

# Cross Country Info Meeting

**[www.dhsc.wednet.edu](http://www.dhsc.wednet.edu)**

1. **Personal Info Form**



2. **Planet HS Account ([planeths.com](http://planeths.com))**



- Athlete and parent accounts must be linked
- Physical Card. Must be fully completed & uploaded

3. **Summer Conditioning – times, travel, pool workouts**

4. **Team Camp @ Bay Cliff (August 20-27) – \$\$ Due Aug 4<sup>th</sup>**

- Will be paid on PaySchools events

5. **Schedule for the season**

6. **Shoe night June 27<sup>th</sup>**

7. **Parent meeting June 26<sup>th</sup> @ 7:00pm**

**Sign up for Remind!**

**Use app or text to 81010**

**Boys team = @dhsbxc**

**Girls team = @dgxc**

## Coaching Staff

Coach Timpa [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us),

Coach Zarzycki [tzarzycki@cvs.k12.mi.us](mailto:tzarzycki@cvs.k12.mi.us),

Coach Roginski [eroginski@cvs.k12.mi.us](mailto:eroginski@cvs.k12.mi.us)

## PlanetHS Account Instructions – New Accounts

- 1) Go to [www.planeths.com](http://www.planeths.com)
- 2) Click sign up at the bottom of the page.
- 3) Fill in your information and click sign up (parents and students)
- 4) **For Parents:** you will be prompted to fill in your child's emergency contact information.
- 5) After you have filled in the emergency contact information link you child's account with yours on the left side of the page. **Please make sure you know which email/phone number your child has used to register.**
- 6) Once everything is linked, go to the blue bar at the top of the page and click on athletic forms.
- 7) At the bottom of the page you will see the following:
  - Health Questionnaire/Physical
  - Insurance Consent Form
  - Parent/Athlete Concussion Form
  - Emergency Contact Form
  - Code of Conduct/ImPACT signature form
  - Impact concussion test (staff upload only)
- 8) Upload a physical dated after 4/15/2021 into the physical space.
- 9) Insurance consent, concussion form, emergency contact form and code of conduct **MUST** be signed electronically. **DO NOT UPLOAD ANYTHING HERE.**

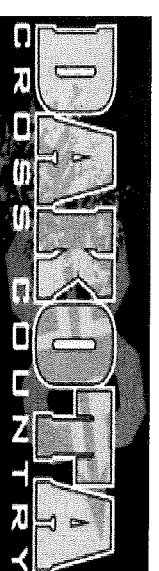


## BIGTEAMS STUDENT/PARENT ATHLETIC FORMS REGISTRATION GUIDE

**\*\*This guide is intended for students and parents that have not yet logged into BigTeams for registration purposes.\*\***

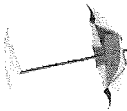
<b>1. Get Started</b>	<p>Go to: <a href="https://studentcentral.bigteams.com/">https://studentcentral.bigteams.com/</a> and follow the next 2-5 steps as a student and as a parent in order to complete registration.</p> <p><b>STUDENT</b></p> <p>Two options:</p> <ol style="list-style-type: none"><li>1) Your school has already created an account for you. Attempt to sign in with your school email address and first time password: bigteams</li><li>2) Your school has <b>not</b> created an account for you. Click "Sign Up To Create New Account" and proceed through 5 step account creation process.</li></ol> <p><b>PARENT</b></p> <p>Click "Sign Up To Create New Account" and proceed through 5 step account creation process.</p> <p>NOTE: Your login email address will need to be unique to your account and cannot be re-used. If you are a parent and also a staff member, you will need two accounts with two unique logins, one for being a parent and one for being a staff member.</p>
<b>2. Account Linking</b> (My Profile -> Linked Accounts)	<p><b>STUDENT SEND INVITATION</b></p> <p>Students should send linking invitation to their parent using the search "+ Link Parent Account" search options. If no results found, input parent's preferred email address or mobile number, and click Send Request. Proceed to Athletic Forms after sending linking request or wait to complete the form requirements with your linked parent after they accept the invite.</p> <p><b>PARENT RECEIVE INVITATION</b></p> <p>The invitation will show within the parent profile. The linking invitation is emailed/texted to the intended parent but does not require action in order to accept the invite. Simply sign in with the email address/phone number that your student invited you by going to your Linked Accounts section. Once linked with student proceed to next step.</p>
<b>3. EMERGENCY CONTACT</b> (My Profile -> Emergency Contact)	<p><b>*PARENT ONLY*</b></p> <p>Your school utilizes the Emergency Contact section to build reports for game/events. Be sure to input as much information as possible, clicking UPDATE at the bottom when complete. Relevant information will also carry over to digital forms saving you time when completing registration for your student(s).</p> <p>Once complete click <b>Forms</b> followed by <b>Athletic Forms</b>.</p>
<b>4. Complete Digital Forms</b> (Forms -> Athletic Forms)	<p><b>STUDENT</b></p> <p>Students can begin completing forms while logged into their own account by clicking Forms and then Athletic Forms. Students can also wait for their parents to accept the linking request before getting started. In the Linked Accounts section for parent accounts there is a "Sign In As" feature that will allow students to sign their forms while logged into the parent account.</p> <p><b>PARENT</b></p> <p>Once linked with your student(s), click Forms followed by Athletic Forms. From there, scroll down to your first student's form requirements. Once complete, all forms will either show a status of Complete, Pending Staff Approval, or Awaiting Athlete Signature. . Need to help your student? Return to your <b>Linked Accounts</b> page after clicking <b>My Profile</b> to assist your student with their signature requirements.</p>
<b>5. Approved Notification</b>	<p>When all forms are complete/approved by your school, a notification will be sent to you stating all forms have been accepted. You will be notified via email and/or text message (if you have selected the text message option during account creation), if a form has been declined by your school. You will be sent a notification, in which you will be given the reason for denial and a link to review and resubmit your changes back to the school.</p>
	<p><b>**NEED ADDITIONAL ASSISTANCE?**</b> Check out Self Help on site or visit our help website at: <a href="https://bigteams.my.site.com/support/s">https://bigteams.my.site.com/support/s</a></p>

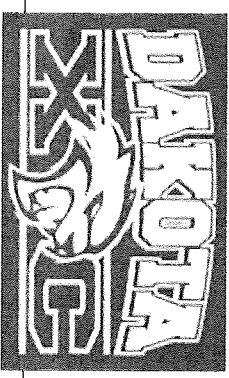
# June 2023



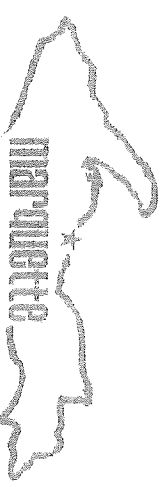
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CC Conditioning 2:30 @ DHS Stadium	2 CC Conditioning 2:30 @ DHS Stadium	3
4	5 CC Conditioning 2:30 @ DHS Stadium	6 Preseason Meeting 2:30 pm DHS Community Room	7 CC Conditioning 2:30 @ DHS Stadium	8 CC Conditioning 2:30 @ DHS Stadium	9 CC Conditioning 2:30 @ DHS Stadium	10 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building
11 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	12 ½ Day- Exams CC Conditioning 10:45 am @ between NGC & 10/12 building <b>*T&amp;F Awards 6pm</b>	13 ½ Day- Exams CC Conditioning 10:45 am @ between NGC & 10/12 building	14 ½ Day- Exams CC Conditioning 10:45 am @ between NGC & 10/12 building	15 CC Conditioning 8 am - Meet between NGC and 10/12 building	16 CC Conditioning 8 am - Meet between NGC and 10/12 building	17 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building
18 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	19 CC Conditioning 8 am - Meet between NGC and 10/12 building	20 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>Pool 4:00 pm</b>	21 CC Conditioning 8 am - Meet between NGC and 10/12 building	22 CC Conditioning 8 am - Meet between NGC and 10/12 building	23 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>AM Pool</b>	24 <b>RUN THE PLANK 5K</b> Cost \$35 includes past dinner, race, pizza after Time 8:15am
25 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	26 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>Parent Meeting 7:00PM</b>	27 CC Conditioning 8 am - Meet between NGC and 10/12 <b>HANSONS SHOE NIGHT! 6 – 8PM</b>	28 CC Conditioning 8 am - Meet near Splashpad the Clinton Twp. Civic Center	29 CC Conditioning 8 am - Meet between NGC and 10/12 building	30 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>AM Pool</b>	


# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 OPTIONAL CONDITIONING 9 am Meet between NGC and 10/12 building
2 	3	4	5	6	7	8
<div>SUMMER DEAD PERIOD</div>						
9 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	10 CC Conditioning 8 am - Meet between NGC and 10/12 building	11 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>PM Pool – 4:00 pm</b>	12 CC Conditioning 8 am-Meet @ Splashpad Clinton Twp. Civic Center	13 CC Conditioning 8 am - Meet between NGC and 10/12 building	14 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>AM Pool</b>	15 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building
16 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	17 CC Conditioning 8 am - Meet between NGC and 10/12 building	18 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>PM Pool – 4:00 pm</b>	19 CC Conditioning 8 am-Meet @ Splashpad Clinton Twp. Civic Center	20 CC Conditioning 8 am - Meet between NGC and 10/12 building	21 CC Conditioning 8am Hanson's XC meet @ Stony Creek Oakgrove 7PM Register online <b>AM Pool</b>	22 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building
23 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	24 CC Conditioning 8 am - Meet between NGC and 10/12 building	25 CC Conditioning 8 am - Meet between NGC and 10/12 building <b>PM Pool – 4:00 pm</b>	26 CC Conditioning 8 am-Meet @ Splashpad Clinton Twp. Civic Center	27 CC Conditioning 8 am - Meet between NGC and 10/12 building	28 CC Conditioning 8am Hanson's XC meet @ Riverbends 7PM Register online <b>AM Pool</b>	29 <b>Sterling Fast 5K \$25 @ Dodge Park 9am</b>
30 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building	31 CC Conditioning 8 am - Meet between NGC and 10/12 building					



# August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CC Conditioning 8 am - Meet between NGC and 10/12 building	2 CC Conditioning 8 am-Meet @ Splashpad Clinton Twp. Civic Center	3 CC Conditioning 8 am - Meet between NGC and 10/12 building	4 CC Conditioning 8am XC meet @ Hanson's Utica store 7PM Register online <b>CAMP FEE DUE!</b>	5 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12 building
6 OPTIONAL CONDITIONING 9 am - Meet between NGC and 10/12	7 CC Practice 8 am - Meet between NGC and 10/12 building	8 CC Practice 8 am - Meet between NGC and 10/12 building <b>Pool 4:00 pm</b>	9 CC Practice 8 am-Meet @ Splashpad Clinton Twp. Civic Center	10 CC Practice 8 am - Meet between NGC and 10/12 building	11 CC Practice 8 am - Meet between NGC and 10/12 building <b>AM Pool</b>	12 OPTIONAL Practice 9 am - Meet between NGC and 10/12 building
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20	21	22	23	24	25	26
<div> <div>DAKOTA</div> <div>CC TEAM CAMP @Bay Cliff Health Camp</div> <div>August 20<sup>th</sup> – Aug. 27<sup>th</sup></div> </div>						
27 	28 CC Practice 2:30 pm - Meet between NGC and 10/12 building	29 CC Practice 10 am - Meet between NGC and 10/12 building <b>Pool 4:00 pm</b>	30 CC Practice 2:30 pm- Meet between NGC and 10/12 building	31 CC Practice 8 am-Meet @ Splashpad Clinton Twp. Civic Center	1 CC Practice 8 am - Meet between NGC and 10/12 building <b>AM Pool</b>	2 OPTIONAL Practice 9 am - Meet between NGC and 10/12 building



# DAKOTA CROSS COUNTRY TEAM CAMP 2023



**DHS XC**

**When: August 20 - August 27**

**Where: Bay Cliff Health Camp  
Big Bay, MI 49808**

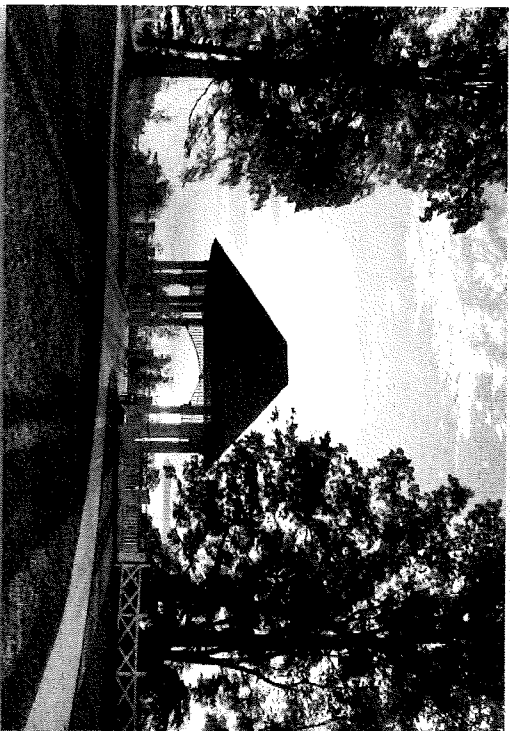
**Why:** To create a close knit team environment, learn about running physiology, philosophy, strategy, diet and nutrition and to get prepared for the upcoming competitive season.

**Who:** Any high school athlete who

- A. has an updated athletic physical
- B. Meets these fitness requirements
  - Can run 30min. w/o stopping
  - Attend a minimum of 10 conditioning sessions
  - Cumulative total mileage for the summer of 50 miles
- C. Is a member in good standing of the current/upcoming DHS CC team.

It is recommended that any runner joining the cross country team for the upcoming season attend camp.

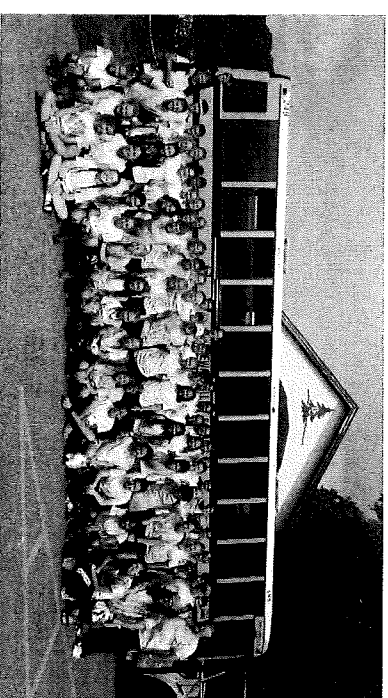
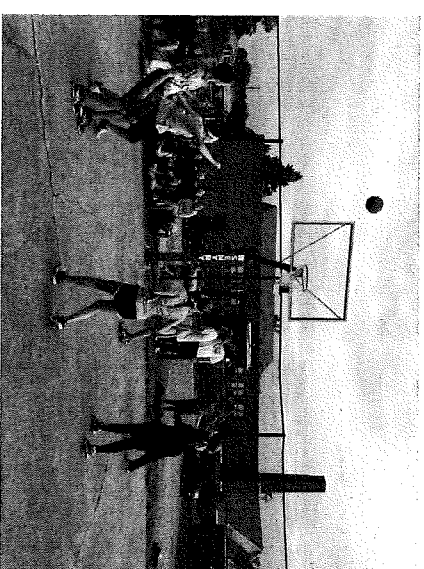
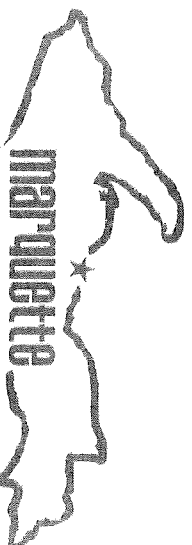
There are minimum fitness requirements to ensure that all attending camp will be able to handle the workload without risking injury. Seven day total mileage will vary from 30 - 70 miles. **Freshman are highly encouraged to attend.**



**Coach Timpa:** [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)

**Coach Zarzycki:** [tzarzycki@cvs.k12.mi.us](mailto:tzarzycki@cvs.k12.mi.us)

**Coach Roginski:** [eroginski@cvs.k12.mi.us](mailto:eroginski@cvs.k12.mi.us)



## Pre-Registration

Name: \_\_\_\_\_

MALE      FEMALE      9    10    11    12

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ MI Zip: \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

## Contact Information

Email: \_\_\_\_\_

Parent/Guardian Phone: \_\_\_\_\_

(    )    \_\_\_\_\_

Athlete Phone: \_\_\_\_\_

(    )    \_\_\_\_\_

## CC Camp Shirt Size

S                      M                      L                      XL

\*Please fill out and return this form if you are interested in attending camp  
Coach Zarzycki — Girls Team  
Coach Timpa — Boys Team

**Cost: \$400\***

\*All prices are subject to change due to changing camp fees

Family pricing: more than 1 athlete attending camp? Contact the coaches for information about possible family prices.

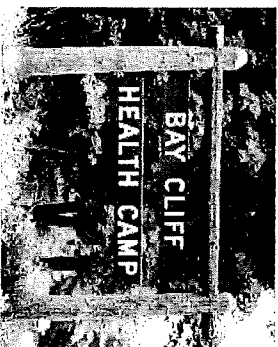
Includes: Transportation, Lodging, 3 meals/day, drinks, snacks, camp shirt, other activities if offered may include swimming, canoes, mini golf, ropes course etc.

## *Payments online through PaySchool Central*

Camp Fees: due Friday August 4th

## Sample Daily Schedule

7:00 am	Morning Run
8:00 am	Breakfast
9 am - noon	Group Activity/ Camp Cup/Sports
12:30 pm	Lunch
1:30 - 4:00 pm	Camp Games/ Travel
4:00 pm	Afternoon Run
6:30 pm	Dinner
7:00 - 9:00 pm	Group activities/ Team meetings
10:30 pm	Lights out



# SUMMER CONDITIONING

## **Mid June to Mid August**

Summer conditioning is open to any middle school or high school athlete who wants to build endurance and/or prepare for the cross country season. By the end of the summer athletes will be able to complete a 5K race.

Location: Between the 9th grade center and the 10-12 building. See schedule on below.

## Summer Conditioning Schedule:

All practices will meet between the 9th grade center and main building.

**Monday: 8 am**  
**Tuesday: 8 am**  
**Wednesday 8am**  
**Thursday: 8 am**  
**Friday: 8 am**  
**Saturday: 9 am**  
**Sunday: TBD**

\*Most Wednesdays are travel days to local parks and trails. See conditioning schedule for any changes

## **Nutrition is #1:**

To keep cross country athletes healthy nutrition is #1. Athletes will learn the benefits of a well balanced diet containing protein, and carbohydrates as well as consistent hydration. You need food to fuel your body!







**2023 DAKOTA COUGARS CROSS COUNTRY**  
**COACH TIMPA /COACH ZARZYCKI**  
**COACH ROGINSKI**  
**MAC RED DIVISION**



DAKOTA EISENHOWER	GROSSE POINTE NORTH GROSSE POINTE SOUTH	ST. CLAIR ROMEO	STEVENSON UTICA	Girls run 1 <sup>st</sup> in 2023
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<u>Day</u>	<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Bus</u>
Sun-Sat	Aug	20-27	DHS XC CAMP @ Bay Cliff, Marquette MI		
Sat	Aug	26	QUEEN CITY INVITE @ Presque Isle Park, Marquette MI	10:00 AM	-----
Wed	Sept	6	MAC RED JAMBOREE @ Stony Creek Bay Pointe	5:00 PM 5:45 PM	2:45 PM (G) 3:15 PM (B)
Sat	Sept	9	ALGONAC CLASSIC RUN@ Algonac HS	9:30 AM 10:30 AM	7:15 AM (G) 8:15 AM (B)
Sat	Sept	16	AUTUMN CLASSIC RUN @ Stoney Creek Bay Pointe	9:45 AM 11:00 AM	7:45 AM (G) 8:30 AM (B)
Fri	Sept	22	JAMES CLEVERLEY INVITE @ Anchor Bay HS	3:45 PM 4:15 PM	1:45 PM (G) 1:45 PM (B)
Sat	Sept	23	JACKSON INVITATIONAL @ Ella Sharp Park	9:00 AM 9:40 AM	6:00 AM (G V) 6:00 AM (B V)
Fri	Oct	6	COUGARS XC CARNIVAL (HS & MS) @ Dakota HS	4:15 PM 4:55 PM	----- (G) ----- (B)
Sat	Oct	14	MACOMB COUNTY MEET @ Stony Creek Eastwood Beach	10:00 AM 10:30AM	7:45 AM (G) 8:15 AM (B)
Sat	Oct	21	MAC RED DIVISION MEET @ Lake St. Clair Metro Park	10:00 AM 10:45 AM	7:45 AM (G) 8:30 AM (B)
Fri	Oct	28	MHSAA DIVISION 1 REGIONAL @ Anchor Bay HS	3:45 PM 4:30 PM	1:00 PM (G) 1:45 PM (B)
Wed	Nov	1	LAST CHANCE TO RUN FAST @ Dakota HS	4:30 PM 5:00 PM	----- (G) ----- (B)
Sat	Nov	4	MHSAA DIVISION 1 STATE FINALS @ M.I.S.	2:10 PM 3:30 PM	10:00 AM (G) 10:00 AM (B)
Tue	Nov	14	ALL COUNTY BANQUET @ Freedom Hill	6:00 PM	-----
Mon	Nov	20	TEAM AWARDS BANQUET @ Zuccaro's (46601 Gratiot)	6:00 PM	-----

Coach Timpa, [mtimpa@cvs.k12.mi.us](mailto:mtimpa@cvs.k12.mi.us)  
 Men's Remind: TEXT 81010 type @dhsbxc in the message  
 Coach Roginski, [eroginski@cvs.k12.mi.us](mailto:eroginski@cvs.k12.mi.us)

Coach Zarzycki, [tzarzycki@cvs.k12.mi.us](mailto:tzarzycki@cvs.k12.mi.us)  
 Women's Remind: TEXT 81010 type @dgxc in the message  
[www.dhsc.wednet.edu](http://www.dhsc.wednet.edu)

## DAKOTA COUGARS CROSS COUNTRY

### How to earn a Varsity Letter:

achieve one or more of the following

- Run under 18:30 (Men) 22:00 (Women) twice during the season
- Run varsity in the MAC, County, Regional or State meet.
- Earn All Conference, All County, All State or are a State Qualifier
- 4 years on the XC team in Good Standing (Service, Leadership, Character, Scholarship)
- Exchange students in Good Standing
- Coach's Decision

### How to earn a Toe Token:

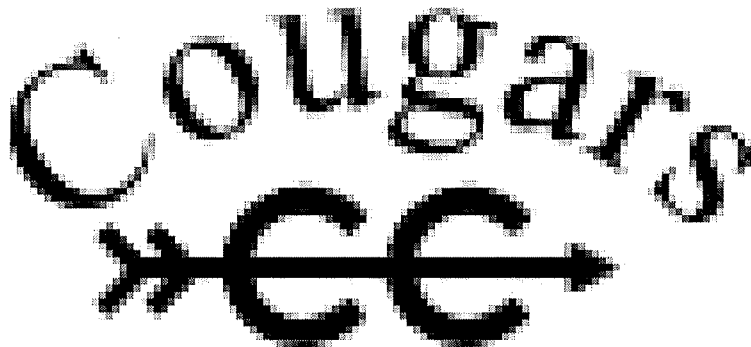
achieve one or more of the following

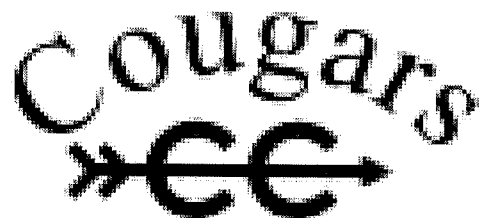
- Qualify for the State Finals
- Perfect attendance during the summer or season
- Run 30, 100 consecutive days
- Be named athlete of the meet
- Complete first 5K
- Set at least 5 Personal Records in one season
- Run in all the races in a season (those you are eligible for)
- Compete in 3 Indoor Track & Field Meets (out of season)
- Compete in 3 road races in the summer or the winter

### How to earn a Mileage Club T-shirt:

do both of the following

- Run 250, 375, 500, or 625 miles in the offseason (Summer or Winter)
- Log your miles on paper, computer or GPS watch





### BAD RUNNERS

DON'T TAKE MUCH SERIOUSLY

### AVERAGE RUNNERS

TAKE MEETS SERIOUSLY

### GOOD RUNNERS

TAKE PRACTICE AND MEETS SERIOUSLY

### GREAT RUNNERS

TAKE ACADEMICS, NUTRITION, SLEEP, WARM-UPS, SHAKE OUT RUNS,  
STRETCHING, ICE BATHS, WEEKEND RUNS, WEIGHT ROOM, CONDITIONING,  
CORE WORK, GOALS SESSIONS, PRE-MEET SCOUTING, PRACTICE, AND MEETS  
SERIOUSLY



# **10 THINGS THAT REQUIRE ZERO TALENT**

- \* being on time**
- \* work ethic**
- \* effort**
- \* body language**
- \* energy**
- \* attitude**
- \* passion**
- \* Being Coachable**
- \* doing extra**
- \* being prepared**



**DAKOTA COUGARS CROSS COUNTRY**