

ISLANDER CROSS COUNTRY TEAM GUIDELINES

Welcome to the 2008 Cross Country Season. Hopefully, you're looking forward to this FALLS Cross Country Season and are preparing to put the effort in this SUMMER to better yourself and your TEAM. Yes, Cross Country is a TEAM sport. The TEAM is only as good as its last runner. There are no short cuts or easy miles. The time, mileage, and efforts you put in over the SUMMER will show in the FALL.

If you expect to BE a CHAMPION, PRACTICE like a CHAMPION everyday!

1. Forms - Physical, Parental Consent, and Activity Chemical Procedure forms must be in athletic office BEFORE you can practice in the fall. **FREE PHYSICALS Monday, May 19th, 6:15PM, West Commons.**

2. Practice –You're expected to be at practice ON TIME each day. If you have a conflict we need to know as soon as possible BEFORE practice and you need to have a parental note stating the time, date, and reason. Work schedules need to be adjusted NOT to conflict with practice or meets. Unexcused absences will not be tolerated and you will not be allowed to travel or run in the meet following such an infraction. Three unexcused absences will result in removal from the team. All practice sessions, weights included, need to be recorded in log.

3. Training Rules - Workouts tear the body down to make it stronger. Rest allows the body to recover and to become stronger; rest is a major part of a proper training cycle. You need to be home on weekdays by 10 PM to be rested for practice and competitions.

4. Conduct and personal appearance – You are a member of this TEAM. Your conduct and appearance needs to reflect this membership not only at school, but EVERYWHERE you go. Give people a reason to be PROUD of you, your school, and your team. Be a good citizen.

5. Classroom – Remember that you are in school to LEARN. Your first responsibility is to your classroom work not to athletics. Get schoolwork done on time. Make sure you contact the instructor(s) of any class(es) you will miss and get assignments BEFORE missing class. If homework is going to be due on the day you miss, get that homework to the instructor BEFORE the absence.

6. Equipment - You are expected to provide your own running equipment for practice. This includes a good pair of running shoes. If you can afford it, spikes are great for most courses (test them out in practice at least once a week). You are responsible for any gear checked out to you; if you loose it, you buy it at full cost!

7. Competition – Commit yourself to being a competitor. Compete hard not only in meets but also in practice. This is a TEAM. We travel to and from competitions on school transportation TOGETHER as a TEAM. Exceptions may be made in advance through the athletic directors office. If the proper forms aren't filled out, the athlete cannot be released. Make sure that you bring your uniform, running gear, extra socks and clothing to keep warm and dry in. Also, bring extra NON-CARBONATED and NON-CAFFINATED drinks and food.

8. Alcohol/Tobacco/other drugs - Don't let "peer pressure" sway you; avoid these at all cost. Any use or suspected use will be handled as described in GISH student handbook.

9. Diet – To "cover" your mineral and vitamin needs, a WELL-BALANCED DIET is needed. To aid in this, the use of a SINGLE DAILY MULTIVIATMIN is recommended. Avoid carbonated and caffeinated drinks ESPECIALLY before meets and practice.

10. Communication – One of the ways for you to become a better runner is to ask questions. If you don't know why things are done a certain way or why you're doing a certain workout ASK. At times, coaches may not answer your question until practice is over so that practice can stay on time. Open communication is essential for the TEAM. (Athletic Office: 385-8100)