

## Practice

- A. All team members are expected at every practice. If there is an absence, the Head Coach will decide if the athlete is eligible to compete in the next track meet.
- B. Practice takes place daily, in the case of rain, the team WILL practice, dress accordingly. In the event of inclement weather, like heat, practice times can be subject to change (i.e. moved to morning practice before school).
- C. Each student-athlete will be permitted a total of 11 absences/tardies during the season. These absence/tardies include but are not limited to: sick days, week end races that the athlete is invited to and does not attend, medical, appointments, afternoon detentions, leaving practice or dual meets early, work projects, vacations, missing any scheduled practice (school day or not), family gatherings, retreats or any other reason you can think of. There is no difference between an excused absence and an unexcused tardy. Each athlete is allowed to miss attendance 11 times. The 12<sup>th</sup> miss will result in dismissal from the team. If an athlete is dismissed from the team, he/she forfeits his P.E. credit. No refunds will be given if an athlete is dismissed from the team.
- I will start taking attendance on **Thursday, August 11<sup>th</sup>, 2022**.
  - If you cannot make the necessary commitment to the team, do not come out for the team. We understand that these student-athletes have several commitments.
  - Serve your detentions and meet with teachers when practice is not scheduled whenever possible.
  - On race week, Mondays are mandatory. If an athlete misses a Monday workout the week of a meet, he/she will not be permitted to compete in the following meet.
  - It is the **athlete's** responsibility to find Coach Powers on the track if he/she shows up after the initial attendance.
  - Post Season:** State Championships is always the Saturday after Thanksgiving. Any athlete who misses any practices during Thanksgiving break will not be permitted to race at State.
- D. The athletes are *student*/athletes, be sure to consider your academic work load before making a commitment to the Cross Country program.
- E. All athletes must dress for every practice – no exceptions. If you are injured or ill you will dress out but the extent of your participation will be determined by you and the head coach.
- F. Team members should be dressed and on the field ready for practice 15 minutes after the bell.
- G. The whole team will meet **15** minutes after Academic-Period/school to start practice. Stretching and cool down is essential to ensure maximum mobility and injury free practice and meets.
- H. After any roadwork, report promptly to a coach.
- I. The team has a zero tolerance policy regarding bullying. Whether it is physical, emotional or cyber. Any athlete found to be bullying will be removed from the team and disciplined through the Dean's office
- J. **"Behind the Fence Policy"**: We ask that during any and all practices, non-SMCHS personnel remain behind the fences to avoid any interference with coaches or athletes during instruction.
- K. **No Personal Trainers/Coaching**: While in season (both pre-season and regular season), we ask that your son/daughter utilizes the SMCHS coaching staff only. When a student-athlete is being coached by multiple people, there will be conflicting ideologies which will leave the athlete confused. Your son/daughter's experience and improvement at SMCHS is paramount. Medically, the athletic training staff here at SMCHS is highly regarded. We encourage injured athletes to work closely with them.
- L. **Coaches Contact**: As we all value our family time, please do not expect coaches to return emails or phone calls past 5:00pm. If it is an emergency, please call 9-1-1, otherwise coaches will return your email promptly the following morning.

### Roadwork

The following rules for running workouts on the roads should be strictly observed by all athletes for their own safety.

- a) NEVER RUN ALONE
- b) Always run on the sidewalk
- c) Avoid intersections, if possible.
- d) Never challenge a car or driver. Remember the "rule of bigness".
- e) Misconduct on the roads will not be tolerated. Remember who you are and who you represent.
- f) Always report any unusual occurrence immediately upon your return to campus.
- g) Always check in with a coach when you return to campus.

### Race Days

- a) The athletes' level of competition may/will vary from meet to meet.
- b) All athletes are expected to stay until the end of every league meet. There will be a brief meeting following the final race and attendance will be taken.
- c) Athletes are permitted to leave an invitational race following their race provided that check out with the Head Coach or an assistant coach.
- d) Athletes are expected to provide their own transportation to invitational races. This allows the athlete to leave after their race.
- e) The athletes that travel to away races will be on the bus or van provided by the school. All athletes are permitted to go home with their OWN parents following the team meeting that takes place at the conclusion of every dual meet. **Athletes are only allowed to go home with their own parents, not other parents.**
- f) If you fail to compete in an invitational that you have been entered in, you will be held responsible for the entry fee and the accompanying discipline.
- g) **All athletes must be present at League Prelims and Finals, from the beginning to the end, in order to earn P.E. credit and or qualify for post-season awards/recognition.**
- h) ANY EXCEPTIONS ARE SUBJECT TO THE HEAD COACHE'S DECISION.

### Eligibility for Awards

In order to win any end of the season award the athlete must meet the following criteria:

- a) The athlete must complete the season. Anyone who fails to compete in an end of the season meet for which they qualified will be considered to have quit the team. NO AWARD.
- b) To earn a varsity letter an athlete must:
  - I) Qualify for League Finals at the Varsity level AFTER having competed in 50% of the teams' meets.
  - II) The coaches will take into consideration any athlete who competes at the Varsity level in 66% of our races.
  - III) Run any race in the post-season (CIF prelims/finals; State)
  - IV) All 4 year athletes for Cross Country will have earned a Varsity letter.

### Responsibility of Team Members

- a) Team members are expected to attend every practice, every dual meet and every invitational that they are entered in unless excused by Coach Powers.
- b) All athletes are required to report all injuries to Coach Powers. Note: sore muscles, blisters and minor bruises are not necessarily injuries. See the trainer if you have any pain or an injury.
- c) Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of an individual team member.

- d) Violation of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees fit. For minor infractions (uniforms etc.) the penalties will take the form of physical activity. If there are continuous violations, even minor ones, the athlete will be dropped from the team.
- e) Athletes who quit the team or who have been dismissed from the team, are expected to return any/all school issued equipment within 48 hours.
- f) Meet singlets that are issued must be returned, clean, to the Head Coach within 1 week of the athletes' final competition. Damaged or lost jerseys will result in a \$100 reimbursement to the team. Jerseys that are purchased (top and bottom) do not need to be returned.
- g) Athletes must follow all directions/instructions given by the coaching staff.
- h) All athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents and their school. It is expected that all athletes will act according to the high Christian standards that is expected from all students at Santa Margarita.

It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and THIS WILL NOT BE TOLERATED. We expect our athletes not only to observe the letter of the law, but also integrate the spirit represented by this contract. Athletes who cannot or will not manage this will be dismissed from the team.

#### **Warning**

There are some inherent dangers that accompany participation in high school athletics and Cross Country, although not a contact sport, is not exempt from these dangers. Please be aware that injury is possible, and in extreme cases, death could occur. All preparations and precautions will be taken to minimize and avoid all possible instances of the aforementioned. It is the athletes' responsibility to follow all directions given by the coaching staff.