

WAYNE CROSS COUNTRY

Wayne XC Handbook – Rules and Policies

Start of Season – The cross-country season begins on the first day of fall practice, August 14th this year. Athletes will need to receive medical clearance from the school nurse prior to the first practice in order to participate. Athletes may not participate without this medical clearance.

Practice Prior to Labor Day – Outside of illness or injury, an athlete may not miss 6 or more practices prior to Labor Day under any circumstance. (This includes family vacations and summer camps.) The team rule regarding unexcused absences, (found below), still applies during this time.

Practices – Athletes are expected to be at all practices. In the event an athlete cannot make a practice due to a valid academic or personal reason, the coach must receive a written note from the athlete's parent. Missing practice due to work is discouraged. In the event of a work conflict, an athlete must discuss the particulars with the coach. If an athlete accumulates a total of three unexcused absences, the coaching staff will recommend dismissal from the team to the Athletic Director.

Meets – Athletes are expected to be at all meets, including weekend invitationals. In the event an athlete cannot make a meet due to a valid academic or personal reason, the coach must be notified in advance with a written note from the athlete's parents. Please note - Athletes may not miss meets due to work conflicts.

Eligibility – An athlete must attend 10 practices in order to participate in a meet. An athlete must compete in at least 6 meets in order to compete in Sectionals. An athlete must remain academically eligible as set forth by school guidelines.

Practice Time – Athletes are expected to be at practice on time. Practice during the school year begins daily at 3:30 p.m. An athlete will be excused for being late due to labs or valid academic and personal reasons accompanied with written note. Athletes must always check out with the coach when finished with practice. End time of practice will vary slightly, and athletes are expected to stay until completion. End time for practice should generally be around 5:30 p.m. If an athlete needs to leave early for any reason, the coach must be notified.

Conduct – Athletes are expected to conduct themselves in a positive manner. An athlete is representing their team, their school, their parents and most importantly, himself/ herself. Conduct should be appropriate and respectful. Inappropriate conduct can result in a Code of Conduct violation, which can lead to a suspension from the team.

Buses – All athletes must ride the bus to and from a meet. A meet is not considered over until the team returns to school on the bus. If an athlete has a valid and urgent reason to leave a meet site early, they may do so only with their own parents. Parents must personally notify the coach and give the coach a signed notice. (It is a policy of the Wayne Athletic Dept. that athletes may only leave competition sites with their own parents. Under no circumstances may an athlete leave a meet site with anyone other than their own parents. Any questions, please contact the Athletic Dept.)

Uniforms – Athletes must wear school issued uniform in order to compete at meets. Care of uniforms is the athlete's responsibility during the season, and uniforms are to be handed in upon completion of the season. Lost or damaged uniforms will result in replacement billing by the athletic department.

Varsity Letter – Athletes must place (be top 7 on the team) in at least one league meet or invitational to earn their varsity letter.

Captains - Captains' responsibilities include organizing and attending a *minimum* of 10 captain's practices over the summer, leading the team in stretching and drills, and assisting coordination of team functions such as the banquet and pasta parties. Captains should also act as role models providing positive support and encouraging fellow team members. They should help maintain open and positive communication with both teammates and coaches and help keep teammates focused on seasonal goals.

Captains' Practices - Captain's practices will be held throughout the summer. See website for times and locations. These are not required practices, but they are encouraged for any athletes who would like to run well next year and remain injury-free.