

# Cross Country Handbook

## Tracy High School

Here at Tracy High School we would like to make your student/athletes participation in Cross Country a positive experience that they will enjoy and remember for many years. High School athletes often learn valuable life lessons through athletics that they can take with them long after graduation. This handbook will help to outline expectations and guidelines, as well as answer your questions for many issues that may come up during the year. Please review this handbook with your student athlete, and detach and return the last page to the coach.

Thank you and we look forward to coaching your athlete,

The Tracy High School Cross Country Staff

### Academics and Eligibility

Per the district guidelines each student athlete must maintain a **2.0** grade point average and **NO F's** on their semester report card at the start of the season and the first quarter report card once it has been mailed. In addition each student must have **15 or less hours** of *Saturday School* each week to compete in athletics in the district.

### Transportation Fee

The transportation fee is due on the **four weeks from the board's approval**. If there are financial issues that prevent you from paying all at once please contact the coaches to work out an arrangement. Fees are estimated to be \$150, but may be higher, depending on board approval. All fees need to be paid in the book keeper's office.

### Attendance

Attendance at practice is **mandatory**. Without practice your athlete cannot improve and distance running for Cross Country is taught by scaffolding. If your athlete misses, it hurts not only them but the rest of the athletes on the team. While participating in Cross Country your athlete needs to view it the same as a class and attend everyday, on time and with the appropriate items; clothing, shoes, etc. It is recommended that athletes bring and wear sunscreen for meets and practices, particularly for the first month or so of the season.

Legitimate reasons to miss practice are the same as reasons for missing school: *Doctor appointments, (including orthodontic and dentist), a death in the family, field trips for academic academies, etc are all excused reasons for occasionally missing a practice.*

Having too much homework is not a reason to miss practice. Your student athlete must learn to manage his/her time to compete in athletics. Competing in an off campus sport or activity, or having a job, are also not reasons to miss practice. Managing time and making choices are skills that student athletes will use the rest of their life. If Cross Country is important to your student athlete, they will not miss practice or meets.

If a student athlete should miss practice the coaching staff has the option to not enter the athlete into the meet or meets for that week. If this causes a student athlete to miss an invitational they were previously scheduled to attend there is the possibility that the athlete will not be entered into future invitational meets. If the athlete has **three unexcused absences**, it will be considered voluntary withdrawal from the team and if the athlete misses an excessive number of practices they will be asked to leave the team. In either of these cases there will not be a reimbursement of the transportation fee. This action will be considered on a case by case basis.

### Cross Country Meets

Each athlete is required to have their uniform on prior to getting on the bus or to the meet, and is not allowed to wear street clothes at any time during the meet. Be proud to be a Tracy High athlete. Each athlete is expected to stay until the end of every league meet. We will have a very brief team meeting following every meet. The athlete may not leave before the team meeting following the meet. Please don't ask!! If athletes leave early the consequences will be the same as missing practice!!!! **ATHLETES STAY AND SUPPORT YOUR TEAM MATES!**

**This does not apply to the invitational meets as only select individuals may be attending, however it is strongly encouraged that you stay to cheer on teammates.**

### **Equipment and Uniforms**

Athletes are responsible for their uniform once it has been issued. If it becomes damaged or lost the student will be fined for the replacement cost to include shipping. *Follow the directions for care on the tags.* If an athlete is asked to leave the team or voluntarily quits, they will have (5) school days to turn in the uniform clean and dry to one of the on campus coaches! (If a uniform is turned in not washed and clean, the student will receive a fine for the cleaning of that uniform), after (5) school days a replacement uniform will be ordered and the student will be responsible for the cost. Pictures will also be passed upon the return of the uniform. **\*Senior athletes may not graduate until all fines are cleared.\***

If the student athlete would like to purchase their own personal uniform, they should see the head coach to make arrangements.

### **Fund Raising**

Every athlete is expected to participate in the Cross Country fundraiser. The money raised goes directly into the program and allows us to purchase items such as uniforms, timers, and other equipment. In addition it helps to pay entry fees for invitational meets and league fees.

### **Injuries**

If an athlete is injured they need to communicate this to a coach. There are forms that must be filled out in a timely manner and we cannot help if we don't know your athlete is hurt. Athletes will be sore at various times over the season and should take care of themselves by eating right and staying hydrated. Soreness is not considered an injury and an athlete should continue with practice. Injuries will be dealt with on a case by case basis and may result in rest or modified workout. Even during an injury, an athlete is expected to attend practice to hear announcements and help the team.

If parents have any questions or concerns please feel free to contact me so we can discuss the issue. In the middle of a meet or practice is not the appropriate time to meet with a coach. Please call ahead and I will schedule a time for us to meet. If after talking to me, you would like to meet with the specific coach, I will set up an appointment so we can all meet. If at the end of that meeting, with the Cross Country staff, you still feel you have unresolved issues please feel free to contact the athletic director at Tracy High School.

### **Letters and Awards**

Each athlete who participates at the varsity level and finishes the year in good standing will receive a varsity letter in Cross Country. The letters as well as other team awards will be handed out at the banquet at the end of the year. No athlete who owes fines or has not turned in their uniform will be given an award or letter. Any athlete who is academically ineligible at the end of the season will not receive their award until they once again become academically eligible. To finish in good standing, an athlete must attend practice regularly, serve as a role model, practice to their best ability and with diligence (see Rules of Road below), attend all league meets, the Sub-Section meet and any other qualify meets at the end of the season.

Invitationals are large meets where many schools attend and there are a large number of participants. These are typically held on Saturdays, but may also be sometime during the week. In order to be considered in good standing, athletes are required to attend **at least three** invitationals during the season. They are required to attend the Jaguar Invite (TBA), the Frogtown Invite (usually the 3<sup>rd</sup> Saturday after Labor Day) as well as one other of their choice. The schedule is available at the start of the year, please plan accordingly.

Once again thank you for the opportunity to coach your student athlete. Hopefully these are the times they remember forever. We appreciate your support of Tracy High School Cross Country and look forward to seeing you at our events throughout the season. Please sign and return the bottom portion of this page with your athlete.

### **Student-Athlete Handbook**

In order to participate in any sport here at Tracy High, each student-athlete and parent/guardian is responsible for reviewing to the District Student-Athlete Handbook and signing the Acknowledgement Document. The handbook can be found on the Tracy High Sports website: [tracyhighsports.com](http://tracyhighsports.com)

Also located on the website are all official athlete forms and the teams' schedule.

Thanks again for your support,  
The Tracy High School Cross Country Staff

## Rules of the Road

Currently, as distance runners we have an added advantage to do workouts away from the track. Road runs are usually more enjoyable than lap running, because the distance does not seem repetitive and there is more to see. To continue to have these privileges it is imperative that there are standards and those standards are followed.

1. Follow all signs and regulations.
2. Look both ways before crossing any street.
3. Use lights and crosswalks when possible and whenever crossing a large street. When lights and crosswalks are not available, cross to/from a street corner.
4. When crossing a street with a red traffic light, you must press the button and wait for the walk signal even if there is not traffic present. This is the law: 21955. Between adjacent intersections controlled by traffic control signal devices or by police officers, pedestrians shall not cross the roadway at any place except in a crosswalk.
5. When crossing a street with no traffic light, you must stop and look in all directions. If there is a driver at the stop sign, make sure they see you before crossing in front of the car. Make eye contact with the driver.
6. Never assume a car will see or stop for you, be a defensive runner.
7. NEVER run in the middle of the street
8. Stay on the sidewalks at all times. You are never to be running in the bike lane or in the road. Run on the inside shoulder of the road if there are no sidewalks available and run against traffic, this way you can see oncoming cars. This is the law: 21956. (a) No pedestrian may walk upon any roadway outside of a business or residence otherwise than close to his or her left-hand edge of the roadway. (b) A pedestrian may walk close to his or her right-hand edge of the roadway if a crosswalk or other means of safely crossing the roadway is not available or if existing traffic or other conditions would compromise the safety of a pedestrian attempting to cross the road.
9. Run together. You should always be running with at least one other person, or within view of other people.
10. Stay on the designated path/course. Taking other side streets or going the wrong direction may result in loss of road running privileges
11. Do not make stops (restroom use excluded), detours, or shortcuts.
12. All school rules apply while out away from the school.
13. Wear light colors and appropriate clothing: running shorts/pants, t-shirt or tank top, etc... Shirts must be worn properly and at all times.
14. Be respectful of others and stay off their property. Do not engage in destruction of personal property. Do not enter people's homes.
15. While running, runners must be within visual range of a coach. Coaches may be on bike, running, or in a car.
16. Off-road trails: you must stay on the trail at all times. At regional parks, you will be required to carry a map when available. Same rules apply towards coaches' supervision; you must be within visual range.
17. Do your best on any assigned run to complete them in an appropriate time. Failure to do so will result in an end to road running privileges and/or removal from team.
18. Violations of these rules will go from a warning to suspension, then dismissal.
19. These rules are for the runners' safety! Coaches want the athletes to enjoy the season, work hard, have fun, and coaches also want to keep athletes from unnecessary accidents.

# Cross Country Handbook

I have read this Cross Country handbook and the Rules of the Road with my student athlete and agree to abide by the guidelines it contains.

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Athlete Name: \_\_\_\_\_

In signing this, I am acknowledging the rules for road runs and will follow them. Failure to do so will result in loss of privileges. I understand that there are hazards associated with road running and I am aware of my responsibilities.

Athlete's Name Printed

\_\_\_\_\_

Parent's Name Printed

\_\_\_\_\_

Athletes Signature

\_\_\_\_\_

Parent's Signature

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