

CALVERT HIGH SCHOOL CROSS COUNTRY PROGRAM (2022)

www.chscrosscountrytrack.weebly.com

TEAM RULES / POLICIES PACKET

Introduction:

Representing your high school on an athletic team is both a privilege and a commitment. Accompanying this privilege are rules and expectations. Your behavior reflects on your school, your teammates, your coach and your sport. Participants and their parents/guardians must sign this form to show that they have read the rules and agree to abide by them.

Team Goals:

Cross-Country is a sport that is highly individual, but still has a significant team component. This sport can teach an athlete to be disciplined and persistent in the pursuit of personal goals while at the same time teaching students to work with and depend on each other to achieve common team goals.

There are many motivations for participating in cross-country. Many athletes take part for the purpose of competition at various levels. Some athletes may be conditioning for other sports. Some are in it simply for the health benefits, or to be part of a team. As a part of the Calvert High School Cross-Country Program, many positive attributes are encouraged such as work ethic, dependability, dedication, leadership, responsibility, volunteerism, perseverance, improvement, and establishment of good health habits.

In the end, an athlete's biggest opponent is themselves. Regardless of personal motivation and ability level, all athletes are capable of and expected to work hard towards personal improvement and contribute positively to the team.

Any concerns or questions:

In Calvert County Public High Schools, the following chain of command is in effect: If there are any questions or issues concerning our athletic program, the athletes/parents should first contact the appropriate event coach, and if there is no resolution, then move up the chain as follows:

- Varsity Head Coach
- Athletic Director
- Principal

If you or your parent/guardian need to contact the coaching staff:

Head Coaches: John Major majorj@calvertnet.k12.md.us

Assist. Coaches: John Urban urbanj@calvertnet.k12.md.us

BJ Aris arisbj@calvertnet.k12.md.us

Attendance at practices and meets:

Commitment to the team is paramount! Players are expected to be at all practices and meets that they are competing. Practices and meets may be held over breaks and Saturdays. If you are unable to attend for some reason, inform your coach in advance. Consequences for unexcused absences from practice/competitions:

- First Unexcused Absence: Warning and loss of lettering point
- Second Unexcused Absence: Suspension from competition & loss letter point
- Third Unexcused Absence: Removal from team

NOTE: It is a SMAC conference rule that no athletes can compete until he/she has participated in 5 days of practice between the first official practice and the first competition. This may affect athletes that come out during the first week of school.

Excused absences are determined at the coach's discretion. They may include events such as illness, doctor's appointments, school related/sponsored events, funerals, and weddings. **Coaches can require athletes to complete prescribed workouts before the next competition even for excused absences.**

All athletes must demonstrate the ability to run 3 miles non-stop before they will be entered into any meet or competition. To run in an invitational, boys must be able to run 3 miles in 30 minutes and girls must be able to run in 36 minutes.

Being tardy or absent from practices/games for whatever reason can compromise your conditioning. Even excused absences can become excessive because competing without proper training can be dangerous. **If the coach feels that an athlete has not received the appropriate training OR the athlete is unable to complete prescribed workouts due to absence, injury, or illness the coach reserves the right to hold the athlete out of competition until the coach believes the athlete has completed enough workouts to a satisfactory level compete safely.** If every effort can be made to avoid missing workouts that are written in colored font on the website "Training Calendar", it would be very beneficial. Meets are written in RED.

- 1) After school practices: **2:40-4:30pm (Except lifting days go to 4:45- see calendar).** Saturday practices **8-9:30am** / Early dismissal practices **12:40-2:00pm** / Weekdays off from school are scheduled on a TBD basis. Summer practice times are written on the "Event Calendar" on the our website.
- 2) Attendance to every practice and competition is mandatory. If an athlete must miss a practice or competition, they must approve it with the coach before hand, **PERSONALLY or by EMAIL.** Failure to give prior notice will result in the absences being treated as UNEXCUSED (barring extraneous circumstances).
- 3) Athletes late to practice must notify a coach before hand and/or bring a note from the teacher or sponsor that they were with. Failure to do so will result in the **loss of a lettering point.**
- 4) **If you miss a Saturday invitational without an acceptable excuse, you will ALSO miss**

the following regular season meet held midweek.

Medical Excuses:

Players should make every effort to schedule medical appointments so practices and games are not missed. If you are in school you are expected to attend practices and games even if you are unable to play. If excluded from participation indefinitely by a doctor, you must provide a note from that doctor authorizing you to play again.

Dress and uniform code:

If team uniforms are worn during the regular school day they must meet the Calvert County Public Schools dress code. *T-shirt must be worn under jerseys and running short are not appropriate attire for school.*

How you present yourself when traveling to other schools reflects on you personally, your team and your school. You will wear your complete uniform to and from track meets.

Uniforms/Equipment:

Team members will be issued team uniforms and certain equipment as required by the sport. Each team member is responsible for his/her equipment. For presentation and hygienic reasons the uniform should be kept clean. All equipment must be returned at the close of the season or you will be responsible for the replacement cost of any missing items. Note: These costs can be extremely high because uniforms are custom made and the cost of replacing a special ordered numbered shirt can far exceed the cost of buying a similar shirt at a local sports store.

Players are expected to provide the following personal equipment: (training shoes, racing spikes, a water bottle, daily snacks). Eastbay is an online source for shoes. Fleet Feet can actually help fit runners into an appropriate shoe. They are located at 318 6th Street Annapolis, MD 21403

Other helpful equipment would include a cheap stopwatch.

Practices: WARM AND COLD WEATHER workout clothing EVERY DAY. We usually go outside even in the cold. But if the cold is accompanied by high wind and/or rain we may stay inside. Failure to workout due to improper workout gear will result in loss of lettering points. Also bring a water bottle.

Games: Complete uniforms; warm-ups; racing spikes; water; sports drink.

Transportation:

Team members are expected to travel as a team. Should it be absolutely necessary for a student to ride to an away meet with their parents/guardians, approval must be granted from the school principal 24 hours in advance. If a student is traveling to or from a meet with an adult other than their parent/guardian, approval must be granted by the school principal. Students leaving with a parent/guardian from an away game must notify the coach before leaving. *Under no circumstances will students be approved to drive themselves and/or other students to and from meets.* Student athletes must be picked up no later than thirty minutes after returning to Calvert.

Also, students are expected to remain on campus when at away competitions. Any athlete that leaves the venue of competition without authorization from the HEAD COACH will be dismissed from the team immediately.

Awards:

An athlete may be eligible for certain awards at the school and/or Conference level provided he/she completes the season in good standing and adheres to team rules. Awards may include, but not limited to, receiving a Certificate of Participation; a MPSSAA Minds in Motion Certificate; being named to Conference teams; or achieving lettering status. Lettering status is ultimately left to the discretion of the coaching staff.

How to earn a varsity letter: Athletes must earn 60 points. Here's how:

- **Volunteerism:** Each time an athlete or parent contributes positively to the team, the athlete will receive 5 lettering points. Opportunities may include fundraising, working the SMAC championships, volunteerism, and working home meets.
- **Attendance:** We understand there are legitimate reasons for absences. You will not be punished for excused absences, however you will not be rewarded for them either. So, each day an athlete attends a practice or competition up to regionals, they will receive one lettering points. You must be physically present to be awarded a lettering point, so choose carefully why you need to miss practice. They are after all, attendance points.
- **Ability and Improvement:** Athletes are awarded lettering points based upon ability and improvement. A scale displays how many points each athlete's performance in that event can earn them. Basically, the more you improve, the more points you can earn towards your letter. (See Letter Point Scale)
- **Seniority:** Athletes receive 5 lettering points for each consecutive year of participation. We want the athletes to stay with us consistently.

PLEASE NOTE:

- Barring injury, if an athlete does not complete his/her respective season, they forfeit ALL lettering points and WILL NOT be awarded a letter.
- Athletes must return their uniform in order to earn their letter and awards.
- Lettering points can be forfeited for poor attitude, improper conduct, and disrespect toward coaches, officials, and teammates.
- It is nearly **IMPOSSIBLE** to letter if an athlete only earns points in one of the four criteria outlined above. But, ATTENDANCE can get you most of the way there. Basically, we expect our athletes to exhibit multiple positive attributes.

Lettering Point Scale

Boys Time	Points	Girls Time
Complete a Race	15	Complete a Race
27:00	25	30:00
25:00	27	28:00
23:00	29	26:00
22:00	31	25:00
21:00	33	24:00
20:00	35	23:00
19:00	37	22:00
18:30	39	21:30
18:00	41	21:00
17:30	43	20:30
17:00	45	20:00
16:30	47	19:30
16:15	49	19:15
16:00	51	19:00
15:45	53	18:45
15:30	55	18:30

Respect the Game:

The Maryland Public Secondary School Athletic Association (MPSSAA) has adopted a sportsmanship initiative entitled “Respect The Game” which speaks to the heart of sportsmanship. The message is simple and direct. Let all of our actions be guided by respect. To achieve that goal, everyone is targeted in a way that relates to their individual circumstances yet collectively achieves a common goal. Players are expected to treat opponents, coaches, game officials, administrators and fans with respect.

Athletes are also expected to extend respect to their teammates. Hazing will not be tolerated. Athletes are also expected to conduct themselves respectfully and responsibly on social media.

Role of Team Captain(s):

The responsibilities of being a Team Captain should not be taken lightly. The minimum responsibilities of a captain in this sport are:

- 1) Following all team rules
- 2) Attendance for you is very important as you set the example. Two unexcused absence from practice will result in demotion.
- 3) You are the voice of the team. Bring any problem or concern that you observe to the coach’s attention immediately.
- 4) Encourage your teammates
- 5) Leading warm-ups at practice and meets
- 6) Mentor and orientate new athletes
- 7) Assisting teammates with following the rules and procedures at meets

Valuables: Due to the number of teams sharing facilities and the possibility that locked rooms may not always be available, team members are advised to not bring valuables to practices or games. If you must bring a cell phone it may only be used at these times: (before and after practice; on the bus; at meets only in the stands)

Eligibility: Continued participation is contingent on academic eligibility and adherence to these rules. If you have a change of address during the season you should notify the coach. To be eligible for the team you have to be living with your legal guardian/parent in this school district unless while living outside this school's attendance district you have special permission to attend this school.

- 1) All athletes must maintain a **70% Average AND have no more than one failing grade** to remain eligible for competition.
- 2) In order to participate in a practice and competition, an athlete must be present at least half their scheduled day. Exceptions must be granted by the **Principal and/or Athletic Director**.
- 3) Any athlete suspended for any reason will not be eligible to participate.
- 4) Any athletes in to ISS may not participate in competitions on that day.
- 5) Athletes can be subjected to disciplinary action as a consequence of any misconduct in class, school, practice, or school related function.

Participation on outside teams:

A member of the school team may participate on an outside team provided that it does not interfere with school practices or games. The high school team must come first.

