

Boys Cross Country



Team Policies – 2009 Season

Attendance

- ✪ *Since cross country is unlike all other sports and requires consistent training on a daily basis, practices will be held every day (including Saturdays and holidays) with the exception of Sunday. Sunday workouts will be done on your own.*
- ✪ Attendance at all practices is required. You will receive a maximum of **three** “free absences” for the season between the start date, August 1st, and the region meet. Only one of these may be used for a meet – and there must be a major reason why you cannot attend the meet – but you must get the date confirmed and cleared by Coach Kennerly by September 1st. After these three absences you will be dismissed from the team. It is suggested that you do not miss the three absences together since this would hinder your training. This includes all holiday workouts, Saturdays, and the month of August before school starts. If there is a special circumstance, please see Coach Kennerly. The cross country season begins with training at camp and continues until the State Meet on November 7th.
- ✪ Outside of the three “free absences,” excuses for practices or meets will not be granted. Plan ahead! This includes college trips, family trips, or doctor’s appointments (except in emergency cases). The only excused absence students may have is for an illness or death in the family. Annual doctors’ appointments should be made during the summer, free periods, school holidays, or on off weekends. (Your annual physical for the school is due by August 1st). Make your appointments now and schedule your regular dental checkup before the season starts or around the practice and meet schedule. If you have trouble scheduling other appointments (orthodontists, etc.), see me for possible suggestions before you call for the appointment. Please plan accordingly and use your “free absences” for these types of events.
- ✪ If you begin to feel ill during the school day and need to go home, you must stop by my office, write a note, call, or email me before you go home. Do not wait until practice time and do not send a message by another team member! You must communicate directly with me. This is your responsibility, not that of your parents.

Practices

- ✪ We will practice each day at 4:00 p.m. SHARP (3:30 p.m. Friday) (10:00 a.m. on Saturdays). We will follow this schedule throughout the season unless otherwise directed. You should always be ready to run at this time--regardless of weather conditions.
- ✪ We will ALWAYS have practice – no matter what kind of weather is occurring.
- ✪ You should already be well-hydrated (drink water during the day, and always bring your own personal water bottle to practice and races); proper fluid intake is essential for a cross country runner.

Other Sports

- ✪ If you choose to participate in another Wesleyan major activity, you must choose one activity to be your primary activity (in which you attend all practices/rehearsals) and the other activity will be the secondary one (you will attend vital practices and competitions). The entire season (including all missed practices/meets must be pre-arranged with the two advisors/coaches).
- ✪ You are not excused from ANY Wesleyan event for an out-of-school sport or commitment. We consider your participation in the Wesleyan sport as primary importance and therefore attendance is required at every practice and competition in order to participate on the team.

Transportation

- ✪ All team members will be required to ride with the team both to and from away meets unless written permission from the parents has been received prior to departure.
- ✪ You will not be allowed to ride with another family without a written release from your parents.
- ✪ You may not ride with another student at any time. Runners may not drive to meets on their own.
- ✪ You must sign out on the team clipboard when departing with your parents from a meet; this is the only way we have of knowing that you have left and are not expected to ride back with the team.

Awards

- ✪ **Varsity letter:** Please see the lettering requirements sheet for information on how to letter.
- ✪ **Certificate:** awarded for participation in all meets for which you are eligible.
- ✪ **100% Participation:** Given to the member of the team that does not miss any meets or practices.

**A reminder that you must have your
physical and your form in to the clinic before
you may practice.**

We have read and understand the expectations for the boys cross country team.

Athlete Signature: _____ Date: _____

Parent Signature: _____