



## **2017 Boys & Girls Cross Country TEAM EXPECTATIONS, RULES & POLICIES**

### **HEAD COACHES:**

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### **ASST. COACHES:**

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### **SUPPORT STAFF:**

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## **1. CROSS COUNTRY PHILOSOPHY**

We support the CIF mission of pursuing victory with honor. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles:

•Trustworthiness •Respect •Responsibility •Fairness •Caring •Good Citizenship

The highest potential of sports is achieved when competition reflects these "six pillars of character."

## **2. GOALS & OBJECTIVES**

The coaches' goals are to pursue excellence and have our athletes be "winners in life".

We will not put winning a meet before

ethical behavior. We feel that athletics is an extension of the classroom and we use sport of cross country as a vehicle teach "life lessons" (e.g., discipline, hard work, responsibility, teamwork, persistence, etc).

We want our athletes to:

- become better persons
- have fun and make new friends
- enjoy running and get in great physical shape
- learn about proper running technique, racing tactics, training concepts, and nutrition
- understand and appreciate the relationship between hard work and success

- learn how to get along with others that may be different from them
- be supportive of teammates and know the importance of making individual sacrifices for the benefit of the team
- experience the joy and excitement of traveling to new places

### 3. EXPECTATIONS:

All athletes:

1. Will treat themselves as well as others with respect.
2. Will be prepared for practice each day and on time.
3. Will put forth their best effort each day.
4. Will follow safety practices.
5. Will maintain a positive and supportive attitude towards teammates and coaches.
6. Will demonstrate sportsmanship, and integrity.

### 4. ELIGIBILITY REQUIREMENTS:

1. To participate on the team, a student must complete and submit an Athletic Clearance Packet to the SC Finance Office. The packet includes:
2. Extracurricular Activities Physical Exam Form (physicals are good for one year)
3. Extracurricular Registration Material Form (proof of medical insurance coverage)
4. Ethics in Sports Form
5. Coach's Emergency Card
6. Athletic Eligibility Checklist (10th, 11th, & 12th grade only)

Athletes must be enrolled in a minimum of 12.5 units and maintain at least a 2.0 unweighted (C average) GPA with satisfactory citizenship (No U's).

### 5. ATTENDANCE / COMMITMENT / COMMUNICATION:

Practice is held every school day from 3:00-5:30 pm. Saturday and holiday practices usually begin between 7:00 and 9:00am. Practices typically last about 2 – 2 ½ hours depending on the workout type, and level of the runner. The top JV and Varsity runners may also weight train two days a week. There are no Sunday practices.

The coaches place a great deal of importance on practice, for that is where most improvement takes place. If your son/daughter is involved in a club sport outside school you will probably have quite a few conflicts with overlapping times. As per our school athletic guidelines, If there is a conflict. the school activity would come first. While we do our best to try and work things out, please keep in mind that our first responsibility comes with making sure that the athlete in question will end up competing for Steele Canyon High School.

***Athletes may miss ONE invitational*** with the exception of the Stanford Invitational Narsitvland Mt. SAC Invitational (if they qualify) due to an outside conflict with the coach's approval in order to earn a varsity letter. It is mandatory that all athletes attend ALL Dual meets, as well as *League Finals*, *CIF Finals*, and *State Finals* should they qualify. ***Athletes who miss more than one Invitational (or the Mt SAC or Stanford Invitational) due to an outside conflict will not receive their varsity letter and may not receive participation credit on their school transcript.***

Most meets are held on Wednesday, Friday or Saturday. Where bus transportation is provided, students must ride to and from the meet with their teammates and coaches. For dual meets, home and away, all athletes must stay until the meet is over for both the boys and girls teams, and stay until the post-meet clean-up and meeting has concluded. Athletes are expected to arrive to weekend invitational meets no later than 90 minutes before the first team race. At the weekend invitationals, if the athlete has another commitment, they first need to communicate to the coach about the conflict, get permission to leave early, and first cool-down/stretch after their race, then may check out with the coach.

Three unexcused absences may result in dismissal from the team. Three unexcused tardies will equal one unexcused absence. Athletes should try to schedule medical and personal appointments outside practice time. If you have to make a medical or dental appointment in advance, give us a call and the coaches can let you know what day of the week is usually best for us to work around. If you can't make it to practice, the coaches expect athletes to communicate to the coaches. Acceptable methods of communication include:

- 1) Informing the coach in person in advance of the impending absence
- 2) leaving a note on the desk of the coach in the ENS department
- 3) phone call or text message to coach
- 4) e-mail to coach

*If a problem occurs, and the athlete must miss practice, we expect the athlete to tell the coach about this, not relay the information through a friend or teammate.* If a problem comes up regarding a scheduled invitational or meet, let us know when you find out, not minutes before, or after the fact. A lot of problems can be solved with good attempts at communication.

Excused, valid reasons for missing part or all of practice include:

1. illness
2. injury
3. medical, dental or orthodontic appointments (try to schedule outside practice time)
4. family emergencies
5. bereavement
6. academic make-up or tutoring (if this becomes a regular occurrence it may be best to focus solely on academics)

An excused absence without communicating with the coach is the equivalent of an unexcused absence! Athletes coming to school, but are Injured, or slightly Ill, must still attend practice and meets and be prepared to stay until the end!

If the athlete misses a practice with a valid reason, and is not sick or Injured, it is imperative that they receive an "at home" workout so as to not miss important training session.

- An unexcused absence the week of a meet may result in sitting out that meet.
- It is mandatory to practice the day before a meet in order to compete the next day. In the event of a medical appointment that cannot be changed, on the day before a meet, it may be possible for the coach to schedule a workout during a "free" period, before school, or after the appointment. Please check the meet schedule and schedule all appointments on non pre-meet days.

## 6. Championship Season

There is a saying in running that you are only as good as your last meet or meets. In cross country, our season is determined primarily how the team performs at the end. The JV championship is decided solely on the team's performance at League Finals. Dual meets have no bearing. For varsity competition, dual meets count 1/3, and League Finals counts 2/3 towards a championship.

There are many factors that can contribute to a successful peak performance. Some of these factors include: running workouts at goal race pace, getting adequate rest and recovery, eating properly, and staying injury-free. Nothing is quite as frustrating as not being able to complete a hard workout, or race at a key competition due to being injured or tired from an outside activity.

The coaching staff works diligently to prepare the athletes to peak at the right time. To prepare the team best for the championship phase of the season which is the last two (three for varsity) weeks, the coaches require that all athletes dedicate themselves to a peak performance by halting or severely curtailing all "outside" activities that would interfere with a peak performance for the last two or three weeks. This would include participating in any non-school athletic practice or competition. Failure to follow this may result in injury, fatigue, and thus may significantly affect the ability to compete or practice or compete successfully and complete the season in good standing (See Sec. 13 Varsity Lettering requirements).

For example, an injury sustained during an outside activity may preclude an athlete from participating in the most important meet(s) of the season.

Saturday, November 12<sup>th</sup>, is League Finals against all of the Grossmont Conference opponents. For the varsity, Saturday, November 19<sup>th</sup> is CIF Finals. The State Meet is the week following CIF should the team or individuals qualify. Based on the season and League Finals results, *7-10 athletes will be selected to participate for CIF FINALS. Selected athletes may not try out or practice for winter sports teams until they have finished the cross country season.*

**LEAGUE FINALS:** *Friday, November 10, 2017*

*JV Girls and JV Boys should arrive in uniform and team issued sweats to Steele Canyon North (home) Bleachers no later than 6:45am. Varsity Girls and Varsity Boys should arrive to team area by 7:00am.*

*Non participating athletes/team members should report at 6:45am and be prepared to help for the duration of the meet! No show = non-completion of the season.*

<b><u>SCHEDULE:</u></b>	<b><u>Divison:Race Time</u></b>	<b><u>Warm-up time</u></b>	<b><u>Start Line/Strides</u></b>
JV Girls	8:30 am	7:25 am	8:10 am
JV Boys	9:00 am	7:55 am	8:40 am
VAR Girls	9:30 am	8:50 am	9:10 am
VAR Boys	10:00 am	9:20 am	9:40 am
AWARDS	10:45-12:00		

## **AWARDS**

*The top 10 athletes in each varsity race (10 Hills League and 10 Valley League) earn medals and\*potential All-League status (\*To be voted on by coaches at the end of the season meeting). In addition, the top 7 runners on the top two placing teams (to be decided by 1/3 Dual Meets & 2/3*

*Finals) will receive medals. The League champion team will also be awarded individual championship patches from the Grossmont League to be distributed at the team banquet.*

*For Junior Varsity races, the top 25 individuals in the Conference (all 11 schools) will receive medals. The top 7 individuals on the first, second, and third place teams will also receive medals.*

*The 1st place school is considered the Grossmont Conference Champion. Patches for team champions will be awarded at the banquet.*

***The award winning athletes need to report to the awards ceremony area located on the quad stage in school Issued uniform following their races beginning at approximately 10:45 am. The awards ceremony usually concludes around or before 12 o'clock.***

***All athletes are required to attend the Awards Ceremony. THIS MEANS, NO ONE LEAVES EARLY! IF YOU LEAVE EARLY YOU WILL NOT HAVE FINISHED THE SEASON IN GOOD STANDING! Please do not ask the coaches to make an exception.***

**TEAM MEETING:**

***All athletes, will meet after the awards ceremony in the quad for a brief meeting.***

***All athletes are required to attend!***

**7. MEET TRANSPORTATION:**

Bus transportation will be provided to all athletes who travel to and from weekday invitationals. Athletes may NOT take personal transportation for these meets, and may NOT leave a dual meet, or weekday invitational early. Where bus transportation is provided, students must ride to and from the meet with their teammates and coaches. For weekend invitationals, athletes are expected to provide their own transportation and may be excused before the end of the meet with permission by the coach.

**8.FUNDRAISING:**

Running a quality cross country program with upwards of 100 athletes is not cheap. On average the team spends approximately \$15,000 per year. Our current cross country budget from the Athletic Department does not provide for all the needs of our program (ASB provides approximately \$3,200). To provide a quality program and make up for the shortfall, the Steele Canyon Cross Country only fundraiser is a "EMail-a-Thon" where athletes are asked to send 20 emails to potential sponsors asking for their financial support The contributions from our sponsors will help to provide our student-athletes with a quality program worthy of their efforts.

The money we raise will be used to buy uniforms, sweats, team t-shirts, equipment, end of the season awards, provide opportunities to travel and participate in out-of-county invitationals (transportation and lodging expenses) and pay non-stipended assistant coaches The majority of our contributions come from family, friends, and interested

sponsors. All participating athletes ***will receive a Cougar team t-shirt, and a team tank top as a token of our appreciation.*** Parents who have financial need and are unable to participate in our fundraising campaign, should speak to the coach for alternate ways to assist our program.

## **9. TRAVEL:**

Students will have the opportunity to fly on a plane, bus, and stay overnight in hotels. Athletes must exhibit exemplary behavior and adhere to all school rules while on trips. Athletes must return a signed field trip parent permission slip prior to a trip. A trip itinerary will be provided to athletes and parents prior to scheduled trips.

Our two scheduled overnight trips are to Portland for the Nike Portland Invitational, and to Los Angeles for the Mt. S.A.C. Invitational. To participate on these trips we ask that athletes contribute by fundraising. For the Portland trip, we will take the 7 most deserving varsity girls. Invited participants are asked to turn in 20 fundraising emails and contribute \$350 minus their fundraising efforts. For example, if the athlete fundraises \$200, they would only be responsible for \$150. ***Athletes should have a check post-dated (payable to Steele Canyon Cross Country) to November 18th for the balance prior to the time of the trip. We will not cash checks until this date.*** For the Mt. SAC trip, we will take the top 25 boys, and the top 25 girls. The cost is \$75.00 minus the athlete's fundraising. Deposits must be secured before the trip. Athletes that have financial hardship have the potential for fee waivers or assistance.

## **10. EQUIPMENT:**

Athletes provide their own training and racing shoes. The coaches recommend shopping at Movin' Shoes at 1892 Garnet Avenue, San Diego, CA 92109 or 897 S. Coast Hwy 101 #103, Encinitas, CA 92024

Movin' Shoes offers competitive prices but more importantly have experts who work there and will get the athlete fitted in the right shoe. In addition, athletes are expected to train in appropriate training attire (running shorts and t-shirt/tank top and sweats). A digital wristwatch that takes splits is required. GPS watches are also very beneficial. Athletes should bring at least one, water bottle to practice.

Athletes are responsible for uniforms and warm-ups issued. Proper care includes cold water wash and tumble dry low. Uniforms are to be returned within five days of season's end. Cleaned uniforms and warm-ups should be returned in a shopping bag or clear plastic bag identified with the athlete's name. Athletes will be billed for damaged or lost uniforms (\$60 for uniform, \$60-\$100 for warm-ups). Failure to return or pay for damaged, lost, or stolen items may affect the students eligibility in other sports, and extracurricular activities.

## **TURNING IN GEAR**

*All JV athletes must turn in their issued gear to Mr. Mittry at the SC Equipment Room by Monday after League Finals*

- 1) *Clean and washed*
- 2) *Neatly folded*
- 3) *In a plastic grocery bag*
- 4) *Have athletes name clearly written on the outside of bag with level*

**EX: Aaron Weston, Var Boys**

*All Varsity athletes must turn in their issued gear to Mr. Mittry at the SC Equipment Room on the Monday after CIF or State Finals.*

*Athletes who do not turn in gear (or pay fine) will **NOT** be cleared for Winter Sport Tryouts, will **NOT** be issued a uniform for the winter sport team, and will not receive end of the year awards!*

*Lost Uniforms & Sweats will be charged \$60-100.00. See Mr. Mittry for individual item cost.*

### **11. LOCKERS/LOCKER ROOM:**

All students will be issued an assigned lock and locker. Lockers are for E.N.S. and athletic use only! Locks are free, but must be returned at the end of the term or a fine will be issued.

Students are expected to follow all school rules while in the locker room.

- 1) No horseplay, running, or throwing of objects.
- 2) Entering or exiting the wrong direction may lead to injury of another student.
- 3) No food, drinks, glass, or gum inside the building.
- 4) Use only assigned locker. Locks are already on the lockers. Do not bring locks from home.
- 5) Cell phones and iPods must remain zipped securely inside backpacks at all times while in the locker rooms. Cameras and video recording devices are NEVER permitted in the locker rooms.

### **12. OFF CAMPUS RUNNING & SAFETY**

Cross Country as well as Track & Field (distance runners) are the only high school sports in which athletes are allowed to train off-campus and are not always directly supervised by their coaches.

For the safety of runners it is important that these rules are followed:

- 1) Run the course exactly as prescribed by the coach (No unscheduled stops or detours).
- 2) Follow all rules of the road (e.g., stop at stop lights, avoid jaywalking, etc.).
- 3) Always run with at least one buddy.
- 4) After an off-campus run, check-in and check-out with the coach.
- 5) If lost, or hurt, stay put, wait at the particular location until help can arrive.
- 6) Do not talk to strangers.
- 7) Do not wear headphones and listen to music while running.

### **13. VARSITY LETTERING POLICY:**

To be considered for a varsity letter, athletes must achieve at least ONE of the following:

- 1) Compete in at least 70% of all meets, and run in the top 7 (on varsity) during at least 50% of our meets.
- 2) Run in the top 7 (sometimes extended to top 10 if the team is very strong) during 75% of our meets, and have an average place position of 7 or better.
- 3) Qualify to run in the CIF Finals race (only 7 make this) and place first or second at League Finals.
- 4) Run a quality time by season's end for two or more races (Girls 2+ miles at 6:45 pace or better (6:50 pace on SC course), Boys 3+ miles at 5:45 pace or better).

5) Be a senior, run as a member in good standing of the team for at least 3 years, and train with varsity intensity and commitment and be a positive example of Steele Canyon Cross Country.

6) Coach's discretion

Additionally, to receive their letter, certificate, or award, a runner must:

- Finish the season in good standing.
- Complete the season academically eligible.
- Show up to the awards banquet to receive their award.
- Turn in all school issued equipment/uniforms.
- Pay for any lost or damaged equipment
- Not try out for another school sport until the cross country season has been completed.