



Head Coach- Shane Malaski  
Assistant Coach - Chris Bolhuis

Mission Statement: The Hudsonville High School Boys Distance Running Program is cultivating relationships through the power of running in a positive atmosphere.

**HUDSONVILLE**



**DISTANCE**

I believe in creating a positive goal-oriented environment where athletes form bonds with one another. The athletes will build confidence and character while pushing through barriers together. The following quote is from Bill Bowerman, legendary Oregon University Cross Country and Track Coach

*“Running, one might say, is basically an absurd past time upon which to be exhausting ourselves. But if you can find meaning, in the kind of running you have to do to stay on this team, chances are you will be able to find meaning in another absurd past-time: Life.”*

When runners are done with their running at Hudsonville, I hope through the relationships built with teammates and coaches that they're provided with a foundation of values: Excellence, Selflessness, Discipline, Respect, Growth to take with them in their future endeavors.

I hope by the time the you graduate you understand Bill Bowerman's quote and apply it to whatever lies ahead for you in the future.

Welcome to Hudsonville Cross Country.

## Varsity Letter

1. Run under 18:30 in a race
2. Run Cross Country for 4 years and finish each season in good standing adhering to team rules and your team duty. Strong leadership from a 3<sup>rd</sup> year senior would be considered varsity letter as well.

## Varsity Selection

The top 7 on the team is varsity. Varsity is determined through how well you do at practice and at meets. A varsity uniform can be taken from you at anytime. Being on varsity is a privilege not a right.

## Team Duty

*As a part of the Hudsonville Boys Cross Country team, I will take the responsibility to be a positive team member. I will work to get the most out of my ability both in the classroom and on the course. I will be a positive image to others in social situations. I will represent my school, teammates, coaching staff, and myself with a sense of respect and pride. I will display enthusiasm and energy to the sport and to my teammates in their effort to reach the goals we set as a team as well as the goals they set as individuals. I will be eager and present myself on time to practice and meets. If I do have a problem it is my responsibility to inform the captains, or one of the coaching staff members. Lastly I understand the magnitude and the importance of being there for my fellow teammates.*

## 2021 Schedule

August 21 Muskegon Invite 10:15am  
August 27 Under the lights South Christian Night race 930pm JV 1130pm Varsity  
September 17 MSU TOP 10 only and 2 Seniors  
September 21 Jamboree @ Grand Haven  
October 5 Jamboree @ West Ottawa  
October 9 Portage Invite  
October 21 Conference @ Riverside  
October 30 Regionals @Portage  
November 2 Banquet ?? or 3rd  
November 6 State @Michigan International Speedway Brooklyn

## Team Rules

- Follow all guidelines according to the Athletic Handbook. If you're absent from school, you can't not practice or compete without a doctors note.
- REPORT all injuries to coach/athletic trainer immediately. Do not be afraid to say if something is bothering you. The more you keep quiet the longer it's going to take to recover.
- If you are going to miss a practice for any reason, you must let me know. There's a difference between excused and unexcused. If you're at school and not at practice that's unexcused. If you have a dr appt or drivers ed for example, give me a handwritten note to what date you're gone and why.
- Unexcused absence 1st occurrence - miss meet 2nd occurrence turn in uniform
- No walking during runs unless you're fitness is unable to maintain a run
- Follow all Covid-19 rules
- Any breaking of rules could result in the missing of 1 to multiple competitions

## Competition Policy

- Runners must ride the bus to meets as a team. However, they may ride home with a parent after coaches give permission for kids to leave and also if the sign-out sheet is signed by a parent.
- Sportsmanship is very important to our team. Represent Hudsonville, our team and yourself with a sense of pride and respect at all times.
- Leave the shed better then you found it. The bus and team tent should be spotless every time we leave them better then we found it.
- Failure to follow competition policy can results to missing of 1 to multiple competitions

