

There are different paths to achieve your summer fitness and fall racing goals. The Emerging Elites coaches have assembled some items for athletes, parents and high school coaches to consider:

Athletic factors

- Summer training and fall racing goals
- Access to training facilities
- Evaluate your self-motivation to train with consistent quality
- Evaluate your training partners
- Evaluate the quality of your running
- Evaluate your strength training
- Evaluate your core training
- Evaluate your diet and quality of rest

Personal factors

- Evaluate your daily & workout schedules
- Vacations and family trips
- College visits
- Summer education commitments
- Access to transportation
- Budget

MIAA Regulations

Please note, student-athletes at MIAA schools are subject to specific MIAA regulations regarding out-of-season contact with high school coaches. Moreover, a high school coach is not allowed to influence his or her athletes out-of-season training. From the MIAA Website: <http://www.miaa.net/out-of-season-contact.htm>

I. Advisory Regarding Summer Activity

The MIAA position on summer activities is simple. Students may do whatever they and their parents choose during the course of the summer, but high school coaches are not to have direct influence over those decisions. This position ensures fairness to both your student athletes (summer should be a time where young people can do as they choose) and to those against whom your student athletes will be competing during the high school season.

Member school principals and athletic directors must make certain that their coaches do nothing to give the appearance that there is an expectation for specific out-of-season activity of their student athletes. Coaches should not be communicating with their student athletes with regard to specific program participation. Coaches should not "assign" individuals to lead summer activities as the high school coach's "alter ego". Coaches should not be monitoring attendance or participation of their student athletes in summer programs. Also to be avoided are those summer camps that offer enticements to coaches or teams to participate in those camps.

An additional important consideration for you is in the area of liability. If students or their parents believe that there is an expectation or support for specific summer participation, the school district could be considered liable for any incident associated with such activity.

II. Out of Season Activity (From the "Select Rules Explained" Document)

The spirit of MIAA out-of-season rules 40 and 41 is probably more important than the letter. These standards exist to ensure fairness. It is unfair to student athletes in competing schools to have the opposition prepare, outside of the rules, prior to the start of each MIAA defined high school season. It also is unfair to influence or require student athletes to participate in an out-of-season preparation program, because that deprives them and their parents from making choices about the use of their off season time. Student athletes are free to do whatever they chose to do during their out-of-season period, but their activity must not be influenced or supported by a coach or the school. School uniforms and school names are not to be associated with out-of season activity.

For more information on Out-of-Season Coach-Athlete Contact Limitations, please consult sections 40-41 of the MIAA Handbook. The MIAA Handbook can be found at <http://www.miaa.net/MIAA-Handbook-07-09.pdf>