

*Accept the Challenge – The Crusader Challenge*  
**Sheboygan Area Lutheran High School Cross Country**

### **Philosophy**

Lutheran High is Preparing Christian Leaders - One student at a time. Athletics is a tool that helps reach this goal. I challenge the students to do everything they can to get better each and every day in everything they do. God has given us all different talents, I encourage students to develop these talents for God's glory. Each student will be asked to give his/her best effort each day. They will also be asked to have a positive attitude, to be on time, to be at practice and meets, and to build each other up through Christian encouragement. The Sheboygan Lutheran Cross Country Team Experience measures success using the 4 F's - Fun, Fitness, Fellowship and Faith.

### **Coaches**

Mr. Jeff Jurss - 29th year. Coach Sean Hasenstein 12th year. Mr. Jake Jurss 4th year.  
All 3 ran Cross Country for Sheboygan Lutheran. All 3 ran at State.

### **Practice**

There are two main workouts; distance running for training, recovery, and endurance, and repeat running for speed and endurance. The workouts are done on the grounds of Sheboygan Lutheran and around the city. We have a set routine each day. Warm- up, stretching, form running, leg swings, accelerations, work out, cool down, sit - ups, leg swings and stretching.

### **Varsity and Junior Varsity Teams**

The fastest 7 runners at the previous meets earn "varsity status" for the next meet. All other runners will compete in the JV race. Any number of runners can compete in the JV race and they can be in any grade. To calculate a team score, the top five runners' places are added up - low score wins. The 6 and 7 runners are called bumpers as they bump the other team scores back.

### **Meets**

All of our meets are Invites. This means we run against 10 – 25 teams at a time. The varsity girls usually run 1<sup>st</sup> followed by varsity boys and then the JV races. Some meets have all boy runners (JV and Varsity) run together and then the all the girls run together. All the varsity races give out medals, sometimes it is to the top 10, sometimes it is to the top 25. Every race is different. All races give out team trophies or medals. It may be for the top three or just the champion.

### **Uniforms**

Each runner is given shorts and a team tank top, a team t – shirt, and a warm up jacket. The team t-shirt is to be worn to all races. The uniforms have numbers on them and at the end of the season your number uniform needs to be returned. If more than one teammate is getting an award please dress the same. We would like you to have all black shorts and sweatpants.

### **Early Dismissal, Departure and Return Times**

On the schedule the time the bus leaves and the time of the meet is indicated. The approximate time we arrive back at school varies on the efficiency of the meet. Sometimes we have to leave school early for meets, this means the kids have to turn in assignments and make sure all notes and homework is taken care of beforehand. If kids need rides after meets I will have them call or text parents 15 minutes from school. Coaches will wait until everyone is picked up from practice or meets.

### **The Bus**

We take a bus to almost every meet. Don't leave anything behind. Always be polite and thank the bus driver.

### **Shoes**

Practice and Spikes –You will want to have a regular pair of running shoes for practice and a pair of spikes for meets. Spikes vary in price with previous years costing way less than the new colors and designs. Nike.com and Dicks.com are great on-line sources for running shoes and spikes. Rogans also has a variety of brands and styles. Running shoes will last one season. If old shoes are worn, overuse injuries can occur.

**Homecoming** - Details to Follow – Homecoming is a fun week, highlighted by the ability to light the bonfire. Details will come the week before the festivities. This season we have a meet at Mishicot on the Pep Rally Night.

**Food** – At meets, at home, at lunch - It is good to avoid fats and empty calories. Pasta and rice are great choices. Skip the cheese and chips. Avoid soda and drink plenty of water. Fruit, granola bars, yogurt, and vegetables are awesome for lunch and before meets.

**Sleep** – You need sleep. Practice will make you tired. However, you also need to do homework and be involved in family activities. Organization and time management is key.

**Ice/Injuries/Trainer** - We have a great ice machine and you can take ice everyday for soreness. You can't run if you are hurt so let me know if I can help you in any way. Remember that injured and sore are different. You will all be sore after the first week but hopefully not injured. A trainer is available everyday, let me know if you want to see the trainer.... However, remember when you are with the trainer you aren't training.

**The Press** - The Sheboygan Press is not what it used to be. The Sun and The Beacon do some weekly stories. They do what they can with limited newspaper space, number of reporters, and time they have available. Many times they focus on individual accomplishments rather than teams. They will put the meet results online but not in the printed paper. It is what it is. Don't worry about it.

**Home Meets** - We have 2 home meets. This is a great time for friends and family to come watch us run. Cost is free. At these meets we have a parent organized and manned concession stand. Please be willing to help. Look for emails that will direct you to a "sign up genius".

**Bulletin Board / Email** - I post results, schedules, workouts, and other interesting things on the bulletin board in the west gym lobby. I recommend the runners check it often. It will answer many of their questions. I will also put this info on the [lutheranhigh.com](http://lutheranhigh.com), then click students, then click athletics, then click Cross Country. I will also send emails out with information as well.

**Team and Individual Pictures** - Pictures will be taken on August 21st - the 1st day of school - a half day. Uniform handout will be after school that day. Bring the envelope with you to practice - do not hand it in to the office. You do not have to order pictures but they are available. There are many options to choose from when ordering. Check the envelope form for options.

**Lettering** - To earn a varsity letter for Cross Country you must be in good standing on the team, run faster than the "letter time" in 8 meets, and complete the season. "Letter time" is finishing with a time that is in the top 2/3 of the varsity race. So, in a varsity race of 100 runners, if the 66th runner finished with a time of 18:45 that would be the "letter time". If you run JV or Varsity you can earn a "letter time" point.

**State Meet** - There are two ways to earn the right to compete in the State Meet at the Ridges Golf Course, in Wisconsin Rapids, on October 28th, if your team finishes in 1st or 2nd at the sectional meet on October 21st or if you finish as one of the top 5 individuals, excluding the individuals from the two top teams at the sectional meet, you also qualify for the State meet.

**Social Media** - Facebook, Twitter, Instagram, SnapChat, Tik Tok help people connect and share information. I encourage you to use it positively, to build others up, share highlights and fun times, and to get to know runners from other schools. I ask that it isn't used to question coaching, share workout information, trash talk other teammates or teams, express frustration over a race or coaches decision or anything else destructive. Be Positive!

**Team Apparel** - A team store will be opened with t-shirts, sweatshirts, hats, and jackets all available. Nothing needs to be purchased. You order and pay online. When printed, the orders will be delivered to school and handed out to the runners. The store is open until Friday 12 Noon. The link will be shared.

**Practice and Meet Schedule** - is located online by going to [lutheranhigh.com](http://lutheranhigh.com) - then clicking **ACTIVITIES** and then clicking **CROSS COUNTRY**. This calendar is the most up to date source.

We are looking forward to a great season. We will motivate, encourage, and inspire the runners to do their very best, using the gifts God has given them. We thank you for sending your kids to Lutheran High and encouraging them to come out for the team. Please support our team with your prayers and encouragement during the season.

#### **Coach Contact**

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