**Girls Cross Country Season Guidelines & Expectations 2017**

**Cuts:** we will only make cuts in cases of poor attendance, attitude, work ethic, or disciplinary problems.

**Attendance:** Excused absences from school are considered excused absences from practice. Any other absence requires WRITTEN communication **from a parent/ guardian** to be excused.

If you are well enough to attend school, you are expected to attend practice. If you are injured/ ill you need to check in with a coach at the start of practice every day to determine what level of participation you will have in that day’s practice.

 *Academic Tutoring:* try to schedule this during advisory or before school. If you have to attend after school, you need a note from the supervising teacher. Having a large assignment due the following day that an athlete procrastinated on is NOT an acceptable reason to miss practice.

 *Appointments* are necessary, but make every effort to schedule them outside of practice/meet times. If it does happen you must bring an appointment card or doctors note. Use SIP days and days off of school to take care of these necessities.

 SIP Days: No School:

 *Other:* Work, forgetting practice gear, or other clubs and activities are all considered unexcused absences. Powderpuff is not encouraged as it is not uncommon for girls to be injured during practices and the game. Any athlete participating in powderpuff will not run the following meet, but they are expected to be in attendance. Any Varsity or alternate athletes should not participate in Powderpuff.

 *Meets* require prior clearance by a parent/ guardian, with the exception of day-of emergencies.

 *Consequences:* Practices: 3 unexcused results in a suspension, 5 in being cut from the team. Meets: 1st offense results in a suspension, 2 in being cut from the team.

*Post Season Attendance:* A small number of select athletes (12) will be selected to continue training and competing in the post-season. If chosen, you are expected to be at all practices and meets for the post-season. Regular attendance rules apply, and athletes may be suspended or be cut from the team.

**Academics:** We are proud to be an IHSA All-State Academic Team, with a varsity GPA of a X. Athletes must have earned a minimum of 2.5 credits the previous semester, and must pass 5 academic classes weekly in order to be academically eligible to compete, per the IHSA. If an athlete is ineligible due to failing grades more than 3 weeks of the season they can be cut in order to allow them to focus on improving their academic standings.

**Behavior:** The “Extra-Curricular Participation Code” and District 204 guidelines will be the standard by with Athletes will be expected to behave. Inappropriate behaviors will NOT be tolerated. A coach may ask an athlete to leave practice due to an inappropriate behavior. This will result in an unexcused absence for the day and may lead to removal from the team. Inappropriate behaviors at a meet will result in a suspension from the team and /or dismissal from team. Remember you represent **JTC**!

**Physicals:** All athletes must have an up to date physical in order to practice and compete.

**Uniforms:** Each athlete is responsible for their uniform, and may only wear them to meets or on days we decide to wear them as a team. Any lost or damaged uniforms will result in an obligation for $50 per piece. Warm-Ups will be assessed an additional $50 per piece. Cleaning fees for dirty uniforms are $10 per item.

**Meet Participation:** Participation in meets is dictated by participation and performance at practices. You earn a spot on the meet roster- absences, lack of participation, discipline problems, and performance are all “just cause” for non-participation in a meet.

Athletes must be academically eligible in order to compete (see above).

Athletes must be able to run the full 3 miles without walking at an average of a 10 min per mile pace in order to compete in each meet.

All athletes are required to attend all regular-season meets, even if they are not racing.

**Varsity Status:** Varsity status is determined by race participation and coaches’ discretion. Any athlete competing at sectionals regardless of grade will receive varsity status. Upperclassmen will receive varsity status if they race in a minimum of 7 races out of the 9 scheduled during the regular season. Otherwise they will be classified as JV. Any athlete that misses Conference for any reason except injury may lose Varsity status.

**Transportation:** *Meets:* We provide estimated windows for return times from meets, and provide athletes with updates as to our return time. Athletes must ride the bus to the meet; they may not take their own transportation. Athletes are expected to stay for the duration of the meet, and only legal guardians may sign them out after the end of the meet to be driven home separately.

*Practices:* Athletes will be released from regular practice in time totake the 430 or 600 bus, depending on our schedule.

 *Parent Pick-*Ups: Athletes must be picked up from all practices and meets within 15 minutes of the end time. We keep families consistently updated on changes and arrival times. At the third infraction the athlete will be suspended from a meet, at the fourth infraction they may be released from the team.

**Communication:** Athletes and parents/guardians are responsible for checking the website and e-mail to

 receive updates on bus times, practice schedule, and meet information.

**Contact Information**: Coach Giovanazzi: cgiovanazzi@jths.org

**Twitter** @JCLadySteelmen JC Girls Track & XC **Website:** <http://ladysteelmenxc.weebly.com/>

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print athlete name) agree to the guidelines for the 2017 cross country season and will follow them as stated. I understand that failure to adhere to these policies may result in a suspension or removal from the team.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date