

GRAND ISLAND SENIOR HIGH CROSS COUNTRY LETTERING POLICY

To EARN a letter in Cross-Country, athletes must earn 225 points accumulated by the following:

1. Summer Workouts. Summer workout sessions allow runners the opportunity to develop their aerobic capacity by building base mileage, which is ESSENTIAL for success during the fall season. Summer workout is Monday through Thursday at 7:10 AM at GISH (be early; running starts at 7:10 AM). Meet at the northeast double doors of the main gym next to the faculty parking lot. One (1) point can be earned for each practice session completed (must be with team or by PRIOR arrangement with coach). Summer workouts are optional; remember that you get out of athletics what you put in!

Summer workout ALSO INCLUDES WEIGHT TRAINING. The Cross-Country team will meet for weight training following Monday and Thursday morning runs. Make sure that a coach (XC or weight coach) SIGNS your weight training form EACH DAY. Runners that complete 80% of the weight training sessions as documented by GISH weight coach will earn 10 points.

Summer training mileage from being AT summer workout sessions will result in 5 points for each 50 miles logged. You must be at the workout session to earn points or make prior arrangements with a coach.

Occasional summer road races and/or track meets are great ways to see how training is going and gives you a chance to compete. Each documented (results in paper, on internet, or show award) summer competition will earn you 5 points.

Taking part in an ORGANIZED Cross-Country Camp (UNK, UNL, NE Wesleyan, etc) will earn 25 points.

2. Civic help. Occasionally, the team is asked to help civic and/or school organizations in running their events. Examples of this include the YMCA Bill Seymour run, Hoops Mania, State Games Torch run, etc. Working such events will earn you 5 points per event.

3. Fund Raising for the TEAM. Each year the Cross-Country team has at least one fund raising project to help off set expenses. This is an expected part of being a TEAM member. For each \$10.00 earned for the team, you will earn 1 point up to a maximum of 10 points.

4. In-season Practice. For each day of practice that you run (complete the session ASSIGNED to you INCLUDING WEIGHT TRAINING*), you will earn 2 points. For every 50 miles completed during the season, including meets, you will earn 5 points. If you're not at practice, you can't earn points. Three unexcused absences results in

removal from team. If you're not going to be at practice, it is your responsibility to let a coach know BEFORE practice (email, phone). * If you have a weight training class, this will count for your Cross-Country lifting.

5. Cross-Country Performance. Meets are where you get to show how your training and dedication are progressing. IMPROVEMENT, though hard to show from meet to meet since time comparisons between courses means very little, is what you should be looking for. Points from meets may be earned by the following:

- Run on varsity – 5 points/meet
- Top 15 places in varsity meet – 5 points/meet
- Top 10 places in JV meet – 4 points/meet
- Complete JV meet and place outside of top 10 – 2 points/meet

Further, the following points may be earned for be an individual medal winner at Conference – 15 points, District – 20 points, and State – 25 points.

6. Coaches Call. Regardless of point total, earning a Grand Island Senior High Cross-Country Letter is an HONOR and PRIVILEGE. Athletes MUST remain in “good standing” academically and athletically. Letters are awarded for both EFFORT and TALENT and should be regarded as a valued award for hard work, dedication, and ability – not everyone will EARN a letter, but ALL should WORK towards that goal. Coaches reserve the right to modify this formula in special cases and award letters to whom they believe have earned that honor.