



HIJH Cross Country

Coaches:

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We are excited about another season at HIJH. Yes, we lost a few teammates, but we have asked more to be a part of what we know is a fun, rewarding experience. Our goal is for all participants to develop mental and physical toughness combined with a positive attitude and motivation to promote the team's success. We hope to foster an environment that supports a healthy life style that will continue for years.

ELIGIBILITY

- An IHSAA Physical dated after April 1, 2019
- All online forms submitted into the Rank One online system
- Students must meet the requirements for grades outlined in the student handbook
- All runners must be able to run a 10:00 mile AND a 2 mile "non-timed" run without walking before participation in a meet. Each of these standards will be tested on separate days.

ATTENDANCE

- All team members and managers are expected to attend all practices and meets (this includes any injured athlete).
- **Three unexcused absences can result in removal from the team.**
- An unexcused absence is when a runner is absent from practice due to the participation in another extra-curricular activity: soccer, softball, baseball, piano lessons, tutoring, etc.
- A runner can NOT miss a meet due to another extra-curricular activity. If so, there will be a one meet suspension penalty as a result. The 2nd occurrence will be dismissal from the team.
- A runner with an unexcused absence the day before a meet will not participate in the meet. Communication is key.
- Students will not be allowed to leave practice or meets early for non-school related activities. This does not include doctor/dentist appointments and family emergencies.
- An email is needed for any missed practice. The email should be sent to the coach before practice is missed, unless the student is absent from

school or sent home by the nurse. An absence from school is an excused absence from practice.

- While school work takes precedence, do not plan on missing practices to complete homework.

Projects are usually assigned in advance, plan accordingly to complete work. This will count as an unexcused absence if a student stays after class to get “caught up” on the workload.

- To receive your end of the year award, you must remain in good status with the team at the conclusion of our final meet. Failure to “skip” practice the last week results in removal from the team and end of the year activities.
- All “fun runs” (example: Fishers Freedom 5K Run) need to be completed by the end of August. If a runner misses practice to participate in a fun run, then it will count as an unexcused absence.

PRACTICE GEAR / UNIFORMS

- All students should have t-shirt/shorts, as well as sweatshirt/sweatpants for all practices (always be prepared to run both inside and outside, even in unfavorable conditions). Failure to participate in practice by missing a workout due to forgetting items at home will result in an unexcused absence.
- Locks will be issued so personal items can be left in your assigned locker in the locker room. **LOCK IT UP IF YOU WANT IT! We will not be responsible for stolen or damaged items.**
- Team uniforms are **NOT** to be worn during practice or at school. If any portion is lost or ruined, you are responsible for the replacement cost.
- If a runner forgets his/her uniform the day of the meet, a replacement uniform will not be given; it is the runner's responsibility to keep track of uniform, shoes, etc.
- Inhalers – students requiring an inhaler should give it to the coaches to keep in the first aid kit.

MEETS

- Parents must sign out with a coach if a team member will NOT be riding the bus home from a meet at the end of the meet. We will have an attendance sheet available at the end of the meet. Do not leave without signing out for ALL runners that you are transporting home with you. Parents can transport other runners home, but you **MUST** email the coaches to communicate this.

- ***This is a team sport. All members are expected to stay and cheer for their team until completion of the meet. We run a warm-up and cool-down together as a team. We all have places to be in the evening. Arrange for shared rides when time gets short.***
- No phones and mp3 players are allowed out at meets or practices...the exception: to call a parent.
- Team members are always expected to support one another and keep a positive attitude.

INJURIES

- Injuries that occur outside of our practice or meets should be handled at home first.
- All complaints of soreness or injury need to be reported to coaches and parents quickly. We will want athletes seen by a sport's doctor when injury is suspected.
- Ice is not handed out daily. Coaches will assess if ice is needed immediately. Ongoing care at home may be needed.

DISCIPLINE

All athletes are expected to behave in school as well as on the team. As a member of the team, you are a representative of the school and your community. Behavior/attitude problems, both on and off the field, will not be tolerated as long as you are a member of the HSJH Cross Country Team. Below is the protocol as outlined in the school handbook. Also, if runner is insubordinate and repeatedly does not run in practice (walks) and does not have a doctor's note stating one is injured, dismissal from team could occur.

1. A formal referral to the assistant principal which results in reprimand or one period of in school reassignment, or the acquisition of up to two detentions will result in a coach-imposed penalty. This penalty will be short of contest suspension (e.g. running or swimming laps). The acquisition of a third detention could result in a one-contest suspension. Detentions beyond three will result in additional contest suspensions and eventual removal from the team.
2. Assignment of 1-2 days of in-school reassignment, or Friday Extension / Saturday school could result in a one contest

suspension. In addition, students are not allowed to attend practice or a contest on a day they serve in-school reassignment or Saturday School.

3. Assignment of in-school reassignment for 3-4 days or a second Friday Extension / Saturday school could result in a three-contest suspension.
4. A second incident resulting in assignment of ISR or assignment of ISR for more than 4 days, or a third Friday Extension / Saturday school, could result in removal from the team or activity for the balance of the season.
5. Any offense resulting in out-of-school suspension could result in removal from the team or activity for the balance of the season