

Procedures for practice and meet days.

This sheet is for your benefit. This is not an all inclusive list; however it does summarize the basic responsibilities you are accepting for joining the cross country team. You have been informed of, and know, the consequences of your actions for not adhering to the items listed here, as well as, any items communicated verbally. Captains you are responsible to help enforce these items. This is a position that requires additional obligation and leadership by illustration. Please train hard each day as you have made a commitment to your team, school, teammates, and above all yourself.

Remember you must do your best to be your best!!!!

Practice Days:

1. Be at practice everyday. Drivers license test, meetings, work schedules, etc... are not excused absences. If you have a conflict it will need to be discussed before the day of the conflict otherwise the absence will be considered unexcused and there will be a consequence for missing.
2. If you are injured you still need to come to practice.
3. If you are able to finish the school day then you are able to come to practice. Be there.
4. Always have proper gear. Be prepared for all types of weather. Bring extra clothes.
5. Sweat bottoms everyday. We may not use them but I will let you know.
6. Follow proper warm-up, workout, and cool down procedures. You all know what is expected each practice.
8. During flexibility training make sure you are performing the proper stretches. Do not sit around and do nothing but talk.
9. During long runs stay with the group. Do not go off on your own. Long runs are critical for success, this is not easy day.
10. **Practice makes perfect, but perfect practice makes champions.** Remember that you need to come ready for practice everyday.
11. When returning from a distance run you should be feeling fatigued and this often times is indicated by breaking a good sweat.
12. No walkmans, IPods, etc... at practice. This is a state rule as well as for safety reasons.
13. No friends, parents, etc... at practice except by prearranged exceptions.
14. No flip flop type of shoes once practice starts.
15. Warm ups will be completed as per the coaches instructions each day.
16. We will cool down as a team. No exceptions.
17. **Cell phones are not to be used, seen, or heard once we start practice. After practice is over the athlete may use their cell phone.**

Meet Days:

1. Know what event/level you are performing in. The coach will read the competition schedule on the bus ride to the meet **PAY ATTENTION!!!!**

2. Know the order of races. The coach have told you the order of races make sure to know it.
3. You have been taught the correct procedures for warming up for your race. Make sure that you follow these procedures.
4. Be on time to the starting line. The starter/official will not wait for you.
5. No sitting around when not competing. You should be watching the meet to learn how to compete, learning strategies, cheering on your teammates, etc...
6. The tent is for the athletes that are preparing to compete. It is not for you to have a nap.
7. **Cell phones are not to be used, seen, or heard once we load the bus for a meet. On the bus ride home, after the coach has talked to the team, the athlete may call to arrange a ride home.**
8. No walkmans, IPods, etc... in the field of competition. This is a state rule as well as for safety reasons.
9. No friend, parents, etc... on the field of competition. We will be disqualified.
10. No non-team members in the tent or around our camp.
11. Stay focused on the meet not other distractions. Things such as: playing catch, rough housing, wrestling, eating all you can, etc... are wrong, do not do them!!!
12. All team members ride the bus to and from the meets. **There are no exceptions.**
13. Be prepared to compete at your optimum level. You were taught what this means, now use this knowledge in your competitions.
14. Listen to your coach. Follow the strategies, drills, etc... I give you.
15. Show good sportsmanship. Never approach an official. Talk to the coach and have me discuss with the official.
16. The coach utilizes the best strategies for each current meet competition. No one else should be giving you tactical discussions, strategic lessons, training workouts, etc... **That is the coaches job only.**
17. When at a meet you are there to compete. The coach will determine if you will or will not compete according to my standards.
18. No flip flop type of shoes once we board the bus.
19. Warm ups will be completed as per the coaches instructions each meet.
20. We will cool down as a team. No exceptions.

These guidelines are for the benefit of you and your team. The coach understands that every scenario will be different and that these guidelines will not resolve every question that arises. Don't be afraid to ask a coach or captain if you are confused with any of the procedures.

Don't forget, we are all a team, and our success starts with EVERYONE being on the same page.