

# **Choctawhatchee High School Cross Country**

## **Attendance**

- All practices and meets are considered mandatory unless an excuse for absence had been granted by the head coach 24 hours prior to practice and seven days prior to meet. *(Only exceptions will be in case of emergency or illness)*
- If you are going to miss a practice, or have to leave practice early, you must see the head coach with a written note at least 24 hours before the missed practice.
- An excused absence for a practice will be granted for the following reasons: Excused absence from school, doctor's note, injury, family emergency, prior arranged family event, absence granted by head coach for special reasons. All other absences shall be considered unexcused.

## **Consequences for unexcused absence from practice and meets**

1<sup>st</sup> Violation-Verbal warning.

2<sup>nd</sup> Violation-Runner will be ineligible to run Varsity for one meet, non varsity runners will be suspended from running said meet.

3<sup>rd</sup> Violation-Runner will be suspended from running two additional meets.

4<sup>th</sup> Violation-Runner will be permanently dismissed from the team.

-Any runner that misses a meet due to an unexcused absence will be permanently dismissed from the team.

## **Behavior**

- Runners are expected to follow all school rules and display proper attitude and conduct during all practice and meets. Members are to display proper public behavior as their actions reflect upon the team and Choctawhatchee High School. This includes appropriate language and respect for opponents, teammates, fans, and coaches.
- Any runner positively identified using drugs, alcohol or tobacco products at anytime shall be immediately removed from the team. School Administration will be informed if a runner is positively identified using drugs, alcohol or tobacco products.
- Eligibility rules set forth by the school regarding attendance, grades and discipline will be strictly enforced.
- Any runner who embarrasses himself and his teammates by purposely cutting a course or runs a race "bandit" will be immediately removed from the team.

## **Consequences for Minor Misbehavior not directly addressed previously:**

1<sup>st</sup> violation-Verbal warning

2<sup>nd</sup> violation-Extra work to include community service

*(Community service will be conducted on school grounds)*

3<sup>rd</sup> violation-One meet suspension

4<sup>th</sup> violation-Removal from the team

## **Practices**

- Practices will be held daily after school from 2:30-4:30 pm unless otherwise directed by the coaching staff.
- Practices are designed to condition you for meets. They are not social hours to mingle with teammates and members of other teams.
- Tuesdays are speed work days are vital to your training. They are considered an unexcused absence. Please schedule accordingly.

## **Race Days**

- The coaching staff selects the starting Varsity runners. The choices are made based upon attitude, practice habits, performance and leadership. All coaching decisions on starting line ups are final.
- Runners must travel with the team to meets.
- An athlete must have their complete uniform in order to be able to compete in a meet. Runners will be required to wear black shorts and a Choctawhatchee Cross Country shirts and warm-ups when traveling and to the meet warm-up.
- Runners are to remain at the meet until the cool down run is complete and they are dismissed from the meet by the head coach.

## **Notes from the Coaching Staff**

- If an athlete is unable to participate in practices due to an injury they will not be eligible to run in a meet. If an athlete is unable to participate in more than three practices for the same injury a doctor's note is required. Coaches value the health and safety of the athletes. Coaches will not risk the long-term health of an athlete who is too ill, injured or not in appropriate physical condition to run in a meet.
- Team Captains and or Leaders are elected by the coaching staff and may be removed from their position(s) by the head coach.
- Coaching staff focuses on the ability of each runner and provides a training regiment to harvest peak competition performance.
- Cross-Country will supersede all other school activities when in season. This includes but is not limited to clubs and other sports. A Varsity runner may not compete in another Varsity Sport at the same time as CC. If a JV runner participates in a JV sport during CC season it must be approved by the head coach.
- All Jewelry must be removed prior to the start of practice and meets. Watches are not permitted during speed work or during meets. No electronic devices are permitted at practices or at meets.
- Check FL Runners daily for team announcements.
- All runners must enter their training on eTRaXC team based training log.
- Each runner will be required to keep a personal notebook.
- The above rules are subject to the judgment of the head coach.
- All rules set forth by the school, FHSAA and the coach will be enforced by the head coach.
- Any parent or runner that would like to discuss the decisions made by the head coach may request a meeting with the head coach.

## **Requirements**

Current Physical

FHSAA Form

Parent Consent Form

Birth Certificate

Training Shoes

Racing Flats

Warm-ups

Bag

T-shirt

Running Shorts/Socks

Towel

## **Fees and Fundraisers**

First year runners \$150 (warm-ups, bag and t-shirt included)

\$50 per year for returning runners

Participation in all fundraisers is Mandatory.

If an athlete does not participate a \$50 fee will be assessed to that athlete.

## **Uniforms**

•Varsity uniforms include a singlet and shorts. Each athlete is responsible for their uniform. The uniforms will be returned to the head coach at the end of the season. A fee of \$70 will be incurred to the athlete if they fail to return their complete uniform.

•JV Runners will run all open races in black shorts and a Choctawhatchee Cross Country T-shirt.