

2014 Cross Country Rules & Regulations Handbook

Welcome to the 2014 St. Mary's Catholic School Cross Country Team!

The purpose of this handbook is to inform you, the runner, and your parent(s)/guardian(s) of the rules and regulations of our team. In this handbook you will find a schedule of our meets, team rules, and two agreement forms. Please take the time to review this handbook carefully. At the end of this handbook, you will find a Participant/Parent Agreement. There are two copies of this form in each handbook: one for you and one to be returned. This is an agreement between the participant, the parent(s)/guardian(s), and the coaches. This form must be signed and returned before a member can participate.

The Cross Country season begins in late August and runs through mid-to-late October. The program is open to boys and girls in 5th-8th grades. The Cross Country coaches for the 2014 season are Lindsay Doyle and Don Jean. Don created the running program at St. Mary's three years ago, and has been coaching Cross Country each fall and Track each spring since its inception. Lindsay joined Don in helping to coach the teams in 2012 and is taking over head coaching responsibilities in 2014. In addition to the coaches, the Cross Country team captain is James Gould. James is an eighth grade student at St. Mary's that has participated in Cross Country and Track since 2012. As the senior student on the team, James will help Lindsay and Don with practices and will serve as a student mentor to new runners.

Practice sessions will include distance running (starting with 1 mile and progressing to longer distances), speed work, hill training, and core strength training. The combination of these types of workouts improve endurance, strength, and speed. We start running the very first day of practice, so all members of the team need to be able to run at least 1 mile without stopping. This level of fitness is expected to be successful at practices and to be prepared to run the various distances (from 1.55 miles to 3.1 miles) at Cross Country meets. Students that are interested in running but are not ready to run a full mile should consider participating in St. Mary's Track team in the spring, as those distances are shorter.

The fee to participate on St. Mary's Cross Country team is \$25 and should be made payable to St. Mary's PTO. This fee will cover technical shirts for the students to wear at meets as well as miscellaneous expenses such as equipment to be used during practices.

We are looking forward to a great season!

CONTACT INFORMATION

Lindsay Doyle	804-938-0286	lindsaybill@yahoo.com
Don Jean	804-363-7381	Djean2365@gmail.com
Drew Spicer	804-740-1048	dspicer@saintmary.org

ATTENDANCE POLICY

Cross Country at St. Mary's Catholic School is unlike sports teams at other middle schools. We want you to be involved in a sport and meet new friends, so all interested runners are encouraged to participate. However, please know that "no cut" does **NOT** mean No Rules! In addition to trying new things and meeting new people, we want you to grow as athletes and people, and represent the values of St. Mary's Catholic School.

Please read and understand the following ATTENDANCE guidelines that will apply to all members of our middle school Cross Country team.

1. Practice is held Monday-Thursday, 3:00-4:00pm, rain or shine. Most practices will be held at St. Mary's and the surrounding neighborhoods, and some practices be held at Deep Run Park, which is approximately 2 miles from St. Mary's.
2. All team members are requested to attend at least two practices a week. We are flexible with the days and want you to experience other activities and sports, but in order to grow as a runner and be comfortable in the meets, you should strive to practice with the team at least two days each week.
3. Team members should attend **all** non-invitational meets.
4. All team members are required to have an updated physical and emergency form on file/online before participating in any practice or meet. If you do not have an updated physical or if your physical expires during the season, you will not be allowed to practice.
5. All team members must participate in their regularly scheduled physical education classes to participate in practice.

PRACTICE & MEET RULES

1. All team members are expected to be **ON TIME** to practice to participate in a team warm-up at the beginning of all practices and meets.
2. All team members **MUST** sign-in when they arrive at practice each day and sign-out when they leave practice with their parent, care-giver, or to go to after-school care.
3. All team members will remain at practices and meets for the entire time. If it is absolutely necessary for you to leave a meet early or you choose to drive home with a parent, you **MUST** notify a coach at the meet before leaving.
4. All team members will practice and promote good sportsmanship at all times. This applies to your teammates and coaches, and to other teams and coaches at the meets.
5. All team members will be active participants of meets and practices. Team members will give attention to races and events, and provide support for team members' performances.

MEET SCHEDULE

Typically, the girls run first and the boys run when they are finished. Since each meet is subject to change, *exact meet times and details will be given the week of the meet.* Invitational meets (shaded rows), are for team members that have met the time requirement for that distance based on past meet times.

9/6	Fork Union Invitational	9:00am	2.5k (1.55 mi.)	Entry fee
9/18	St. Michael	4:00pm	2.5k (1.55 mi.)	No fee
9/20	St. Mary's Go Forth 5k	9:00am	5k (3.1 mi.)	Entry fee
9/23	St. Christopher Meet 1	4:00pm	2.25 mi.	No fee
9/26	Maymont XC Festival (Elementary)	5:30pm	1 mile	Entry fee
9/27	Maymont XC Festival (Middle School)	8:30am	3k (1.86mi)	Entry fee
10/4	VA Middle School Invitational at Fork Union	9:30am	2.5k (1.55 mi.) 6 th grade 3 mi. 7 th , 8 th grades	Entry fee
10/14	St. Christopher Meet 2	4:00pm	2.25 mi.	No fee
10/18	Milestat XC Invitational	9:00am	4k (2.48 mi.)	Entry fee
10/24	Collegiate JV Invitational	4:00pm	5k (3.1 mi.)	No fee

* 1-2 additional meets may be added.

UNIFORMS & PRACTICE GEAR

1. All team members must wear appropriate clothing and shoes to practice. *If you do not have running shoes with you, you will not be allowed to practice.* Always be prepared to run outside, regardless of the weather (cold, light rain, heat, etc.). **Always remember your water bottle!**
2. Cross Country uniforms should be worn for cross country meets only.
3. Shorts/tights worn at meets should be blue or black. P.E. shorts are acceptable.

NUTRITION

1. Eat healthy foods - this is your energy and fuel for practices and meets. Eating all 3 meals (or more!) each day is very important.
2. Team members should bring healthy snacks to school and should have lunch every day. Have a pre-practice snack handy in case you need an energy boost. Often energy "crashes" or tiredness are an indication that fuel (food and/or water) is needed.
3. Drink a lot of water every day. On the day before a meet, drink plenty to avoid dehydration.
4. Each team member should bring healthy snacks to meets. Good examples of energy foods for meets are any low-salt crackers, granola bars, animal crackers, graham crackers, cheese cubes or sticks, yogurt, nuts, bagels, plain muffins, etc. - think plain, easily digestible.

CONTRACT – STUDENT & PARENT COPY

As a member of the 2014 St. Mary's Catholic School Cross Country Team, I have thoroughly read and I fully understand the rules and regulations regarding this team as stated in this handbook. By my signature, I agree to adhere to the rules and regulations, as well as the school regulations pertaining to athletic participation at all times. I also realize that the failure to do so will place my membership on the team in jeopardy, *with the possibility of me being suspended or removed from this team.*

Participant's Name (please print) _____

Participant's Signature: _____ Date: _____

Parent/Guardian Agreement

As a parent/guardian of a member of the 2014 St. Mary's Catholic School Cross Country Team, I have thoroughly read, understand, and agree to support the rules and regulations that are stated in this year's team handbook. Furthermore, I will, to the best of my ability, aid and assist my child in making sure that he/she meets these obligations and lives up to the standards set forth.

Parent(s)/Guardian(s) Name (please print): _____

Parent(s)/Guardian(s) Signature: _____ Date: _____



CONTRACT – COACHES’ COPY – please return

As a member of the 2014 St. Mary’s Catholic School Cross Country Team, I have thoroughly read and I fully understand the rules and regulations regarding this team as stated in this handbook. By my signature, I agree to adhere to the rules and regulations, as well as the school regulations, pertaining to athletic participation at all times. I also realize that the failure to do so will place my membership on the team in jeopardy, *with the possibility of me being suspended or removed from this team.*

Participant’s Name (please print) _____

Participant’s Signature: _____ Date: _____

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Parent(s)/Guardian(s) Name (please print): _____

Parent(s)/Guardian(s) Signature: _____ Date: _____

Parent(s)/Guardian(s) Email: _____

Parent(s)/Guardian(s) Cell #: _____ Do you text? _____

Preferred Method of Contact: _____

Please attach a \$25 check made payable to St. Mary’s PTO and return with this contract in an envelope marked “Coach Spicer - Cross Country Team”.