

Marietta High School

2014 Cross Country

Team Guidelines

Contact Information

Head Coach: Jack Coleman jcoleman@marietta-city.k12.ga.us

C: 404-641-4773; Please leave message if no answer.

Assistant Coaches: Chad Christman cchristman@marietta-city.k12.ga.us

Luke Godleski lgodleski@marietta-city.k12.ga.us

Website: mariettacc.com

Participation

To participate in Cross Country:

1. Register at mariettacc.com. or fill our information sheet (if no internet)
2. Runner must be eligible according to GHSA & MCS rules and regulations.
3. Runner must have a physical on file at MHS dated after April 1, 2014.
4. Athletes are expected to abide by school, state, meet and team rules governing participation, eligibility, conduct, etc., at all times. This includes the school day, practice sessions; travel to and from meets, and participation at meets. Misbehavior or disrespect towards the faculty will not be tolerated and will include a suspension of at least one meet.
5. **Other activities:** I need to know of any other activities (sports, clubs etc.) that will interfere with or affect your participation in either Cross Country practice or meets. Determination about participation on the MHS CC team will be made on a case by case basis. Outside coaching during the Cross Country season will not be allowed.
6. Must turn in a signed copy of **parent/student contract.**

Making the team

- **New Runners:**
 - 8th & 9th: Summer Running Sessions to evaluate all new runners. The focus on 8th & 9th Grade runners will be runners will be on basic fitness level and possible injury potential moving into fall season.
 - 10-12th grade: Runner will be evaluated as to running fitness. A higher level of fitness is expected of upperclassman.
 - Any **new runner coming out after summer running** will be given a time trial to determine running potential and will be expected to be physically fit for running.
- **Returning runners:** All “returning runners” must meet with Coach Coleman before “summer running” to develop a **contract of summer expectations.** Adherence to the contract and keeping an accurate running log will determine runner participation on 2014 team.
- Coaches may choose to disallow anyone on the team if they feel it is not in the best interest of the team.
- **Anyone** concerned with their progress over the summer should feel free to discuss with Coach Coleman. I will let you know my assessment.

Team Time Trial

All runners will complete a 5K Time Trial at the August 8th Run-a-thon, to determine fitness levels, team placement and overnight team trip eligibility.

Practice

- Monday-Friday from 3-5PM @ MHS Track
- Plan for everyday regardless of the weather
- Only an announcement cancels practice
- Be prepared to run in any weather conditions in both practices and meets.

Attendance Policy

1. Athletes are expected to attend and participate in **all practice sessions** and meets unless absent from school or unless excused by the coach.
2. Athletes should inform the coach, personally, **BEFORE** missing a practice when they were present at school. Bottom Line: I need to know where you are when you are not at practice.
3. There will be consequences enforced regarding unexcused absences as determined by the coaching staff.
4. **Excused absences when at school**: Dr. Appointments and tutoring are considered excused absences among other reasons the coaches deem appropriate. If you wonder what is excused, ask before you miss practice. Students should report to practice after tutoring if it is before 3:30. Do not report after 3:30. Anyone at tutoring is required to bring a signed note to the coach from the teacher they tutored with. If you don't bring a note, then it is an unexcused absence.

*** Activities such as tutoring, club meetings or Dr. Appointments **do not always** have to take place during our practice time. Please notify coaches of tutoring and club meetings **BEFORE** they occur. People frequently missing practice or late to practice will be held out of races and possibly removed from team.

5. Any runner missing practice the day before a meet will not be eligible to run in that meet.
6. **Meet absences**: The reason we practice is to race. *Any athlete involved in an activity that conflicts more than once with attendance to Saturday meets, need to have a conference with Coach Coleman to discuss conflicts once the meet schedule is finalized.
7. **Missed practices & running**: Unless a runner is sick or injured and cannot practice, the absent runner **is expected to run on their own** even when they miss practice. Coach will give you your mileage on a planned absence.

Transportation from practice

Students should have their own transportation provided so as to leave promptly by 5:15 PM each day. You need to go home quickly after practice to eat, shower and do your homework.

Transportation for Meets

The school will normally provide transportation to and from meets within a 75 mile radius of the school. Athletes are expected ride on the bus with the team to all meets when a bus is taking them. Athletes must ride home from the meet on the bus unless their parent signs the transportation release form the coaches will have at the meet stating they are leaving with their parent. Any student being transported by a person other than their parent must have the MCS Transportation Form on file before they will be allowed to go with that person.

**Anyone who leaves a meet without letting one of the coaches know they are leaving from a meet will be disciplined. **

Booster Club

The Marietta Cross Country Booster Club is a register 501(c) 3 public charity. Booster Dues are **\$80** per family and includes a team t-shirt for the runner. Checks should be made out to Marietta Cross Country Booster Club. The Marietta Cross Country Booster Club supports the team through only 2 methods: booster dues and fundraising activities. The money goes to pay for meet fees, uniforms, banquet expenses, awards, meet equipment, team spirit wear, coaching supplements, and travel expenses. In the past, the club has successfully sent us on overnight trips and kept overall expenses down for participants in Cross Country.

Fundraising

Please do your part and support the Booster Club through paying the dues and clothing fees along with helping out with fundraising. All members of the team will be expected to participate in fundraisers before and during the season to help support the Marietta Cross Country Booster Club. The 8th annual run-a-thon will be held at the school's track on August 8th and will include a time trial.

Uniforms: \$50; We will be using the same uniform as last year. Only new runners are required to purchase a uniform this year. The uniform is theirs to keep. Payment plans are available.

Sweats: \$50, but are not required. Other team gear may be available for purchase throughout the year.

Overnight Trips

All High School Runners must complete the following in order to be "eligible" for the "whole team" overnight trip in 2014.

1. Be in High School
2. Complete Summer Running assignment (logging included)
3. Participate in the run-a-thon by raising at least \$200 of runner donations/sponsorship.
4. Attended 7 Summer running sessions or the Berry Camp

There will be a trip fee to cover the cost of the overnight trip for all eligible runners.

Lettering

An athlete must meet at least one of the following requirements & finish the season in good standing on the team:

- 1) Finish the season ranked in the Top 5 on the team based on the entire season's cumulative times (this does includes all penalty time assessed during the season due to missed meets).
- 2) Run the following time or better at a 5k meet:

	Boys	Girls
Freshman:	18:45	22:45
Sophomore:	18:30	22:30
Junior:	18:15	22:15
Senior:	18:00	22:00
- 3) Participated and completed 3 full seasons of High School Cross-country at MHS. (**8th grade doesn't count**)
- 4) Worthy of receiving a letter at the discretion of the head Cross Country coach.

Awards

The following awards will be presented at the end of the season:

- 1) Most Valuable Runner (Not always the fastest)
- 2) Most Improved Runner
- 3) Coaches' Award
- 4) Scholar Athlete Patches will be awarded to juniors or seniors with a 3.5 or higher GPA.
- 5) Runners can earn Distance team shirts based on their PRs (Personal records). A runner runs under the following times to earn a shirt.
Girls: 21:00; 20:00; 19:00
Boys: 17:00; 16:00
- 6) Achievement Plaque Award: Runners will earn an award plaque for completing any one of the following accomplishments:
 - Place top 6 individually at region
 - Run on State Team that finishes on the podium (Top 4)
Anyone receiving a plaque will have all of their season's major accomplishments listed on the plaque.
- 7) Leadership Award

Uniform Standards

Meets:

All athletes are expected to wear the uniform issued to them, running/racing shoes, and plain socks (if wearing socks). There is no wearing of compression girdles or tights underneath the uniform shorts. The athlete is expected to represent Marietta without drawing attention to themselves because of their clothing. Exceptions must be approved by coaches prior to competition.

- 1st violation: Suspension from meet of violation.
- 2nd violation: dismissal from team

Meet Warm-Up:

Athletes are to wear the issued team t-shirt before races and may wear longer shorts (over their regular race shorts) on the warm-up during the hotter early season races. As the weather cools, Runners will be expected to warm up in dark blue sweat/running suits, preferably purchased through Booster Club.