**Sharyland Boys Cross-Country**

**2013-14 Rules & Discipline Policy**

**Dressing Out**

Everyone must dress out every day! Being in athletics is a privilege not a right. You are here to be a productive member of this team.

**Cross-Country Practice**

When school begins, every athlete will be ready by 7:15 AM. We will depart on a bus at 7:30 AM to a local park for a workout.

* If you miss CC practice you will not be able to compete at the following meet.
* If an athlete chooses to attend workout sessions with a personal trainer, this must be done after practice time. Athletes will not be allowed to leave practice early or not complete the full workout because of extra work being done outside of school practice. The high school workouts will always be completed first and to their fullest. To avoid any injuries, it is recommended that parents and athletes communicate with the trainer about what workouts the athlete has completed with the high school coach.

**Eligibility**

Grades will be reviewed per three week period. Athletes who are failing at the nine week period will be removed from the athletic period and be placed in another class. Athletes must be passing in order to participate. Athletes must check their grades on a weekly basis with their teachers if they are failing.

**Lettering on the Varsity Cross-Country Team**

To letter on the Cross Country team, you must meet two out of the three following requirements:

1. Compete in 4 varsity meets, including the district meet, (3 varsity meets plus the district meet).
2. An athlete must runs under the qualifying time of 16:58 in a 3 mile course or 17:25 in a 5K which the runner would make any traveling team.
3. An athlete must be ranked in the top 10 in the whole team 7 varsity plus next 3 Jr. Varsity runners by the district meet.

**(In addition, in order to letter and be on this team, an athlete must always show good moral character, honesty, integrity, leadership, good work ethic, and be a team player.)**

**Doctor’s Appointments/Leaving early from school**

If you are being checked out you need a written excuse from your parent for missing after school practice. Try to make your doctor’s appointments on Thursday moring or Friday afternoon.

**\*ISS/Detention/Conduct**

You will not be excused from practice to serve detention after school. If you are assigned to ISS you will not be allowed to compete in the next meet. Second ISS for inappropriate behavior=DISMISSED FROM THE TEAM and schedule change. In addition, if you receive 3 written violations from a coach for not dressing out, being disrespectful, slacking off on workouts, forgetting equipment, missing practices, being tardy, foul language, etc. you will no longer be a member of the team and a schedule change will be made. You are a student-athlete. You should not be getting into trouble. It reflects bad on you and bad on the team. Stay away from trouble, be respectful, abide by the rules, be on time to class and we should not have any trouble.

**Traveling to Meets**

All students will ride the bus to and from the meets. Athletes may only leave the meet with a parent or legal guardian and must sign out with appropriate coach before leaving the site. Athletes requesting to be picked up by someone other than their parents or legal guardian must receive written permission from Coach Richard Thompson two days prior to the meet.

**Meet Rules**

1. When arriving at the CC meet, we will find a camp site quickly.
2. Athletes will wait at the camp for coaches. Coaches will then pass out course maps and give athletes special instructions.
3. Please no parents at our camp. We want your support, but the athletes need to be focused on their race.
4. Athletes will then stretch in an organized manner jog for 15 min. for warm-up, , legs drills, 5 buildups two 85% two 90% one 95%. All of this should be done TOGETHER as a TEAM. It is the job of the captain(s)/or upperclassmen to make sure this is done. ANY PROBLEMS-TALK TO COACH!
5. Camp will be separate from the gril’s camp.
6. DO NOT wear sandals to meets.
7. No IPods on any of our runs IPods stay on the bus..
8. Cell phone use is NOT permitted unless you absolutely have to contact a parent. NO talking on phone or texting while you are at the meet. You need to be FOCUSED on your race.
9. You are responsible for your items at all times.
10. An athlete is not permitted into a restaurant with meet uniform. Put on windsuit bottoms and team T-shirt.

**Missing Meets**

1. **You are expected to be at all meets unless arrangements have been made with a coach.**
2. **If you do not show up for a meet; you will not be allowed to run the next meet.**
3. **If you miss the bus; only your parents can take you to the meet. Check in with a coach at the meet.**

**Meet Equipment**

Every athlete is responsible for his uniform, practice clothes, warm-ups, shoes, spikes, and bag throughout the season. If an item is lost, the student is required to pay the replacement cost.

**Dressing Room /Lockers**

You are issued a locker and locker combination. Do not give your combination to anyone. If you forget your combination, please ask a coach. Do not leave your equipment or belongings in another locker. Make sure you ALWAYS LOCK UP YOUR LOCKERS! DO NOT LEAVE YOUR BELONGINGS OUT, PUT EVERYTHING IN YOUR LOCKER! Also, keep YOUR locker room CLEAN! Pick up after yourselves! NO LITTERING.

Head Boys Cross-Country Coach-Joe Gonzalez (458-0300)

Assistant Cross-Country Coach-Juan J. Hernandez

I have carefully read and fully understand the rules and discipline policy. I will be a productive member of this team and will abide by the rules and policies set forth in this 2013-14 Sharyland Boys Cross Country Team packet.

Student’s Printed Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_