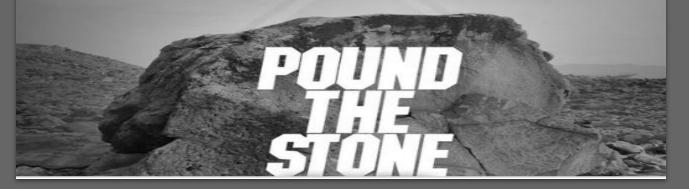




Pound The Stone



JACOB A. RIIS



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.
 - o **BOYS** Seniors: 55-60 / Juniors: 50-55 / Soph's: 45-50 / Fr. Just run
 - o 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:

- 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.
- 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
 - o 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 (<u>runninraiders.com/iron</u>)

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





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 \$\$
 - o <u>www.runninraiders.com/fundraising</u>

We use funds for a variety of program enhancement endeavors.

CONTACT

REMIND

Text: @stevensxc to 81010

E-Mail

coachjessecoy@gmail.com