**Leola High School**

**2022 Cross Country Guidelines and Expectations**

**PRACTICE:**

Practice will begin at the designated start time. It is important that you get to practice on time. Roll will be taken to make sure you do.

If for any reason you cannot attend practice, you will need to notify the coach by phone (call or text), in writing/e-mail, or in person as soon as possible that day (preferably before practice). In the event of an excused absence, arrangements will be made to make up that practice at an alternate time. Failing to notify the coach of an absence will result in an unexcused absence. Injuries are NOT an excused absence. You still need to attend practice unless otherwise discussed with the coach (doctor’s note needed.) 1st violation of the unexcused absence will result in a consequence at the discretion of the coach. 2nd violation of the **unexcused** absence will result in disqualification from the next meet. Further violations could result in suspension from the activity for the year.

**ATTENDANCE:**

An unexcused absence is defined as any absence that is not approved by the coach. The first violation will be handled at the discretion of the coach. The second violation could suspend you from the activity for the year and/or disqualify you from the next meet. The Coach expects to hear from you before practice begins when you cannot be in attendance. We all have personal emergencies, dental appointments, etc. but the courteous and responsible thing to do is to inform the Coach of your conflict. Those that miss practice frequently may be required to verify absences with a note from a parent, doctor or both. This is also covered in the training rules.

Skipping practice because of an injury without a doctor’s note AND discussing it with the coach is NOT excused.

Unexcused absences from practice disqualifies running at the next meet. **NO EXCUSES ACCEPTED!** As for attendance at meets, they are the reason we exist. The team is relying on everybody to perform the best theycan. An unexcused absence from a meet will result in loss of letter eligibility and/or disqualification for the next meet. An athlete will only be excused from a meet if there is a prior approved absence.

Policy dictates students must attend 3 full class periods the day of the meet in order to attend.

If you are LATE to practice, consequences will be at the discretion of the coach.

**WORK COMITMENTS WILL NOT BE ACCEPTED AS AN EXCUSED ABSENCE!**

**ACADEMICS and OTHER ACTIVITIES**:

 The training schedule is geared to allow you to make significant progress on homework, meet with teachers after school, and get extra help with studies, or even participate in other activities. A variety of activities make for well-rounded student portfolios. Don’t miss the chance to get ALL of this done outside of practice time. MANAGE YOUR SCHEDULE APPROPRIATELY.

**ACADEMIC ELEGIBILITY**:

This policy applies to all students in grades 6-12. All SDHSAA eligibility rules will also be enforced.

* Grades will be checked at the beginning of the third week of each quarter, and will continue to be checked on a weekly basis thereafter.
* Students with an F in one or more classes will be placed on the warning list for one week.
* Students with a failing grade after being on the warning list for one week will be unable to compete or perform for the following week (Wednesday through Tuesday – Leola). Students will remain ineligible until they no longer appear on the F list at grade check time.
* Parents/Guardians will be notified when their child is failing a course.
* Beginning with the second quarter, students will receive a two-week grace period to establish eligibility. If a student is ineligible at the completion of any of the first three quarters, or fails a semester course, he/she will remain ineligible until the next grade check.

Unless a Coach/Advisor has their own rules against it; students will be allowed to travel with the team, as long as no school time is missed and the trip does not involve an overnight stay.

You need to use your resources to get your grade up. Discussing questions and assignments with teachers will help you stay eligible for participation. It is your responsibility to keep your grades up. The team is depending on you.

**VARSITY LETTER REQUIREMENTS:**

Lettering in cross country requires the athlete to attend ALL practices with no unexcused absences. The athlete will also need to place and earn an award in 1 Varsity Meet, or 2 Junior Varsity Meets. The athlete will also need to show improvement in his/her running, a strong work ethic, be a team player, and complete the season. It is at the Coach’s discretion which runners will run in the Varsity meet. The Coach will consider each runner’s demonstration of team and individual spirit, mental and physical attitude at practice and meets, and results at previous meets to determine varsity status.

Other things to keep in mind when lettering:

 A. Each individual coach along with the activities director will be allowed to use discretion in the following categories for lettering purposes:

 1. Injuries

 2. Individual conduct, attitude, citizenship

 3. Post-season play

 4. Managers or trainers (manage same sport two years in a row to letter)

 5. Student transfers

B. Any condition not provided for concerning lettering in the above categories will be discussed with the activities director and the individual coach of the sport in question.

C. Students will only receive the actual letter one time throughout their career. After the first time they receive pins.

**CODE OF ETHICS:**

All rules listed in the Titans Handbook/Code of Ethics will be followed.

**MEET ROUTINE:**

At all meets a warm-up and cool-down will occur. You will pre-jog and walk some or the entire course before, and will run/jog some of the course afterwards. You are expected to warm up and cool down appropriately. 10-20 minutes before the race, you will run increasingly harder to get your heart rate up, breathing and neuromuscular systems synchronized.

Your cheering support of other teammates in their races is also important as well as being informed of cool-down and clean-up duties afterwards. **Plan to attend the ENTIRE meet from start to finish (through the awards), not just the portion that you run. You are expected to support your teammates while they compete.**

**Plan to attend all meets** (unless prior arrangements have been made with the coach). If you are injured or disqualified from a meet and the Coach wants you to assist the team at the meet, you are required to attend within guidelines of school policy. Failure to do this may result in not running in the next meet and/or loss of letter eligibility. An unexcused absence from a meet will result in loss of letter eligibility and/or missing next competition. Don’t let your team down.

**EMERGENCIES:**

As in all sports, the nature of Cross Country can cause injury. Most will be minor and can be managed with basic first aid. Your coach is knowledgeable in first aid and CPR and should be contacted immediately if you get injured. If you become ill or dizzy, notify the coach immediately. Don’t hesitate to call the Coach for any injury issues. In an emergency call your Doctor and/or 911.

Remember RICE – REST, ICE, COMPRESSION and ELEVATION. Short periods of ice can do wonders without over the counter medicines and show better healing effects. Alternating 5-10 minutes of heat and cold compresses do very well with sore muscles.

**\*\*\*\*If a doctor is needed for a sports related injury, a note from a doctor clearing you will be needed before you will be allowed to participate again.**

**UNIFORMS AND WARM-UPS:**

* Before the first meet, the Coach will issue you a meet top, shorts, and warm-up suit. These are to be worn only at the meets. There are specific requirements for dress at meets, so don't forget your uniform. You will need to provide your own practice clothes and sweats. Any lost or damaged items will be charged to you.
* When running as a team, all garments worn must be of the same color (i.e. Shorts or tights under the uniform must be all the same color if worn).
* A reflective vest/ shirt will also be issued to you. It is required to bring/wear this to all practices! NO EXCUSES!

**RESPECT AND HONOR THE SPORT** – Running parallels the lessons of life. How you practice and race is a reflection on your character. Great rewards are achieved by those who respect and honor team mates, coaches, parents, officials and themselves.

* PAY IT FORWARD – The only way to get quality dividends from your training and racing is to make quality deposits in training, racing, managing your health and managing your schedule.
* TRAIN AS YOU RACE, RACE AS YOU TRAIN. Run each practice the best you can. 90% of cross country and athletics in general is mental attitude, and we are going to start each day working on that. Your body can always do more than you think. If you are injured, we will want you at practice. There are a lot of things a team needs to do, not just run.

THERE WILL BE GOOD AND BAD DAYS, JUST DO YOUR BEST EACH DAY. LEARN FROM THE BAD DAYS.

* TREAT OTHERS LIKE YOU WANT TO BE TREATED.
* FOLLOW INSTRUCTIONS OF YOUR COACH
* WEAR APPROPRIATE CLOTHING. BE RESPECTFUL WITH YOUR APPEARANCE. NO JEWLREY.
* BE HEALTHY- IT'S A KEY FACTOR IN YOUR SUCCESS.
	+ Eat appropriate foods, all sources of protein (including walnuts and almonds), fresh and frozen colored vegetables, and fruit. Junk in, junk out. What you eat now affects your performance in the months to come.
	+ Get 8 hours of sleep a night, EXTRA SLEEP ON WEEKENDS.
* Drink 6-8 glasses of water per day, shoot for no soda’s and minimal fruit juice. For example, eat an orange instead of drinking orange juice.
* WARMUP CORRECTLY: LIGHT JOGGING, STRETCHING BEFORE STARTING EACH RUN.
* COOL DOWN: STRETCHES, CORE and STRENGTH WORK AS DEFINED BY THE TRAINING PLAN.
* CURFEW DOES APPLY. SEE HANDBOOK FOR MORE DETAILS.

**ROAD RUNNING RULES:**

**In many instances, we run on paved roads or trails. Follow the following rules:**

**• ALWAYS STAY ON THE SHOULDER OF THE ROAD**

**• FACE TRAFFIC; RUN IN SINGLE FILE; BE ALERT**

**• AT INTERSECTIONS; BE AWARE OF ERRATIC DRIVERS**

**• NO HEADPHONES**

**• ALWAYS WEAR VEST OR REFLECTIVE SHIRT**

**• RUN IN PAIRS, ONE BEHIND THE OTHER…Unless you have permission of Coach to take off for a FASTER FINISH!**

**• BE AWARE OF OBJECTS IN ROAD OR BEING THROWN FROM VEHICLES**

**• BE AWARE OF DOGS**

**• ALWAYS RUN THE COURSE INDICATED BY THE COACH**

**IF RUNNING ON YOUR OWN DURING SCHOOL FOR A DESIGNATED WORK OUT, YOU MUST CHECK IN, DISCUSS WITH THE COACH THE PATH/ROADS THAT WILL BE TAKEN, AND CHECK BACK IN WHEN FINISHED WITH THE RUN.**

**MUTUAL RESPECT – RESPECT THE GAME:**

Treating one's teammates and Coach with respect and common courtesy is a fundamental requirement for team membership. Cross country is based on development of a team of individual talents. No ball is being handled, nor is intricate "plays" required; however athletes are expected to naturally “create and be a part of the club,” support one another as individual runners, and helping each advance in fitness and competition. The requirement for mutual respect among athletes and Coaches is broad enough to cover any foreseeable incident which may require disciplinary action. Violations will be dealt with on an individual basis.

**CONTACT THE COACH:**

Coach Jackie Bender Leola School Phone: (605) 439-3142

Jackie.bender@k12.sd.us

 Home Phone: (605) 439-3316

 Cell Phone: (605) 216-3248

ALL RULES AND REGULATIONS ARE IN ACCORDANCE WITH THE HIGH SCHOOL ACTIVITIES ASSOCIATION RULES AND THE LEOLA TITANS RULES. For more information, you can visit the High School Activities Association website or refer the Titans Athletic Handbook.

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**ACKNOWLEDGMENT (tear off back page, sign, and return acknowledgment.)**

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in the Leola High School Cross Country Program as stated above.

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**Parent/Guardian Signature/date Athlete Signature/date**