

Hersey Girls – Cross Country

Team Rules / Expectations – Start Up - Checklist

Check List

- ____ *Read the Hersey Girls CC Student – Athlete Contract
- ____ *Fill out, sign, and turn in the student information form
- ____ *Follow @HerseygirlsXC on Twitter
- ____ *Bookmark our website *herseygirlscx.weebly.com*
- ____ *Join Remind 101– text 81010 and in the body of the message write @girlscx20

JHHS Girls Cross Country

Welcome to Cross Country. Distance Running requires hard work. Be honest about your level of commitment. Do you want to be a Varsity athlete - be a JV Team Leader – or get in shape and improve your life. If you are training for track, you still run in meets and are expected to train to the best of your ability.

The attached contract informs you of team expectations and rules. You will have a different experience based upon your level of commitment to the team.

Read the following guidelines thoroughly before committing to the program. Your signature is required for you to be allowed to participate on the team. Your signature means that you agree to all of the JHHS Cross Country rules.

Please do not sign the contract and join the CC team if:

- you are only joining to obtain a PE Waiver
- you are only joining to put it on a college application
- you are not willing to commit to team values

Team Qualifying:

We do not have official try-outs – all are welcome. However, after a few weeks of training, if you are not following team values, coaches will try to find you an activity more appropriate to your level of commitment.

JHHS Girls Cross Country: Student-Athlete Contract

Events / Time Trials / Cuts

Coaches can and do make cuts based on attendance and attitude. In addition, there will be minimum marks that each athlete will have to meet in order to participate on the travel team.

Behavior:

- Respect your teammates, coaches, teachers, parents, community
- Unsportsmanlike conduct will not be tolerated and Best Effort is required
- Wear appropriate training clothes, shoes and watch.
- Clean up after yourself. Leave no bottles or trash behind after practice.
- Support all your teammates all the time!!!
- Maintain the Zone of Discipline (University of Minnesota).

Practice:

- Practice is mandatory - Attendance will be taken at 3:15 on the TRACK.
- School comes first. If you need to stay after class for any reason, bring a note from class. **Communicate this to your coaches prior to coming late!**
- If you need to miss practice for any other reason, have a parent e-mail your coach. It is preferable if you can e-mail prior to the absence. Practice is rarely cancelled (yes we have practice even in the rain / snow!)
- Be prepared for cold and wet weather.
- **Unexcused absences will result in constructive-community duty. You will make up the time doing good for the school, town, or team.**
- Multiple excused absences may lead to your dismissal from the team. You must be present for a minimum of three practices a week to be part of the traveling team. **We can do something to balance with other school activities (band, debate, etc.)**
- Be on time and train for the duration of practice. Leaving/disappearing during practice without prior permission is considered unexcused.
- Be ready to **listen** and learn daily. **Body Language matters.**
- Warm up warm down drills and stretching are to be taken seriously.
- Each athlete needs a pair **of running / training shoes, watch with timer, sweatpants, track bag, race spikes** – ask if you need help with this.

Meets:

- You must wear the team uniform during the meet.
- During both Home and Away meets, you are a representative of Hersey High School. You must treat athletes and coaches from opposing teams with respect. Profanity or unsportsmanlike conduct will result in disqualification/ejection. If you have an issue with an opposing competitor or their coach, see a Hersey coach. Do not take action on your own. Be sure to thank officials for their service.
- **WE AIM TO BE THE BEST CITIZENS ON THE COURSE!! CHARACTER FIRST!!!**
- To ensure that home meets run smoothly, athletes will be assigned a “duty”. Specific duties will be assigned prior to each meet.
- League meets can take 3 to 4 hours to complete. Invitationals last longer. Unless you have cleared it in advance with your event coach, **you may not leave a meet prior to its completion. Particular decisions will be made – Coaches’ judgment.**
 - Because of the size of our team, it will be necessary to establish an invitational travel team. Performance, attendance and attitude will be factors in selecting the traveling team.

Lettering:

- Regardless of points or standards, the decision to letter an athlete is made at the sole discretion of the coaching staff. Factors like poor attendance, inconsistent work ethic, poor attitude, and general team behavior will be taken into account. There is no such thing as an automatic letter!

Uniforms: Lost Uniforms cost \$80. Uniforms will be collected at your last meet.

Health: SEE TEAM HANDBOOK / READ Web Site / ZONE OF DISCIPLINE

- **Report injuries to your coaches and to the training staff (treatments to follow)**
- **Eat well – nutritional training is expected – eat well and recover**
- **Hydrate**
- **Take care of your immune system**
- **Sleep – have a plan to ensure rest / recovery.**
- **Maintain healthy relationships with self and others.**