***BJHS Cross County***

***Parent/Athlete Information***

*2021*

**Website** Please be sure to check out updates and information on upcoming meets or practice schedules, etc. at <http://crosscountry.weebly.com/index.htmlCOMCA>

**Facebook:** Find us on Facebook at *BJHS Cross Country*

**Equipment**

* Running shoes and shorts
* Uniform: Singlet/Jersey provided (please follow washing instructions). ***Responsible for uniform issued. \*There will be a charge of $20-30 for any lost or damaged singlet.***
* Team Wear: apparel orders will be offered.

**Team Rules**

* Same as what is in the school handbook: Grades must be passing (school comes first)
* All runners will conduct themselves in an appropriate manner at all times:

No swearing, degrading teammates or opponents. No clothing that includes profanity or images deeming to be lacking class in any way. Any activity which could damage the reputation of the school and/or the Cross Country program will not be permitted. Engaging in such activities will result in immediate suspension or expulsion from the team.

**Our Coaching Philosophy**

* Positive, enthusiastic, passionate
* Teamwork
* Develop character, self-discipline
* Create an environment where the kids can improve their running skills and prepare for the next level (blend of hard work and fun, set and obtain personal goals)

**Expectations of Runners**

* Keep grades up.
  + If “F” in any subject, can’t participate in any practice or meets (Mon-Sat eligibility):

3 consecutive weeks of ineligibility, or 3 separate periods of ineligibility results in dismissal from team

* + PE- If you do not dress or participate, you cannot practice or compete in meet that same day.
* Attend every practice: weekdays, M-Th 3:00-4:30pm; Fri 3:00-4:00pm; Saturdays tbd

3 unexcused absences will result in dismissal from team

\*\*All rides for should be at BJHS by the end time(s) listed above. All students must exit and be picked up in the bus lot on the south side of the building. **No students can go back to their locker or exit by the office**.

* Work hard in every practice
* Show RESPECT to your Coaches, Teammates/Classmates, Parents, Opponents, Officials, Teachers and Administration
* Take care of yourself- get enough sleep, eat healthy… candy, pop and other junk food will disrupt your performance

**Cuts** Sectional Week (After Kingsley Invite Oct. 1) (before Sectionals), squad cut down to 20-24; 10-12 runners/ per boys and girls squad

**Invites/Meets**

* Arrive on time and be prepared with all your gear
* Be mentally and physically ready (plenty of rest 2 nights to the night before, visualize meet)

**Away meets:** students are to ride the bus to and from when transportation is provided. In order for a student to ride home with a parent, they must have a signed note from their parent which will also need to be approved/signed off on by a principal.