

TEAM GUIDELINES

Welcome to the 2010 Cross-Country Season. Hopefully, you're looking forward to this FALLS Cross-Country Season and are preparing to put the effort in to better yourself and your TEAM. Yes, Cross-Country is a TEAM sport. The TEAM is only as good as its last runner. There are no short cuts or "easy" miles.

If you expect to BE a CHAMPION, PRACTICE like a CHAMPION everyday!

1. Forms - Physical, Parental Consent, and Activity Chemical Procedure forms must be in athletic office BEFORE you can practice in the fall.

2. Practice -You're expected to be at practice ON TIME each day. Practice starts PROMPTLY at 3:45PM and will generally end around 5:30PM (those athletes that need to complete weight training, need to add about 20 minutes to practice on weight training days). If you have a conflict we need to know as soon as possible BEFORE practice and you need to have a parental note stating the time, date, and reason. Work schedules need to be adjusted NOT to conflict with practice or meets. Unexcused absences will not be tolerated and you will not be allowed to travel or run in the meet following such an infraction. Three unexcused absences will result in removal from the team. If you have a weight training class at GISH, that class will count for your cross-country weight training. If you don't have a weight training class, you are expected to lift weights at least twice a week following the teams strength program provided by Coach Swanson.

The Teams practice schedule will be updated weekly so that you have an idea of what to plan for in practice (posted in Media Center and on schools web site: <http://www.gips.org/senior/activitiesathletics/islander-cross-country/cross-country-practice-schedule>). Always be prepared for weather changes. Remember to protect yourself; run with at least one other person, let someone know the course you're running and how long you expect to be gone, avoid vehicles. NO MATTER HOW RIGHT YOU ARE AND HOW WRONG THEY ARE, IF YOU COLLIDE WITH A VEHICLE, YOU LOOSE!!!

3. Training Rules - Workouts tear the body down to make it stronger. Rest allows the body to recover and to become stronger; rest is a major part of a proper training cycle. You need to be home on weekdays by 10 PM to be rested for practice and competitions. Too often athletes work too hard on "easy" days and not nearly hard enough on "hard" days. Make sure you follow the intensity levels outlined by your coach for practice. If you don't understand what a practice is supposed to do for YOU, ASK!!

4. Conduct and personal appearance - You are a member of this TEAM. Your conduct and appearance needs to reflect this membership not only at school, but EVERYWHERE you go. Give people a reason to be PROUD of you, your school, and your team. Be a good citizen.

5. Classroom - Remember that you are in school to LEARN. Your first responsibility is to your classroom work not to athletics. Get schoolwork done on time. Make sure you contact the instructor(s) of any class(es) you will miss and get assignments

homework to the instructor BEFORE the absence. If you're going to be late to practice because you're with a teacher for schoolwork, make sure that you get a note from that teacher to give to your coach. **If you are not passing ALL OF YOUR CLASSES on a meet day, you will not be allowed to go with the team to that meet.** You're a student FIRST and an athlete second.

6. Equipment - You are expected to provide your own APPROPRIATE running equipment for practice. This includes a good pair of running shoes. If you can afford it, spikes and/or racing flats are great for most courses (test them out in practice at least once a week). Also, a watch with a stopwatch function is strongly recommended to help you in timing pace, intervals, and runs. You are responsible for any gear checked out to you; if you lose it, you buy it at full replacement cost!

7. Competition – Commit yourself to being a competitor. Compete hard not only in meets but also in practice. This is a TEAM. We travel to and from competitions on school transportation TOGETHER as a TEAM. Exceptions may be made in advance; let the coach(es) know 2-3 days before the meet. Athletes can only be released to their PARENT/ GUARDIAN because of legal issues. Make sure that you bring your uniform, running gear, extra socks and clothing (foul weather) to keep warm and dry in. Also, bring extra NON-CARBONATED and NON-CAFFINATED drinks and food. Make sure that you keep the team camp, buses and vans clean. Coaches are not your parents; we will not clean up after you. No sunflower seeds will be allowed on buses/vans. A group (year in school) will be assigned to clean the camp, buses, or vans for each meet. You are responsible for your gear; if a coach picks it up, push-ups will be required to get it back. On trips, if we can hear your music, it's too loud and you'll be asked to turn it down or off. Noise on trips is unacceptable – you're on the trip to COMPETE.

Usually, the top seven athletes run varsity at meets. BOTH JV and varsity meet results determine these seven. Exceptions to this may be due to illness, injury, or family emergency. **ANY SENIOR THAT IS THE 6TH OR 7TH RUNNER ON VARSITY GOING INTO CONFERENCE, DISTRICT, or STATE MAY BE REMOVED FROM VARSITY IF THERE IS AN UNDERCLASSMAN RUNNING 8TH, 9TH, OR 10TH.** This is not a punishment, but a preparation for next seasons TEAM. The FINAL decision as to who will run varsity is solely the coaches.

8. Alcohol/Tobacco/other drugs - Don't let "peer pressure" sway you; avoid these at all cost. Any use or suspected use will be handled as described in GISH student handbook. Nothing tears a team apart when members can't be trusted to stay away from alcohol, tobacco, and other illegal or abused substances. **Anyone caught involved with these substances WILL NOT RUN on varsity for the remainder of the season.**

9. Diet – To "cover" your mineral and vitamin needs, a WELL-BALANCED DIET is needed. To aid in this, the use of a SINGLE DAILY MULTIVITAMIN is recommended. Avoid carbonated and caffeinated drinks ESPECIALLY before meets and practice. Make sure you stay well hydrated ESPECIALLY during HOT, HUMID days. Stay away from CARBONATED and/or CAFFINATED drinks. Sports drinks, depending on type, usually will help with recovery. See more information on hydration on GISH XC website under "Information and Handouts".

10. Communication – One of the ways for you to become a better runner is to ask questions. If you don't know why things are done a certain way or why you're doing a certain workout ASK. At times, coaches may not answer your question until practice is over so that practice can stay on time. Open communication is essential for the TEAM. If you feel that you're being treated unfairly, let the coach(es) know. Coaches are here to help you become a better runner, competitor, and person. (email: kpfeffer@gips.org Athletic Office: 385-5581).

11. Injuries – Know the difference between pain do to training and pain do to injury. Sore muscles and joints do occur especially with some of the running surfaces cross-country trains on. If you're injured, MAKE SURE YOU SEE THE TRAINER BEFORE YOU GO TO YOUR DOCTOR (the trainer has an "inside track" to all doctors in town). When in doubt about an injury, see the trainer. ICE, ICE, ICE!!

"If you're going to expend (the) ... effort and energy to participate, you might as well go ahead and give whatever else it takes to win." Johan Bruyneel

I have read and understand the requirements of the Grand Island Senior High Cross Country Team. I further understand that there are consequences for any violations. All violations will be handled at the discretion of the coaching and administrative staff.

Print Athlete's Name Athlete's Signature and date

email:_____ Phone:_____

Print Parent's (Guardian) Name Parent's (Guardian) Signature and date

email:_____ Phone:_____