

Marietta High School 2020 Cross Country Team Guidelines

Contact Information

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

Assistant Coach: Luke Godleski: lgodleski@marietta-city.k12.ga.us

Website: mariettacc.com

Remind Text APP: 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, 2020**.
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 a signed copy of parent/student contract.
6. Points of note:
 - **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**. Any activity that **occurs every week during practice time** will prevent participation in Cross Country.
 - **Outside coaching** during Cross Country season is prohibited.

Making the team:

- **New Runners:**
 - **8th- 10th grade:** Summer Running is used to evaluate new runners. The focus of **first time** 8th-10th Grade runners will be on basic fitness level & risk of injury moving into fall season.
 - **11-12th grade:** Runner is evaluated as to running fitness. A higher level of fitness is expected of all upperclassman.
 - **Any new runner** coming out after Aug 1st or who attended less than 10 summer runs will be given a time trial near end of summer to determine running potential and will be expected to be physically fit for running at that time.
- **Returning runners:** All “returning runners” will be held to higher standards than new runners are. Returners should meet with Coach Coleman before “summer running” to determine their summer running plan. Anyone not following their summer plan may be asked to time trial to remain part of the 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 progress over the summer should feel free to discuss with Coach Coleman at any point.
- Injured (returning & 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 7 @ 6PM, to determine fitness levels, team placement and overnight team trip eligibility.

Practice

- **Monday-Friday from 3-5PM** @ MHS Track. Plan to stay the entire practice. There may be days we finish early, but please do not plan on it.
- 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 1 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 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. **Meet absences:** Meets are not optional. A runner may miss 1 meet with prior notice to the coaches 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.
7. **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. You need to go home after practice to eat, shower and do your homework. 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 are to 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 located in a RED FOLDER 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 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 **\$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.

Team Sponsorship Fundraiser

Our Annual Fundraiser is Team Sponsorships in which businesses or family 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: \$135 per family

Uniform Shorts: \$30 Required.

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

Uniform Top lost/damage fee: \$50 (Tops will be borrowed & returned)

Payment Plans: We allow payment plans for Booster dues & uniform fees. **Payment plan is on the back of uniform order form.**

Team Ranking System

We will use a Team ranking system this year in helping to determine awards, varsity team members, eligibility for overnight trips, events and lettering.

Beginning with the first Time Trial in August, the cumulative time of each runner in each race and season time trial will be kept. The runner with the lowest cumulative time at the end of the season will be ranked #1; the runner with the second lowest cumulative time ranks #2, etc. This system rewards consistency.

Runners who miss 1 meet (excused) or time trial will have their time replaced by the time of the person on the team who runs in their normal position on the team up to 7th place. Example: if the current #10 runner misses a meet, they will receive the #10 time for that meet; likewise, the 22[#] runner would be ranked with the #22 time, etc. **However, the number # 4 runner would receive the time of the #7 runner. When a 2nd meet is missed, the runner will be counted as coming in last and will be given the last place time for the meet and their rank will be affected accordingly.** Any unexcused meet absence will result in that runner being ranked last in that meet. A 2nd unexcused meet absence will mean dismissal. Coaches will have some discretion as to assigning times for sick, injured, or runners not eligible to run in meets (Varsity runners at JV only meet, etc.) along with any time trials missed in season. Please note that cumulative time is not the only measure used in determining varsity line-ups.

Overnight Trips

High School Trip Eligibility

All High School Runners **must** complete the following in order to be “**eligible**” for the tentative “**High School**” overnight trip in 2020.

1. Be in High School
2. Complete Summer Running assignment (**updated running log is required**)
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. Attend **10 Summer running sessions** (Berry Camp does not count)

Competitive Overnight Trip

The competitive Overnight Trips is a special reward and must be earned by the teams. The coaching staff will determine who (one, both or just individuals) are eligible for the competitive overnight trip. August Time Trials, summer running and early season results will help determine eligibility for the competitive trip.

It is the goal of the team to have 2 overnight trips during the regular season. Priority will be given to the “Competitive overnight trip” if only one meet is financially possible.

*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 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.

Participation Letters:

Juniors & Seniors may letter based on participation:

- Juniors:
 - Member of team since 9th grade
 - Avg 25 miles a week during the summer & log correctly
- Seniors
 - Member of team since 10th grade
 - Avg **27.5** miles in the summer & log correctly

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.

State Meet Attendance Requirement: In order to receive your letter you must attend the state meet whether racing or not, provided the team is racing.

Multiple Sport participation:

We do not encourage multi-sport participation during the XC season as too often the athlete ends up injured and often does not perform optimally in either sport. This includes any 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 expected to take priority over other fall sports/activities when conflicts arise. In order to be eligible for “**Varsity Competition**” runners are expected to have XC as their only fall sport/activity. Any High School multi-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 need to meet to 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 discontinue either 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:
 - Place Top 10 Individually at State Championship Meet
 - Place top 12 individually at the Sectional Meet
 - Race at state on a podium team (Top 4)
 - Run Under 17 min Boy/20 min Girl on approved course

**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 part of a team the following uniform standards have been developed.

Practices:

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

Meets:

All athletes are expected to wear the uniform issued to them, running/racing shoes, and **plain socks** (if wearing socks). Athlete may wear a wristwatch (non GPS) if they desire. Any **compression girdles or tights** underneath the XC uniform shorts" **should be so short as to not be seen"**. Any item not listed (including headbands, arm sleeves) must be approved. Coaches must approve any exceptions 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.