

# Indianola Girls Cross Country Handbook [2022]



Photo by Malinda Palmer

**S**pirited  
**T**enacious  
**R**eliable  
**O**ptimistic  
**N**oble  
**G**ritty

Head Coach:  
Morgan Singleton

Assistant Coach:  
Christina Fitzpatrick

## Welcome!

Welcome to Indianola Girls Cross Country! Coaches Singleton and Fitzpatrick 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



Photo by Brandi Lloyd

**Head Coach: Morgan Singleton**

## A FEW OF MY FAVORITE THINGS

- ♥ Her dog- Vada
- ♥ Running
- ♥ Reading
- ♥ Volunteering
- ♥ Shopping local
- ♥ COFFEE
- ♥ Teaching 3rd grade at Emerson

## A LITTLE ABOUT ME

Coach Singleton is married to Mr. Singleton, who is an 8th grade math teacher at IMS. They share a daughter, Jovie, who turns 1 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 first 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: Christina Fitzpatrick**

## A FEW OF MY FAVORITE THINGS

- ♥ Baking
- ♥ Biking
- ♥ Hiking
- ♥ Fishing
- ♥ Baseball
- ♥ Family Vacations

## CONTACT

Mrs. Christina Fitzpatrick  
515-490-2313  
chris.fitzpatrick@indianola.k12.ia.us

## A LITTLE ABOUT ME

Coach Fitzpatrick is married to Mr. Coach Fitzpatrick, who coaches Varsity Baseball and is the Assistant Activities Director here in Indianola. Together they have three kids, Owen (11), Lucas (8), and Lauren (4). Coach Fitz was a multi-sport athlete in high school. She participated in swimming, cross country, basketball, track, and softball. She went on to play softball at Coe College where she played in the Division III World Series! Fitz is entering her 12th year as assistant coach. In her adult life, she has completed several 5Ks and three half marathons. Finding time to run has been difficult with three active kids and a husband who regularly trains for ultra marathons, but her goal is to help pace Mr. Fitz in the last half of his next 100-mile ultra in October of 2022.

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# TEAM INFORMATION [Practices]



## Practice Expectations

Practice begins promptly at **3:35pm Monday-Friday and 7am on Saturdays.**

We will meet in the **North Gym Lobby** at the high school..

## 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]



## 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. On non-track days, our warm up will be a jog to Emerson Elementary with dynamic stretching on the lower field. 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]



## Communication

Four places to look for information about our program are:

1. Emails from coaches
2. Twitter (@CoachMoIndyXC)
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 **a week in advance** so coaches can work with athletes to find a solution. Practice/Meet conflicts 0-1 days in advance will result in an unexcused absence.

## 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 **Spirited, Tenacious, Reliable, Optimistic, Noble, and/or Gritty** 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 21:40 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!

**@CoachMoIndyXC**

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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 75% mental. If you believe you CAN, you will. If you think you CAN'T.....you're right. RUN HAPPY!

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