

## Chadwick Cross-Country Team Guidelines

Chadwick's Cross-Country athletes established the following guidelines to maximize their potential as runners and teammates. The coaches reserve the right to enforce these guidelines at all costs.

1. Respect yourself and the sport of Cross Country by buying into the program completely.
2. Display a positive attitude at all times.
3. Include all team members in team activities.
4. Attend practice on time (including Saturdays) unless you make alternative arrangements by asking a coach beforehand.
5. Attend practices and races prepared — mentally and physically — and with proper equipment (water, watch, replenishment food, uniform, etc.).
6. Get proper rest (seven to nine hours) every night, especially the two nights before races.
7. Eat properly, especially two days before a race, including breakfast every day and healthy meals before and after training and racing. Try to bring a lunch from home on race days.
8. Maintain proper hydration at all times. Bring a water bottle to school every day. Keep consumption of soda and caffeinated beverages to a minimum.
9. Strides, stretching and strengthening exercises (push-ups and core work) are done after every practice. Ice or an ice bath is encouraged when injured and during the last two weeks of the season.
10. Report any injuries to the coaches and trainer immediately.
11. Observe the school's chemical health expectation while in training.
12. Represent the team with Cross Country gear at school on meet days.
13. Make an effort to attend all team functions and to be present (limit digital use).
14. Attend all meets unless urgent need requires otherwise. Make alternative arrangements by asking a coach beforehand.
15. Cheer for your teammates at all races when you are not warming up or cooling down. Do not do homework at meets EVER!
16. Exhibit good sportsmanship no matter what.
17. Clean up after yourselves after races AND practices.
18. Maintain healthy habits, such as minimizing the sharing of drinks, always washing hands, and washing out water bottles after use.

19. Acknowledge teammates when passing them on or off campus, even during the offseason.

## **Cross-Country Team Policies**

### **General Conduct**

- Athletes should behave at all times with maturity and integrity. Mature behavior is that which everyone appreciates and is appropriate for all ages and tastes; integrity means honesty and sincerity in word and deed. Ask yourself: Would your grandmother approve?

### **Equipment**

- Each runner gets a uniform from the school; athletes should purchase sweats. An athlete who fails to bring his or her own uniform on race day will not be allowed to race. The athlete must take responsibility for the care of school-assigned equipment. Athletes must surrender school-issued items to the coaches at the end of the season; we will bill parents for any missing or damaged uniforms and the time it takes to reorder them.
- Athletes must provide themselves with a new pair of training shoes each semester. Each athlete also must wear a stopwatch to practice every day. Athletes should bring a water bottle (filled) to school daily as well as to races; proper hydration is essential to our success. Varsity athletes must use racing flats in selected competitions.
- Athletes must bring the proper attire (shoes, socks, shirt, shorts, bathing suit, hair ribbon, etc.). We will sweat during workouts; we will practice and race in the rain.

### **Practice**

- During summer, athletes may miss practice weeks for traditional summer activities that they have indicated on their Summer Plans Form. Though a student may miss a practice here and there for day trips without notice, generally if an athlete is in town, he or she needs to be at each day's workout.
- Athletes must attend ten consecutive practices before competing in their FIRST race of the season. This requirement allows the coaches to ensure that athletes are ready for the rigors of competition. This rule means

that athletes must attend the last two weeks of summer practice if they intend to compete in the first race of the season.

- During the school year, athletes must be on the baseball field Monday through Friday at 3:00 (Wednesdays at 3:30). Practice may last up to two hours long. If an athlete needs to miss practice or be significantly late, he or she must ask a coach in advance. Please ask your coaches ahead of time; messages through teammates and last minute notes are not acceptable. We do have practices on Saturdays that we don't race as noted on the team calendar.
- We take attendance. Coaches reserve the right to punish tardies. Unexcused absence from practice will result in an automatic one-meet traveling suspension: a suspended athlete will accompany the team to the next meet, but serve managerial duties. Continued problems will result in meetings with the Athletic Director and possibly dismissal from the team.
- Athletes must give an honest effort during practices, meaning that they run at practice at the pace that the coaches have asked for on that day. Athletes who give less than their best effort cheat not only themselves but also their teammates. Coaches will warn athletes twice before taking punitive action. We will suspend an athlete from the next practice after a third warning. Continued problems will result in meetings with the Athletic Director and possibly dismissal from the team.
- Varsity athletes must attend all practices during the week of CIF Finals (if the team makes it that far). Athletes who miss practices (including for freshmen Outdoor Education and spring musical practice) will not receive credit for participating in Cross Country this season.

## **Rest**

- Equal in importance to practicing is rest. Rest is not simply getting eight hours of sleep a night. Rest also consists of time away from athletics, time spent off of one's feet. Athletes must refrain from outside athletics, especially recreational sports that expose an athlete to injury. Injured athletes miss quality practice time, do not perform to their capabilities in races, and cannot help their teammates achieve their goals. Coaches may suspend athletes from practice who expose themselves to injury in unapproved activities.

## **Races**

- Each race on the attached schedule is required; however, coaches may make an occasional exception if athletes ask two weeks in advance. If an athlete is hurt, he or she must still travel with and support the team. Exceptions require coach's prior approval. Athletes who do not attend Prep League Finals will not receive credit for participating in Cross Country this season.
- Athletes must use the school's transportation to each race. At races athletes must cheer on their teammates during races, not sit at camp. Athletes may go home with their own parents after they finish their race, though we prefer they stay and cheer on their teammates. For liability purposes athletes may not leave a race with anyone other than their parent or guardian without an authentic signed note from their parent or guardian specifying who they can leave with. No athlete may drive his or herself to a Chadwick meet, even if not participating.
- In order to earn a Varsity letter, an athlete must have a top seven time for Chadwick in four of the seven regular season races that the team competes in. The seven Varsity athletes at League Finals plus the top three JV athletes who move on to postseason automatically qualify for a Varsity letter.

## **Club Sports**

- Playing another sport while doing Cross Country is a bad idea. The only way to reach one's potential as a cross country runner is to do cross country workouts and then rest. All improvement happens during periods of rest. Trying to do two physically strenuous activities at the same time will inevitably hold athletes back from doing well in both. In an attempt to keep athletes healthy, we only allow them to do one practice a day. On days that club-sports athletes have practices and games, they are excused from that day's Cross Country workout; if it's a weekday, we may have a team meeting that they must attend. If it's a weekend and athletes have a game, they do not come to that day's practice if they're playing in the game.
- Please note these specific restrictions: 1) athletes must attend a combination of three Cross Country practices and races each week, 2) athletes must race in all Prep League meets, 3) athletes must miss club practice on the day before Prep League Finals, and 4) anyone on varsity after League Finals must stop practicing and playing with their club starting the Monday before CIF Finals; the Cross Country postseason must be an athlete's athletic priority.

## **Chadwick Rules of the Road**

- Pay attention at all times to the area around you, to cars turning in front of you and to the terrain that you are running on.
- Cross streets at intersections ONLY, in crosswalks whenever possible and NEVER against red lights. Always look BOTH ways whenever crossing a roadway.
- Always stop and walk when you get near a horse on the trails, even if the rider says that you may keep running.
- Always give snakes the right of way; if bitten by a rattlesnake, stay calm, do NOT run, get to the nearest phone and call 911.
- If a teammate gets hurt, one person should stay with him or her and try to walk toward Chadwick on the trail that they are on. If possible, another teammate should run and notify a Chadwick coach or other adult. If the teammate is too hurt to walk, get to the nearest phone immediately and call someone for help.

Finally, athletes should familiarize themselves with the school's Chemical Health Expectation and Hazing Policy, found in the school handbook. These are policies we, as runners, take very seriously.

## **Rules of Competition From the National Federation of State High School Associations**

**Rule 9, Section 6, Article 1:** Each team member's uniform shall be issued by the school, worn as intended by the manufacturer, be of the same color and design, and have the following restrictions. Each competitor shall wear shoes and full-length top and bottom issued by the school. The top shall not be knotted or have a knot-like protrusion. It must hang below or be tucked into the waistband of the bottom when the competitor is standing upright. There shall be no bare midriff. The waistband of a competitor's bottom shall be worn above the hips. Any visible garment worn by two or more members underneath the uniform top and-or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color.

**PENALTY:** For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in a disqualification from the event.

**Rule 9, Section 6, Article 3:** Removing any part of the team uniform (excluding shoes) while in the area of competition is illegal.

**Rule 9, Section 7, Article 1:** A competitor who false starts shall be disqualified. Starting violations that constitute a false start include failure to comply with the starter's commands, having any part of the body in contact with the starting line or running surface beyond the line when the starting device is fired, failure to remain motionless after assuming the set position prior to the starting device being fired, repeated use of disconcerting acts.

**Rule 9, Section 7, Article 2:** A competitor who interferes with another competitor shall be disqualified. Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during the race. This may include bumping, tripping, or running across the competitor's path.

**Rule 9, Section 7, Article 3:** A competitor who is unsportsmanlike or uses unacceptable conduct shall be disqualified. Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, or the use of profanity. This shall apply to all coaches, contestants, and other team and school personnel. Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone, or any action that could bring discredit to the individual or their school.

**Rule 9, Section 7, Article 4:** A competitor who receives any assistance from any person that could improve that competitor's performance shall be disqualified. Assistance includes interference with another competitor, pacing by a teammate or persons not participating in the event, competitors joining or grasping hands with each other during the race, competitor using an aid during the race, or communicating with a competitor through the use of a wireless device. The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as

long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director or referee prior to the beginning of the meet. Providing liquids during competition is not considered to be an aid or assistance.

**Rule 9, Section 7, Article 5:** A competitor who fails to complete the prescribed course shall be disqualified. An athlete who goes off the prescribed course must reenter the course at the same point that they left it before progressing in the race.

### **ANOTHER RULE TO KNOW from the CIF SOUTHERN SECTION**

**Rule 1714:** Any player ejected for any reason or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the contest and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed, or canceled game. A second ejection in a season will constitute a two-contest suspension, and a third ejection in a season will cause suspension for the remainder of the season. A player who was ejected from the previous contest who, knowingly or unknowingly, participates in or is in attendance at the next contest will result in the forfeiture of that contest.