



Summerville Cross Country

Positive Policies Overview

*A fuller list of policies and procedures will be available at a **mandatory** parent meeting at 5:45 on Wednesday, September 2nd. Parents are required to attend, and athletes are encouraged. This specific overview is user friendly and easy to understand for our general guidelines for practices and meets.*

Four Keys to Success:

Stay Positive

Cross country, more than any other sport, is a fight of the mind. Far too often, we can let our own worries, concerns, or even the workout conditions themselves drag us down. Not only this, but a negative attitude can be contagious, and detrimental to the team as a whole. Remain positive, and encourage others to have a positive attitude as well.

Work with Determination

We *are* going to hurt during cross country practice, and for much of the season, it is going to be hot. Our coaching staff absolutely cares about your health and safety, but we also know that, in order to get better, we must put forth more than just a simple jogging effort at practices and meets. No matter if it is an easy day, a speed day, or a race, always aim to work with determination and integrity. If you know you can give more, give more. If it's a super easy recovery, and I ask you to run easy, run easy. You will be amazed at what your own body can accomplish with just a little vigor and determination.

Encourage Others

We are a team. While we will have our own individual successes and improvements, we practice and race for our teams. Always look to see how you can verbally and actively help and encourage your other teammates to stay joyful and reach their full potential.

Be Respectful

Be kind to yourselves, be kind to others, be kind to your environment, and be kind to your authority figures.

Attendance Policies

Practices are not optional. You are required to be at each practice, promptly at or before 3:25 M-F. Although absences would not occur in a perfect world, emergencies or circumstances beyond your control arise, and if you must schedule an appointment, a family obligation, or attend tutoring after school, please let Mrs. Dewey, Ms. Dieste, or Mr. Tucker know *at least* before lunch of practice on that day if not before. If you are ill, you or your parent should send a brief email to mdewey@summbears.net on or before the day you will miss due to illness noting that you will not attend. If we receive no notification, you will receive an unexcused absence, and will decrease your chances for privileges at special meets and special awards at the end of the year.

Tardies, as well, are not accepted unless pre-arranged, and the same consequences as unexcused absences apply. You are expected to be here at or before 3:25 each day, and if you are late, you will be marked tardy. Exceptions to this rule include meeting with teachers or administrators, but you must come with a signed note from this teacher/ administrator to excuse the tardy. We will often go off campus, generally on Tuesdays and Thursdays, and sometimes more, and we may leave as early as 3:35. If you are not here to leave, you will be left behind.

If absences and tardies accrue, the athlete will be warned, make-up practice(s) will ensue, and the athlete may be asked to leave the team.

Attendance at Meet Policies

Most meets are not optional, the exceptions being Stanford Invitational, in which 7 males and 7 females will be selected by specific criteria to attend the meet. Please look ahead at the schedule and make sure dates do not conflict with other activities. If they do, let Ms. Dewey know immediately to discuss make-up options.

Other

You are responsible to bring your own water bottle to practice each day. We will have a water jug to fill up water for practices, but cups will not be provided. At meets, you are responsible to bring your own *water bottles* (a jug will not be provided), and other drinks and snacks you may desire (Gatorade, bananas, sports energy bars, etc.). Coaches will not assume responsibility for snacks and water at meets.

It is expected that you remain respectful and quiet while instruction is being given, and positive when we are in school vans and on the bus.

Parents are there for you for emotional support, but are not responsible for critiquing and “coaching coaches” and should never discourage or put down the coaching staff. Administrative intervention will occur should this take place. However, initial and legitimate concerns should first be worked out athlete to coach, then parent to coach if necessary, and then, only after these first two steps have taken place, will a parent-athlete-coach-admin meeting occur.

STAY HYDRATED. This is extremely important, especially during the hot season.

EAT WELL. Fueling your body with proper, healthy, and adequate nutrients is one of the best things you can do for your running body.