

Marietta High School 2024 Cross Country Team Guidelines

Contact Information

Head Coach: Jack Coleman: bluedevisxc@gmail.com Cell: 404-641-4773

Assistant Coaches: Dave Ravenscraft, Jonathan Gambrell, Yolanda Payton

Website: <https://mariettaxc.weebly.com>

Remind Text APP: Text @mhsc3 to the 81010 to sign up

Participation

1. Register at: <https://mariettaxc.weebly.com/>
2. Runners must be eligible according to GHSA & MCS rules and regulations.
3. Runners must have a physical
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 include a suspension of at least one meet.
5. Turn in Signed copy of parent/student contract **
6. **Other activities:** Any activity that occurs every week during practice time will prevent participation in Cross Country.
7. **Outside coaching** (Anyone not on the Marietta XC staff) during Cross Country season is prohibited.

Summer Running: The key to our team's success is our summer running. Training plans are given to everyone to guide them with their training. Please see Summer Running Information for more details.

Making the Team

New Runners will be evaluated through their **summer running (& logging)** and the **12 minute test**. New runners are evaluated in regards to consistency of running more than about mileage. The 12 minute test will evaluate their aerobic fitness.

Returning runners will also take the **12 minute test** to evaluate their aerobic fitness. In addition, returners are also expected to attend at least **9 Summer Running Sessions** and run at least the following mileage weekly throughout the summer: **9th: 24 miles; 10th: 25 Miles; 11th: 26 miles; 12th: 27 miles**. Any returning runner, who passes the 12 minute test and does not meet the summer standards, will have to sit out races for a minimum of 6 weeks while running the required summer weekly mileage in season.

*** All mileage must be logged through GPS uploads. Manual logging will not be accepted for meeting the minimum or for summer incentives****

*Coaches may disallow anyone on the team if they feel it is not in the best interest of the team. Injured runners over the summer may or may not be allowed to be on the team based on coaches discretion.

Blue Devil Dash (End of Summer Team Race)

Blue Devil Dash takes place August 3rd. All runners that make the teams are expected to race that day. It is also the last date to turn in all fees and sponsorships for the season.

Practice

- **Monday-Friday from 3-5PM @ MHS Track.** Athletes are expected to attend practices 5 days a week. Any outside activity occurring every week during practice time will prevent participation on the team. Athletes should plan to stay the entire practice. There may be days we finish early, but please do not plan on it.
- Plan for practice 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 Coach Coleman (Remind or email), **BEFORE** missing a practice. I would prefer the notice as soon as you know you will be absent. **Bottom Line:** I need to know **where** you are when you are not at practice.
3. An **unexcused absence** will be dealt with at the Head Coaches discretion.
4. **Excused absences:** Dr. Appointments and tutoring are considered excused absences among other reasons the coaching staff may deem appropriate. Students should report to practice after tutoring if it is before 3:45. Do not report after 3:45. 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 the team.***
5. Once a runner accrues **5 total absences** (excused or unexcused) for the season they will be required to be at practice **5 consecutive, full practices before each race** they are eligible to race.
6. **Any runner missing practice the day before a meet (excused or unexcused is ineligible to run in that meet.** Runners missing practice during the week due to sickness will miss that week's race unless conditions dictate otherwise.
7. **Meet absences:** Meets are not considered optional. A runner may miss 1 meet with prior notice to the Head Coach as excused. The absent runner will receive the time of the runner who finishes in their normal position on the team for that race up to the 7th place ranking. See **TEAM RANKING** section for how race times are determined for runners missing more than 1 race. **When the meet schedule is finalized, any athlete that already has more than 1 conflict with Saturday meets, needs to have a conference with Coach Coleman.**
8. **Missed practices & running:** Unless a runner is sick or injured, the absent runner **is expected to run on their own** when they miss practice.

Transportation from practice

Students should have their own transportation provided to leave promptly by **5:15 PM** each day. There are carpools so please join one. People who continually leave late will 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 should plan to ride the team bus to meets when a bus is taking them (unless scheduling dictates otherwise). Athletes must ride home from the meet on the bus unless their parent signs the transportation release form located in a **RED FOLDER** at the meet stating they are leaving with their parents. 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 and signing the transportation release form will be disciplined.

Booster Club

The Marietta Cross Country Booster Club is a registered 501(c) 3 public charity. Booster Dues are **\$200 per family**. Membership includes an athletes t-shirt, along with window decal. Cash, Check, Paypal, Square and Zelle are payment options. Some of these options will incur an additional fee.

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.

Team Sponsorship Fundraiser

Our Annual Fundraiser is Team Sponsorships in which businesses or families sponsor the team and get advertising on the Team Meet Banner, T-Shirt, and Website. All members of the team are expected to participate in fundraisers before and during the season to help support the Marietta Cross Country Booster Club.

Costs of XC:

Booster Club Fees: \$200 per family

Uniform Shorts: \$40

Uniform Top: lost/damage fee: \$60 (Tops will borrowed & returned)

Other Items will be for sell in online store

Payment Plans: We allow payment plans for Booster dues & uniform fees.

Payment Methods include Zelle, Check, Money Order and Square

Overnight Trip

Overnight Trips are a special reward and must be earned by both teams due to competitiveness. The coaching staff will determine who is eligible for the competitive overnight trip. BDD, inseason time trials, summer running and season results will factor in eligibility for any overnight trip.

*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 such as transportation.

Team Ranking System

We use a Team ranking system in helping to determine lineups, awards, etc. Beginning with the first time trial in August (BDD), the cumulative time of each runner in each race and season time trial will be kept by the coaching staff. The runner with the lowest cumulative time at the end of the season is ranked #1, the runner with the second lowest cumulative time ranks #2, etc. This system rewards consistency and improvement.

When a runner misses a race the head coach will substitute the probable time for the missing athlete in the ranking. **Multiple unexcused absences** from races incur penalty time in the rankings. Please note that cumulative time is not the only measure used in determining varsity line-ups. Coaches' discretion will determine line ups.

Varsity Letter

The following standards are for those in high school seeking a Varsity letter. An athlete must: **(A)** be in “Good Standing”; **(B)** Race in at least 5 meets; **(C)** Attend the State Championship Meet & **(D)** Run the following time or better at a 5k meet:

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

**Certain Courses may not count towards lettering*

Participation Letters:

Seniors may letter based on participation if they meet the following standards:

- Team Member since 9th Grade
- Avg **27** miles in the summer & log correctly (**GPS must upload**)
- Race in at least 5 meets
- Attend the State Championship Meet to cheer the team on

Coaches discretion may always letter someone

Good Standing: Good standing is required 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.

Awards

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

- 1) Most Improved Runner
- 2) Best New Runner
- 3) Coaches' Award
- 4) Leadership Award
- 5) “Live Like Liv” Award
- 6) Scholar Athlete Patches will be awarded to juniors or seniors with a 3.5 or higher GPA.
- 7) Achievement Plaque Award: Runners will earn an award plaque for **any one** of the following accomplishments:
 - Place Top 10 Individually at State Championship Meet
 - Qualify individually for the State Championship
 - “Race at state” on a podium team (Top 4)
 - Run Under 17 min Boy/20 min Girl on approved course

Award plaques will have all of the runner’s major accomplishments listed on the plaque*

Practice & Meet Standards

Practices: Goal is to be prepared to perform runs & workout

1. Athletes are to bring a **filled water bottle** to practice each day. Runners are expected to wear:
 - a. Watch (for timing the run);
 - i. Athletes who do not have a GPS watch may use a phone if it is attached to strava and being used to upload to a running log. Phone is not to be used for texting and listening to music during the practice session.
 - b. socks & running shoes
 - c. shorts or running pants
 - d. a running shirt or t-shirt
 - e. appropriate weather gear (**under 55 degrees we should have pants/tights on**)
2. Athletes are not to wear clothing that represents **other schools**.
3. Athletes should not wear the team's racing singlet to practice.
4. Athletes are to upload their mileage weekly in VDOT and make a comment about each entry.
5. Injured athletes should not attend practice until cleared "to run" unless approved by Coaching Staff.

Anyone not meeting the team standard may be sent home from practice.

Meets: Goal is to look and race as a team. You can have a more personal style at practice.

1. 1) Wear the uniform issued
2. Plain socks or no socks.
3. **Any compression girdles or tights underneath the XC uniform shorts" should be so short as to not be seen while running"**.
4. Any item not listed (**including headbands, arm sleeves**) must be approved the day before the meet.

**The Head Coach must approve all exceptions prior to competition.

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

When in doubt ask the coaches before you wear something to a meet!

Meet Warm-Up:

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

Meet Cool Down:

All team members are expected to cool down after their race with their racing team unless injured or extenuating circumstances. Leaving with parents is not an extenuating circumstance.

State Team

Each year the coaching staff will select alternates “if needed” for the state meet to continue practicing after the region meet. **The number of alternates will vary from year to year.**

State Championship Ring Standards:

We have been fortunate to win 10 state championships. In the event a team wins the State Championship, the following ring standards are place:

- 1) Runners who race in the state meet will receive a ring.
- 2) A “state alternate” will receive a ring if by substituting the alternate’s score (based on their probable time) in place of the # 5 runner, and the team remains on the podium (top 4).
- 3) In cases of injured varsity athletes or other special circumstances, the Head coach’s discretion will determine whether a runner receives a ring.