**Arkport-Canaseraga Cross Country**

Team Expectations and Requirements

1. All runners must have a watch or way to time themselves. A cell phone is an acceptable option, but an actual wristwatch is preferable (Ironman Timex watch is $30 and can be found at Walmart).
2. Be prepared for practice. This includes having your running shoes and running clothes on when practice begins. If it is below 50 degrees you need to bring a sweatshirt/hoodie and pants/tights. If it is below 40 degrees, you need a hat and gloves as well. A water bottle is mandatory at every practice. If you come unprepared, you may be asked to sit out of practice.
3. It is recommended that all varsity runners have cross country spikes. Anyone that is in the top 10 will benefit from cross country spikes for meets that are later in the season – it gets very muddy, and very slippery!
4. Sign out policy: All athletes are required to take the bus to meets. Any special circumstance requiring a parent to bring you to a meet must be approved by the athletic director. If you would like to ride home with a parent, they must sign you out with a coach:
   1. Sign outs will only be after ALL athletes have finished competing, cooling down, stretching and debriefing with a coach.
   2. Please do not ask to sign out during/before a race – it can be distracting for the coaching staff.
   3. Athletes may only leave with their parent, unless their parent sends a remind message or email to a coach stating that another athlete’s parents have permission to bring them home.
5. Varsity Letter: One of the following criteria must be met in order to be a varsity athlete for cross country, including attending 95% of practices and meets (not including preseason):
   1. Qualifying for sectionals: Any athlete that competes at sectionals, or qualifies as an alternate is automatically considered varsity.
   2. Juniors & Seniors: Any junior or senior that is in good standing (eligible) will be on the varsity team.
   3. If an athlete earns 5 points from the following system:
      1. 1 point for beating the 7th runner of an opposing varsity team (incomplete teams do not count).
      2. 1 point for finishing in the A-C top 7.
6. Attendance: All athletes are required to come to every practice for the entire duration of the season. Excused absences are as follows:
   1. *A medical excuse or appointment (documentation may be required).*
   2. *A family emergency.*

All known absences must be reported to the coaches on Remind or via email 24 hours in advanced. Athletes that have 2 or more unexcused absences from practice will have a meeting with the coaches and their parents. Any absences that we are not notified about may count as an unexcused absence.

1. Honest effort policy: All athletes are expected to give their best effort every day.
2. Practice will generally run from 3:30pm to 5:30pm, every school day. Practice officially begins August 19th. Runners must be at Saturday practices (8-10am) if there is not a Saturday invitational.

Parent Signature: Date:

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Student Signature:

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