

Girls XC Handbook



Student/Parent/Coach Agreement Attached

(Must be signed & returned)

Academic Standards

- Student-athletes must adhere to all academic requirements set by the Mississippi High School Activities Association.
- Student-athletes' academic progress is monitored by the athletics department and coaches. If at any time the athletics department or coaches receive information that a student-athlete is not meeting her responsibilities, the coach will contact the student and her parent to resolve the issue.
- If an athlete's grade point average drops below a 2.0, she will automatically become ineligible to participate until the GPA returns to the 2.0 minimum.
- Class time is extremely important. However, there may be times when class time will be disrupted. The expectation is that the student will make every effort not to miss any additional classes and will do so only under extenuating circumstances, such as illness or a family emergency. Excessive absences lead to inadequate grades and could result in restriction of a student-athlete's participation in

- Runners who fail to meet academic standards may be subject to the following consequences: 1. Consultation with a parent 2. Suspension from a meet 3. Dismissal from the team

Behavior Expectations

- Acts of unsportsmanlike behavior or cheating will not be tolerated. Cheating on the trails, not finishing workouts, taking shortcuts, etc. are considered cheating.
- When representing Tupelo High School and Tupelo Middle School during competition, student-athletes will exercise self-control in all ways. No profanity towards coaches, teammates, or other athletes, no aggression or hostility towards coaches, teammates, or other athletes, and no taunting will be tolerated.
- When making posts on social media (Snapchat, Facebook, Instagram, TikTok, etc.), student-athletes are expected to remain positive and not use them to share personal frustrations about the team, coaches, and/or the athletics department. Altercations, such as fighting or verbal aggression, should not be posted on social media.
- Student-athletes are expected to be positive, even in difficult situations, dedicated and committed to the program's mission, and willing to give 100% every day.
- Runners who fail to meet the behavioral expectations may be subject to the following consequences: 1. Consultation with a parent 2. Suspension from a meet 3. A zero for a major grade 4. Dismissal from the team

Training/Practice

- Student-athletes are to report to a coach or an athletics trainer ANY change in physical, mental, or emotional well-being that may affect their ability to participate safely. This includes any prescription medications or over-the-counter supplements.
- Student-athletes must commit to completing all conditioning activities and

practice sessions as designated by the coaches. If you are unable to commit to

these activities due to injury or other extenuating circumstances, you must provide documentation to the coaches and the trainer within 2 days stating the reasons.

- Student-athletes must refrain from outside activities that increase the risk of unsafe participation, such as excessive exercise, alcohol/non-prescription drug use, vaping, and/or taking over-the-counter supplements that have not been approved by medical staff. This includes steroids and other performance-enhancing drugs.
- It is encouraged that student athletes follow the guidelines provided by coaches and trainers regarding hydration, sleep, and healthy eating.
- It is important to communicate with a coach or trainer whenever there is an abnormal or labored physical response to exercise (e.g., pain, nausea, shortness of breath, dizziness), and to stop the activity immediately.
- Student-athletes and parents must adhere to coaches' and trainers' recommendations regarding participation status. It is always our goal to keep runners safe and healthy.

Attendance

- Practice is mandatory. Student athletes are required to attend practice every day. Missing for any reason other than illness or family emergency will not be permitted.
- Athletes are required to follow the training plan every day (including weekends and holidays), even if we don't officially meet as a team.
- Regarding athletes in multiple activities, you will need to find at least 1-2 days to train with the team. The coaches will communicate with other coaches, directors, teachers, and the athlete to develop a plan for them to participate in multiple activities.
- If a runner misses practice without consulting the coach, an excuse from a doctor or a parent is required. Only 3 are allowed for the semester. If attendance becomes an issue, the following consequences will apply: 1. Consultation with a parent 2. Suspension from a meet 3. A zero for a major grade 4. Dismissal from the team

Personal Trainers

Personal trainers are just that...personal trainers. They are not coaches at Tupelo High School. While we fully support seeking guidance and support from elsewhere, student-athletes are expected to train with the team during designated practice times, even if they have a personal trainer. Once you have completed the team's practice workouts and met the expectations of the coach, you can report to your personal trainer for additional training. The additional training does not need to exceed the point at which exercise becomes excessive to make participation unsafe. Whenever possible, the coach will work with you to allow you to complete personal training plans within the framework of school practices.

Attire

Student-athletes are required to wear proper attire for practice every day. We will provide practice jerseys, but the student is responsible for bringing the proper shoes, socks, shorts, leggings, etc. During summer practices off campus, young ladies can practice in sports bra attire. On campus, a shirt covering the midriff must be worn. If proper attire or bringing attire becomes a problem, the following consequences will apply: 1. Consultation with a parent 2. Expulsion from a meet 3. A zero for a major grade 4. Dismissal from the team.

Attitude

Runners are expected to bring their best attitude every day. A positive attitude is essential to a successful team. Runners are mandated to sign the social contract developed collaboratively by the coaches/runners. Not every day is your best day, not every race, not every practice...but attitude is paramount regardless of performance. Runners with negative attitudes will adhere to the same consequences stated throughout this handbook.

Parental Expectations

Parents help set the tone for the team. Therefore, parents must also have a positive attitude during practice drop-offs and pick-ups, and especially on race days! Parents are responsible for supporting the coach, their runner, and the team. Profanity, degrading language, physical aggression, or any type of distress will not be tolerated. (This doesn't happen in XC because it is the BEST sport there is. However, I am required to mention it.) Parents who fail to adhere to this requirement will be required to meet with the athletic director.

Team Expectations

This is a team sport. Although every athlete runs a race individually, and much attention is placed on the top finishers, this is still a TEAM effort. Every placement, every position, every point, every mile is for the team. Run with this in mind.

Scoring: The team with the fewest points wins. Your place in the finish equals your number of points for your team. For example, 1st place gets 1 point, 2nd place gets 2 points, and so on. A perfect score in XC would be runners finishing 1st through 5th for a total team score of 15 points.

Goals for 2026 season...

- Win State Championship #18 for the THS girls' program.
- 10 varsity girls under 21 minutes in the 5K.
- 10 middle school girls under 14 minutes in the 2-mile.
- Most importantly, every runner improves at running and is kind to one another.

Remember...Coach B loves you even when it feels like I'm trying to kill you!

Girls XC Handbook Acknowledgement and Agreement

I have read, understand, and agree to abide by the rules and expectations set forth in this Girls XC Handbook.

Signed and Dated...

Athlete signature: _____ Date_____

Parent signature: _____ Date_____

Coach signature: _____ Date_____

Asst. Coach signature: _____ Date_____

