

Marietta High School 2019 Cross Country Team Guidelines

Contact Information

Head Coach: Jack Coleman: bluedevisxc@gmail.com

Assistant Coaches: Luke Godleski

C: 404-641-4773

Website: mariettacc.com

Remind Text: Text @mhsc2 to the 81010 to sign up

Participation

1. Register at mariettacc.com
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, 2019**.
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, school clubs, etc.) that takes place during cross country season that may affect participation in Cross Country **practice or meets**. Activities that **occur every week during practice time** will prevent participation in Cross Country. **Outside coaching** during Cross Country season is prohibited.
6. Must turn in a signed copy of **parent/student contract**.

Making the team:

- **New Runners:**
 - **8th- 10th grade:** Summer Running is used to evaluate new runners. The focus on **first time** 8th-10th Grade runners will be on **basic fitness level & injury potential** moving into fall season.
 - **11-12th grade:** Runner will be evaluated as to **running fitness**. A higher level of fitness is expected of all upperclassman.
 - Any **new runner coming out after Aug 1st** for the 1st time will be given a time trial to determine running potential and will be expected to be physically fit for running at that time.
- **Returning runners:** All "returning runners" must meet with Coach Coleman before "summer running" to develop a **contract of summer expectations** that includes their summer mileage. Adherence to the contract & keeping an accurate running log will determine runner participation on 2019 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 at any point.
- Injured (returning and new) runners may or may not be allowed to be on the team based on Coaches discretion.

Blue Devil Dash (Team Time Trial)

All runners will run a Time Trial at the Blue Devil Dash tentatively scheduled for August 9th @ 6PM, to determine fitness levels, team placement and overnight team trip eligibility.

Practice

- **Monday-Friday from 3-5PM** @ MHS Track
- Plan for every day after school and prepare for any weather.
- Only an announcement cancels practice

Attendance Policy

1. **Attend all practice sessions** & meets unless **absent from school** or excused by the coach. **School activities do not automatically constitute an excused absence.**
2. Athletes are to inform the coach, personally, **BEFORE** missing a practice. **Bottom Line:** I need to know where you are when you are not at practice.
3. An unexcused absence will be an automatic meet suspension. A 2nd unexcused absence will result in termination from the team.
4. **Excused absences:** Dr. Appointments and tutoring are considered excused absences among other reasons the coaches deem appropriate. Students should report to practice after tutoring if it is before 3:30. Do not report after 3:30. Tutoring requires a note from teacher or is unexcused. ****People frequently missing practice, late to practice, or leaving early from practice excused or unexcused will be held out of races and possibly removed from team.**** **Any runner missing practice the day before a meet is ineligible to run in that meet.** Any runner missing practice during the week due to sickness will miss that week's race unless conditions dictate otherwise.
5. Once a runner accrues **5 absences** (excused or unexcused) they will be required to be at practice **5 consecutive full practices** before each race they are eligible to run.
6. **Meet absences:** The reason we practice is to race. Athletes will only be allowed a maximum of **2 excused absences** from meets in which they would be scheduled to run. **Plan your family trips and SAT/ACT testing to take advantage of the 2 absences.** *Any athlete involved in activities that conflicts more than once with attendance to Saturday races, **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 post mileage on your training calendar for your 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. There are carpools so please join one. People who continually leave late may be removed from the team.

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 **\$135 per family**. Membership includes an athletes t-shirt, along with window decal. 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.

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 also be expected to participate in fundraisers before and during the season to help support the Marietta Cross Country Booster Club.

Uniform Shorts: \$25 Required.

Sweats: \$50. Optional. This will be the same design as previous years.

Payment Plans: We will allow payment plans for Booster dues and uniform/sweat fee. **Payment plan form is on the back of uniform order form.**

Overnight Trips

All High School Runners **must** complete the following in order to be “**eligible**” for the tentative “**whole team**” overnight trip in 2019.

1. Be in High School
2. Complete Summer Running assignment (**running log included**)
3. Participate in the Team Sponsorship program by raising at least **\$200** of runner donations/sponsorship.
4. Returning runners must be in the same shape or better than previous season
5. Attended **10 Summer running sessions**

*There may possibly be a **trip fee** to cover the cost of the overnight trip for all eligible runners based on fundraising by the team. This offsets any major expenses that fundraising may not cover.

Varsity Lettering

The following standards are established for those in high school seeking a Varsity letter. An athlete must be in “**Good Standing**” and meet one of the following requirements:

- 1) Finish the season **ranked in the Top 5 on the team** based on the entire season’s cumulative times.
- 2) Run the following time or better at a 5k meet:

	Boys	Girls
1 st Year:	19:00	22:30
2 nd Year:	18:45	22:15
3 rd Year:	18:30	22:00
4 th Year:	18:00	21:45

**Certain Courses may have time added or subtracted for purposes of lettering. Coach Coleman will let you know after course evaluation if a time addition or subtraction is in effect.

- 3) Worthy of receiving a letter at the discretion of the head Cross Country coach.

** Anyone who letters on time **must attend the state meet** whether racing or not in order to receive their letter.

Participation Letters:

Juniors & Seniors may letter based on participation:

- Juniors:
 - Member of team since 9th grade
 - Run **250** miles in the 10 week summer & log correctly
- Seniors
 - Member of team since 10th grade
 - Run **275** miles in the 10 week summer & log correctly

Good Standing: Good standing is needed to be able to participate in varsity competitions and to earn a varsity letter. Loosely defined, good standing means the student is regularly attending practice & meets; giving their best effort in practice and meets; getting along well with teammates and coaches; and conducting all communications timely and honestly. Anyone lacking in those areas will be put on probation and unable to letter while also losing any leadership position on the team.

Multiple Sport participation:

We do not encourage multi-sport participation during the XC season as too often the athlete ends up injured and does not perform optimally in either sport. This includes in activities where the student is on their feet for extra hours multiple times weekly.

- 1) **8th -10th grade students** are allowed to participate in multiple sports/activities (this includes activities outside MHS) in the fall; however they will be relegated to “**Junior Varsity**” status only. Cross Country is still expected to take priority over other fall sports/activities when conflicts arise. Athletes will still only be allowed 2 excused absences from Meets. In order to be eligible for “**Varsity Competition**” runners are expected to have XC as their only fall sport/activity. Any Multiple sport athletes will have until Oct 1, to declare themselves eligible for “**Varsity Competition**” by dropping their other sport and participating in “**XC only**” for the rest of the season. Multi-Sport athletes will be eligible for post season races such as Nike and Footlocker after the GHSA season has concluded. Multiple-sport JV runners may letter based on time just like all other runners.
- 2) Parent and Coaches will need to meet and discuss multi-sport participation before the season.
- 3) Coaches will monitor multi-sport athletes. If coaches believe that the student is struggling either academically or otherwise, student may be asked to either discontinue Cross Country or the other sport/activity.
- 4) Any athlete that has not notified the Coaching staff they are involved in another sport and is found to be participating in one during the season will be removed from the team and lose any letter or awards they may have earned.

Awards

The following awards may be presented at the end of the season to runners who complete the season in good standing:

- 1) Most Improved Runner
- 2) Coaches' Award
- 3) Leadership Award
- 4) Scholar Athlete Patches will be awarded to juniors or seniors with a 3.5 or higher GPA.
- 4) Runners can earn “**Distance Team**” shirts based on their PRs (Personal records). A runner runs **faster than the following times** to earn a shirt.
Girls: 20:00; 19:00; 18:00
Boys: 17:00; 16:00; 15:00
- 5) Achievement Plaque Award: Runners will earn an award plaque for any one of the following accomplishments:
 - Run Under 17 min Boy/20 min Girl **on approved course**
 - Place top 12 individually at the Sectional Meet
 - Place Top 10 Individually at State Championship Meet
 - Varsity State Team member that finishes on the podium (Top 4)

*Anyone receiving a plaque will have all of their season’s major accomplishments listed on the plaque.

Uniform Standards

In keeping with the idea of being on a team and allowing your “**individual expression**” to be limited to your running skill level, the following uniform standards have been developed.

Practices:

Athletes are to wear running shoes, socks, shorts/pants, a running shirt or t-shirt, **wrist watch**, and appropriate weather gear. Athletes are not to wear clothing that represents **other schools**. Athletes are not to wear the team’s **race uniform** to practice.

Meets:

All athletes are expected to wear the uniform issued to them, wrist watch running/racing shoes, and **plain socks** (if wearing socks). There is **no wearing of compression girdles or tights** underneath the XC uniform shorts” **that can be seen while racing**”. The athlete is expected to represent Marietta **without drawing attention to themselves** because of their clothing. Any item not listed (including headbands) must be approved. Any 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/gear before races and may wear longer shorts (over there 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.