Cross Country (Girls)

EXPECTATIONS FOR TEAM ATTENDANCE

All athletes are expected to attend all practices, scrimmages and games, meets or matches. Attendance is a commitment that the entire family must agree on prior to the start of each sports season.

Limited participation in athletics is not allowed. (Example: special arrangements for individuals to practice less than the scheduled number of days per week for work, Driver’s Education, non-school activities). Excused absences include only those for (a) illness, (b) school concerts and class field trips, (c) doctor’s appointments, (d) religious holidays, (e) an educational experience may be considered an excused absence. The experience must be related to an activity in which the student has previously been engaged and be of minimum duration. School related trips (example: trips taken during vacations to Europe, Canada, etc.) and family vacations will not ordinarily be considered excused absences. Parents and students are asked to make these decisions prior to the beginning of the sports season. Realizing there may be extenuating circumstances, a student may request excused absences by a direct prior request, before the official season begins (in writing) from the parent/guardian to the Director of Physical Education & Sports.

For one unexcused absence from a practice/game or scheduled meeting, the athlete will be suspended for one (1) athletic contest. For two unexcused absences, suspension will be from two (2) athletic contests.

SCHOOL SUSPENSIONS:

Any assigned school suspension (whether it is In-School or Out-of-School) will result in: (1) No participation or attendance in practice or a contest on the day the suspension is served and (2) a suspension of one athletic contest. If the athlete is suspended from school on a game day, that will be considered the suspended athletic contest. If the athlete is suspended on a “practice” day, they will not attend practice on the day of the suspension and miss the next scheduled contest.

NHIAA RULES:

Medical Exam: All incoming Freshmen and new-to-CHS students must have a current physical received by CHS prior to the first day of tryouts. Physicals MUST NOT BE OLDER THAN ONE YEAR FROM THE START OF THE SEASON. Only one physical is required throughout the high school years. NO PHYSICAL-NO TRYOUT!

Sportsmanship:
A. Any player who is disqualified before, during or after a game at the Freshman, Junior Varsity or Varsity level, for exhibiting unsportsmanlike conduct, shall not participate in the next scheduled interscholastic athletic event, including NHIAA Tournament contests.
B. If any player receives a second game disqualification during the season, that individual will be required to forfeit any participation in that interscholastic sport, at any level, for the balance of the season.
C. If the game disqualification is administered in the final contest of the season (including tournament play), the penalty shall be carried over in that sport and
invoked at the first regular season game the following academic year. If a
disqualification is administered to a graduating senior in his/her final game at that
school, it is the expectation that the school will take immediate and appropriate
disciplinary action.

D. Any player, who leaves the bench area during an interscholastic athletic event where
an altercation is taking place in the playing area, shall receive a one-game
disqualification for the next scheduled game.**

**Any player involved in a fight shall receive a two (2) game suspension for the first
offense. A second offense will lead to a disqualification in that sport for the balance of
the sports season

OTHER EXPECTATIONS:

A. Every athlete is expected to travel to and from an athletic event with the
team. Exceptions to this would be a direct prior request, in writing, from the
parent/guardian to the Director of Physical Education & Sports.

B. All injuries, however slight, should be reported to the coach of that sport
immediately. A $90.00 per student interscholastic athletic participation fee is required. Anyone unable to pay this fee should request a waiver while completing the on-line
registration. This request will be reviewed by the Business Administrator.

C. The athlete is responsible for all equipment and uniforms assigned to
him/her. They will be expected to pay in full for any lost or damaged items. All
equipment (including uniforms) must be returned directly at the end of each sport’s
season. Failure to accomplish this within one week of the final contest may result in no
letter award.

D. All athletes must complete the on-line registration and supporting documents prior
to the start of the season.

1. QUITTING TO CHANGE SPORTS
   Once final cuts have been made and the team established for the season, no team
member may quit and participate in another sport during the same season unless
approval has been given by both head coaches and the Director of Physical Education
& Sports.

2. AWARDS:
   For teams winning state championships, the coach is encouraged to conduct a
fundraiser to provide an adequate award for such an accomplishment. This is the
only such award that the Athletic Department recommends. It is felt that the letter
award and certificate presented at the Sports Award Banquets fulfills this need. We
urge parents to cooperate in seeing that this concept is carried out. Organized Booster
Clubs, which conduct fund raising activities for athletics, shall be allowed to allocate
their contributions as determined by their Board of Directors and the coach of the
sport, subject to approval of the Principal and Athletic Director. Apparel (jackets,
sweatshirts, T-shirts, etc.) should reflect the appropriate school colors (cardinal &
white)-CHS and (blue & white) RMS, and if necessary for a third trim color, black.
CROSS COUNTRY – (GIRLS)

INFORMED CONSENT: Cross Country is not a vigorous contact sport but with continuous and strenuous training, injuries can happen. The following types of injuries may occur: (1) Sprains and Strains, (2) Contusions and Abrasions, (3) Broken Bones, (4) Stress fractures, (5) Shin Splints and (6) Pulled Muscles. Additionally, due to the inherent nature of the sport athletes will not be under constant and direct supervision by the coach. To remain safe while training athletes will follow pedestrian rules of the road. By participating in cross-country both athletes and parents acknowledge and accept the potential risks of running on road and trails.

Team Rules:
1. The athlete who follows the training rules and properly prepares himself will better be able to avoid injuries. All athletes should have proper training sneakers, running gear, running watch and water bottle. The athlete should inform the coach of any problems when they occur.
2. All athletes are expected to conduct themselves in a manner that is consistent with the principles of good sportsmanship and a breach in conduct can lead to suspension from the team.
3. Athletes will interact in an appropriate and considerate manner with any and all persons they encounter during training, and they will demonstrate respect for all public and private property while training.
4. All workouts will be thoroughly explained and mapped out by the Coach. If an athlete chooses to run another workout or course, without approval of the coach, then that athlete will be suspended from the next scheduled meet. Any athlete seen walking during a run for no apparent reason will be spoken to the first time and then suspended from a meet the second time. If this occurs a third or more times, then a meeting with the Coach will result and a consequence will be determined that could be as severe as dismissal from the team.
5. All athletes will use roadways and trails in a manner consistent with safe and appropriate pedestrian usage.
6. Deviating from the prescribed training plan to swim or enter into any body of water is strictly prohibited; violating this prohibition will result in disciplinary action.
7. The captains for each season will be chosen by the Coach.
8. Suspended athletes will not travel with the team to away meets. They are to stay in their scheduled period 7 or 8 class. Their teachers will be informed that they will not be traveling to the suspended meet. When we have a home meet the suspended athlete will be required to help at the finish line and in the finish chute.
9. No athletes will be allowed to compete if they miss the team bus on the day of an away meet, (and it is unexcused.)
10. Unexcused tardies to practice will not be tolerated. If these persist then a possible suspension from a meet will occur. Plan ahead, and communicate to the coach as to why you will be late for practice.
11. We realize that extenuating circumstances may occur. If you have a conflict, see the Coach as soon as you are aware of it. Only in cases of extreme emergencies will an excuse be accepted after the fact.
To be awarded a varsity letter an athlete must meet one of the following criteria. One, any athlete entered to seeded for possible participation in one or more of the championship-season races will be awarded a varsity letter. Two, an athlete who has finished in the top seven places on the team throughout the season (defined as at least one half of all competitions) but was not entered into the post-season may also be considered for a varsity letter.

The coach will have the final say for the determination of individual varsity letters. Honorary varsity letters will be awarded to those seniors who have participated as loyal members of the team for 4 consecutive years, grades 9 – 12. All other athletes who either do not receive a varsity letter or have not run for 4 consecutive seasons and are seniors will either receive a Junior Varsity award. Athletes meeting the letter award criteria must finish the season eligible and in good standing to receive their Varsity letter.

**NHIAA-Non School Competition By-Law - A. (As a member school of the NHIAA, we are expected to enforce all NHIAA Policies.)** A member of a school team is a student athlete who is regularly present for, and actively participates in. all team practices and competitions. Bona fide members of a school team are prevented from missing a high school practice or competition to compete with an “out of school team”. Whenever a conflict arises between the high school team practice/competition and an “out of school practice/competition” on the same day, the high school team practice/competition must be honored by the student athlete. Priority must be given at all times to the high school team, its practices, and its contests unless a waiver has been granted by the athletic director and principal on a case by case basis. Penalties: Any student athlete who violates this rule, unless a waiver has been granted as stated above, for the first time, shall be declared ineligible for the next 4 consecutive interscholastic events or 3 weeks of a season in which the student athlete is a participant, whichever is greater. This penalty is effective from the day of his or her last participation in a high school sport. Any student who violates this rule, a second time, shall be declared ineligible for participation in any high school sport for the balance of the school year.

**APPEAL PROCESS:**

A student and/or his/her parents/legal guardians may appeal to the Principal only a limitation on extracurricular program participation resulting from a First Violation of Fourteen (14) calendar days under Section I or any consequence imposed under Section II.

A student and his/her parents/legal guardians may appeal a suspension resulting from a subsequent violation under Section I to the Principal, the Superintendent and from the School Board in this order.

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