

Indianola Girls Cross Country Handbook [2023]



Photo by Malinda Palmer

Spirited
Tenacious
Reliable
Optimistic
Noble
Gritty

Head Coach:
Morgan Singleton

Assistant Coach:
Courtney McKenzie

Welcome!

Welcome to Indianola Girls Cross Country! Coaches Singleton and McKenzie are so excited to spend time with each one of you. You can look forward to working hard, setting goals, and making personal growth on this team. It is our hope that you come out of this program not only as better runners, but also as better humans. It is very important to us that each of you feel that you are a valued member of this team. We are going to have a great season!

#IndyGirlsRun



Meet the COACH



Head Coach: Morgan Singleton

A FEW OF MY FAVORITE THINGS

- ♥ My dogs
- ♥ Running
- ♥ Reading
- ♥ Volunteering
- ♥ Shopping local
- ♥ Hot Vanilla Lattes
- ♥ Teaching 3rd grade at Emerson

A LITTLE ABOUT ME

Coach Singleton is married to Cort Singleton. They share a daughter, Jovie, who turns 2 in July. Coach Singleton began running cross country and track as a middle schooler in Webster City. She was a varsity runner for the Lynx, setting the 4K WCHS cross country school record in 2012. Coach Singleton went on to Simpson College where she ran cross country and steeplechase in track. After college, she began her coaching career at Carlisle High School as an assistant coach for 3 years and a head coach for 2 years. Coach Singleton was honored as an At-Large Coach of the Year in both her 2020 and 2021 seasons. This 2022 XC season will be Singleton's 2nd as the head coach in Indianola!

CONTACT

Mrs. Morgan Singleton

515-297-0561

morgan.singleton@indianola.k12.ia.us

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Meet the COACH



Assistant Coach: Courtney McKenzie

A FEW OF MY FAVORITE THINGS

- ♥ Chiefs football
- ♥ Reading
- ♥ My cat Luna
- ♥ My dog Jax
- ♥ Running
- ♥ Traveling to adventurous places


A LITTLE ABOUT ME

Coach McKenzie is married to Ian McKenzie, whom she met while running college XC and track at Simpson College. Coach McKenzie started running XC and track in 7th grade at Southeast Polk. She also participated in dance and 4-H. She continues to run in her free time, and participated in the Boston Marathon last spring. She looks forward to cheering her husband on at next year's Boston Marathon! McKenzie spent a few years as an assistant XC coach at Simpson College, and is excited for her first year at the high school level. She coached her first season of high school track last year, and spent 4 years previously coaching track at the middle school level. Coach McKenzie is also a 6th grade Language Arts teacher at the middle school.

CONTACT

Mrs. Courtney McKenzie
515-402-1390
courtney.mckenzie@indianola.k12.ia.us

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TEAM INFORMATION [Practices]



Practice
Expectations
**3:40pm Monday
through Friday and
7:30am on Saturdays.**

We will meet in the
North Gym Lobby at
the high school.
Practice times are
subject to change.

Practice Routine

We will always start and end practices at the high school. Cool downs, stretching, core work, mobility, and strength exercises will be done either all together or in small groups as athletes finish runs. Team Building and Announcements will always take place at the start of practice, so once athletes are done with their workout and cool down, athletes can check out with a coach.


Practice Expectations

3 unexcused tardies or absences
will result in being benched for the
next meet.

Being on time shows you care!



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TEAM INFORMATION [Practices]



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Water & Nutrition

It is extremely important that athletes fuel their bodies appropriately. Drink water frequently and make sure meals and snacks are hearty and nutritious.

Practice Gear

First and foremost: **you NEED a good pair of running shoes.** A good foundation sets your body up to stay healthy!! Dress appropriately for practice. Hot or cold, athletes should have spare clothes, gear, and layers in their practice and meet bags. Come prepared!

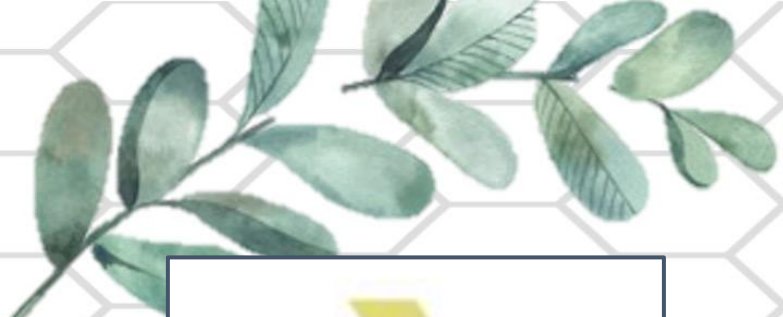
Running & Safety

#IndyGirlsRun this town!! Literally. While some of our workouts will be done on the track at IMS, the majority of our runs will be around town or at Pickard Park.

When running about town, safety is extremely important. Athletes will run on sidewalks when available, or on the side of the road, opposing traffic (left side), when not available.

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TEAM INFORMATION [Meets]



Run
Hard
&
Have
Fun!

Varsity and JV Squads

The Varsity squad consists of 7 runners. Coaches will take all practices, meet results, and injuries into account when determining the 7 varsity runners. Typically, the runners with the 7 fastest times will be the varsity squad. The remaining athletes will run in the JV race. An athlete's "spot" is not permanent. We expect movement within the Varsity and JV squads throughout the season.


Meet Day Notes

Our camp area is the equivalent of a bench in basketball or the sidelines in football.

Spectators- Please refrain from approaching the team camp before races. We have a job to do!

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TEAM INFORMATION [Meets]



Meet Information

Meet directions and information can be found on the ICSD Athletics website, Twitter, and will be sent out through email.

Conclusion of Meet

Athletes should plan on staying for the duration of the meet to support teammates, clean up camp, & ride the bus home. If an athlete is unable to stay, the parent **MUST** sign them out on the camp clipboard.

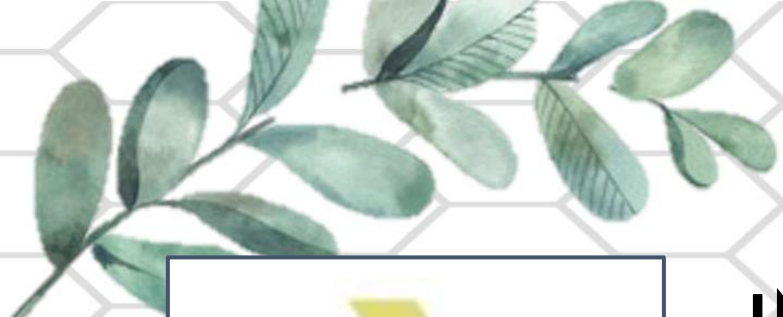
Meet Gear

Each athlete will be issued a **uniform** to use for the season. Show pride in the uniform by showing good sports[wo]manship at meets and by taking care of it. It should be washed carefully and hung to dry after each use. Athletes should be wearing appropriate **Indianola warm up** gear prior to racing. At the very least, an Indianola shirt should be covering the jersey top before race time. Always be prepared with layers. All gear worn should represent Indianola. Heat gear may be worn beneath the uniform, but the color must be solid **black**.

*Getting pair of racing **spikes** is recommended.*



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TEAM INFORMATION [Communication]



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Communication

Four places to look for information about our program are:

1. Emails from coaches
2. Twitter
(@CoachMolHSXCTF)
3. ICSD Athletics Site
4. "GroupMe" Team Chat (runners and coaches only)

Communication is KEY

The coaching staff expects each athlete to be committed to this team. We would like the priority to be our XC season, however, we do understand that our runners are very involved in academics, the arts, and other athletic teams.

If an external activity conflict can't be avoided, it is the expectation that athletes communicate when they have a practice conflict **in advance** so coaches can work with athletes to find a solution. Practice/Meet conflicts not resolved before the day of practice will be counted as unexcused.

Ask Questions

The coaches are very happy to answer any questions that runners and their families may have. There is no such thing as a silly question!

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TEAM INFORMATION [Awards]



STRONG Award

The STRONG Award will be awarded each week to runners who are **S**pirited, **T**enacious, **R**eliable, **O**ptimistic, **N**oble, and/or **G**ritty in practices or in meets.

Lettering

To earn a Varsity Letter, athletes must run on the varsity squad for the majority of the season.

However, running JV races doesn't necessarily mean missing out on a Varsity Letter: Athletes may earn varsity "credits" by running a time equal to or faster than 22:00 in the majority of their races.

Injuries and other circumstances may be considered by the coaches when determining letters.

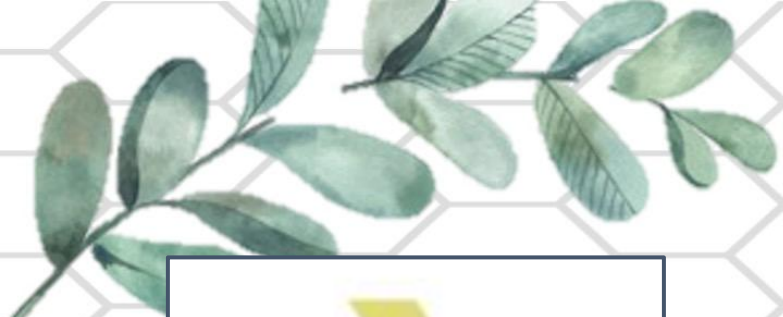
Twitter

Check out Coach Singleton's Twitter for other team recognitions and shout outs!

@CoachMoiHSXCTF

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TEAM INFORMATION [Conduct]



Note:

It is very important to the coaches that athletes represent our team well. We will be the kindest, most considerate team at all outings. We will encourage others and be accepting of meet day decisions. We are the best team in the state because we are GOOD HUMANS!! You are ALWAYS representing Indianola and our program!!

Board Policy

The board believes inappropriate student conduct causes material and substantial disruption to the school environment, interferes with the rights of others, or presents a threat to the health and safety of students, employees, and visitors on school premises. Appropriate student behavior allows coaches to communicate more effectively with athletes. All athletes will conduct themselves in a manner fitting to their age level and maturity and with respect and consideration for the rights of others while on school district property or on property within the jurisdiction of the school district; while on school-owned and/or school-operated chartered vehicles; while attending or engaged in school activities; and while away from school grounds if misconduct will directly affect the good order, efficient management and welfare of the school district.

(Ref. School Board Policy 503.1)

1st Offense- Warning. If the behavior is viewed as severe, then a meeting with the athlete, guardians, & coaches may be warranted.

2nd Offense- Reprimand. The athlete, guardians, and coaches will have a meeting about the offense. Athlete will be benched for the next meet.

3rd Offense- Removal from the team.



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TEAM INFORMATION [Support]



There are so many ways to support our team! We appreciate our ENTIRE Cross Country family!!

Meals and Snacks
There will be opportunities throughout the season to provide meals or snacks for our team. This is definitely not required, but is appreciated if there are families that would like to do this.

Spectating
Come to meets and cheer loud for our girls!! Wear your purple and gold (and maybe your own running shoes, too!!)


Fundraising
Watch for opportunities to fundraise with the team!

Be a Booster!!



<https://www.indianolaathletics.com/about/become-a-member/>

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TEAM INFORMATION [Final Notes]



“We train
together to
make each
other great.”

~Kara Goucher

Equity

Everybody matters.
Everybody contributes. There
is a place for everyone to
shine on this team. Every role
is important. Varsity or JV, we
are all making each other
better simply by training hard
and pushing each other.

There is no varsity team
without a JV squad propelling
them forward.

Workouts will be differentiated
based on ability, health, and
age. We ask that you trust the
process, but also advocate for
yourself and your peers.

Attitude is Everything!

Your attitude will determine your
success. This sport is 98% mental.
If you believe you CAN, you will. If
you think you CAN'T.....you're
right. RUN HAPPY!

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