



2015 Policies

Official Practice: June 29th (Mon-Saturday) **League Meets:** 9/24, 10/15, 11/5

All of these guidelines are to ensure dedication to the cross country program. If we feel your dedication is not there, you will be removed from the team.

All absences must be excused; however, an excused absence does not necessarily mean you will be running in the next meet.

3 unexcused absences mean dismissal from the team

- 1. Attendance** – Athletes are required to be at every practice throughout the season. With such a large group, in order to keep absences under control, the following rules are in effect for the season: If you miss practice for any reason during the week, you will not be running in the next meet. Early releases must be obtained from Coach Robles. Early dismissal will not be allowed on a regular basis. There are three exemptions from this rule:
 - a. You have a standing doctor's appointment that you cannot change. **Please schedule appointments around practice time.** On your return the next day, you will provide head coach a note from the doctors' office confirming the appointment. .parent note will not be accepted.
 - b. Your teacher required you to go on a field trip, or performance for a grade. An email/note from the teacher, well in advance of the event is required.
 - c. An **extreme** family emergency is excused. (Not having a ride, going to Disneyland, and going snowboarding... is not an extreme emergency.)
- 2. Practice Time** - Even days 6th period until 4:00pm, Odd Days from 3:00-5:30
 - a. Morning practice (starts 2nd week of school): 5:30am-6:45am MWF, Saturday practice: TBA depending on weather
- 3. Tardies** - 2 tardies = 1 Absence
- 4. Not practicing (because of injury)** - **You are required to attend practice and be dressed out.** You are required to go to trainer on daily basis until cleared. You will also be required to complete core work, which will include strengthening drills for your specific injury. Failure to not dress out or attend is unexcused absence and a meet suspension. Continued injury will require Dr visit and clearance to come back.
- 5. Race eligibility/Varsity designation** –Coaches will determine athlete's eligibility for races. The coaching staff determines the "varsity lineup" on a weekly, race-by-race basis. The top 7 will be chosen and announced prior to the race day based on a variety of factors, including previous times, attendance and "varsity level effort" at practice during the week (or specifically a lack of it), attitude, long-term team strategy, illness/injury, varsity "exposure" and other unforeseen issues. If an athlete misses practice or does not complete their required workouts they will not be allowed to participate in the next meet.
- 6. Practice and Meet Uniform** –
 - a. **Practice** - Every Cross Country team member must wear appropriate workout attire during practice. There will be Roosevelt XC shirts for sale if you want one (highly suggested). Please wear shorts, compressions or tights to practice. Always bring running shoes and your racing flats to all practices and meets. You will not be allowed to wear normal shoes or run barefoot for a workout. School dress code applies. **Do not bring cell phones or iPods on runs unless specified.**
 - b. **Meets**- At meets you will wear your uniform, shirt or warm-ups for the entirety of the meet. Dress any other way and you will not be allowed on the bus, or to run in the meet. **Any violation is counted as an unexcused absence.**
- 7. Transportation to meets** - Each athlete is required to ride the bus to and from each league meet. Athletes who follow proper school protocol thru the athletic office will be released to their parents after the meet. One of the coaches must meet with the athlete's parents before we will release them. Failure to follow this rule will result in suspension from racing; this is for your own protection.
 - a. **Invitationals** – Transportation will be limited on weekends and parents must be able to arrange for their athlete to be at the designated site of the race an hour and a half before their race time.
- 8. Bad Weather** - Never guess the weather; assume practice or meet will be held. Only coaches/administration will cancel practice. Only reasons for practice to be cancelled are extreme heat, unhealthy air due to a fire and lightning.
- 9. Behavior**- Any rude or inappropriate behavior or comments to either athletes or coaches will not be tolerated. Any behavior that in the opinion of the coaching staff is inappropriate, distracts from practice, or brings discredit to the team, coaches, or school, will result in suspension from practice or meet or dismissal from this team. This includes all activity on social media outlets as including posts made by the athlete.
- 10. Varsity Letter Requirements**- Athletes and parents must have read and understand the guidelines and varsity letter requirements. These requirements can be found on the attached Var. Letter Requirement paper or at www.eteamz.com/erhsxc . All points are decided, tallied and collected by coaching staff. Attendance is taken daily for our records. These points do not automatically earn you a letter, all guidelines must be met and the final decision is non-negotiable.
Please sign as receipt of these rules, varsity point system and minimum guidelines to be a part of the ERHS XC Team. No athlete will be allowed to practice after August 10th until this paper is signed and turned in!

Athlete signature _____

Athlete Name Printed _____

Parent Name _____

Parent Email _____



Varsity Letter Information 2015

League Championship and CIF Patches: League Championship patches will be awarded to varsity letter earners only. CIF Patches are earned by those athletes who participated or served as an alternate for that specific level of postseason competition (ex. Prelims, Finals, State). These patches are purchased by the athlete.

Varsity Letter Requirements: The varsity letter for Roosevelt Cross Country is awarded for both talent and effort. It is designed to be a valued award for hard work, dedication, and ability. The achievement of a varsity letter is not a right, but rather the result of a personal responsibility to act and behave all season in a “Varsity Manner,” meaning, an above average commitment to the team, the sport, to hard work and to improvement. A letter can be earned by anyone from any grade level. To be eligible to earn a varsity letter in Cross Country, the athlete must do the following.

1. Finish the season in good standing with the coaches
2. Maintain a “varsity attitude” throughout the season. A varsity attitude is demonstrated by an above-average commitment to the team’s goals, to the sport and to one’s individual improvement.
3. Finish the season with a 2.0 GPA
4. Earn 100 or more points from any of the following categories.
5. Complete one or more races as a Varsity Top 7 athlete

| <u>Accomplishment & Effort Levels</u> | <u>Points</u> |
|--|---------------|
| Participation in ERHS Cross Country For Four Years For Three Years | 30 25 |
| Attendance: Athlete has 2 or fewer days of non-running (for any reason) from scheduled practices and meets from July 1 to the day after league finals (only academic events/testing and doctors notes are excused) <i>After 5 days of non-running, an athlete forfeits a letter regardless of points earned. Doctor’s excuses must be delivered to Coach Robles within one week of the injury/illness to excuse non-running days.</i> | 30 |
| Attendance: Athlete has 3 or fewer days of non-running (for any reason) from scheduled practices and meets from July 1 to the day after league finals (only academic events/testing and doctors notes are excused) <i>After 5 days of non-running, an athlete forfeits a letter regardless of points earned. Doctor’s excuses must be delivered to Coach Robles within one week of the injury/illness to excuse non-running days.</i> | 20 |
| Attendance: Athlete has 4 or fewer days of non-running (for any reason) from scheduled practices and meets from July 1 to the day after league finals (only academic events/testing and doctors notes are excused) <i>After 5 days of non-running, an athlete forfeits a letter regardless of points earned. Doctor’s excuses must be delivered to Coach Robles within one week of the injury/illness to excuse non-running days.</i> | 10 |
| Improvement: Athlete displays consistent and substantial improvement from prior year of XC competition in race times throughout the season. | 10 |
| Season Accomplishment: Finish the season with your name on the Top 10 list at Mt. SAC for your grade level. | 10 |
| School Record: Set School record at a course (individual or team) | 10 |
| Competition Accomplishment (XC): Finish in Top 14 finishers in Cluster Meet/ Finish top 14 finishers at BIG VIII League Finals (15)/Finish top 7 finishers at BIG VIII League Finals (20) | 10/15/20 |
| Competition Accomplishment: Compete as a Varsity Athlete (top 7 runner) on a competitive day/Finish top 5 on a competitive day (10) | 5/10 |
| Competition Accomplishment: Compete in the varsity race at League Finals | 10 |
| Competition Accomplishment: Compete at CIF Prelims / Alternate | 20 / 10 |
| Competition Accomplishment: Compete at CIF Finals | 25 |
| Competition Accomplishment: Compete at State Championships | 30 |



Below are the time qualifications to make you eligible to compete during the 2015 season.

Time Qualifications to make the 2015 ERHS XC Team over a 2.75 mile course, the following times must be met before school starts:

Newbies:

Girls must run 23:45 or faster on the course (7:45 per mile pace)

Boys must run 21:15 or faster on the course (7:05 per mile pace)

Returning runners: Those who were on the team last year must run within 60 seconds of their 2.75 mile PR or faster to qualify.

Clusters and Invitational meet requirements during the season are:

Display a Consistent Positive Attitude – This includes during practice which includes but is not limited to working hard toward improvement, completing all workouts, all of the required runs by your particular group, commitment to the ERHS XC program, toward your teammates, coaches, and the community.

Display a Consistent Quality Effort in Practice. Issues that are viewed as lacking in effort include inconsistent attendance (missing lengthy periods of time to injury or non-participation may result in dismissal), paces in practice, inability to finish workouts, staying on a prescribed workout route, and walking in practice. This judgment is the discretion of the coaching staff. Continued issues will result in your dismissal from the team.

Stanford Qualifications:

In order to be considered for Stanford the following guidelines must be met:

1. Athlete must have put in over 400 miles over the summer training, athlete required to maintain a running log of all mileage and workouts completed.
2. Completed all required workouts and shown consistency, improvement or increased effort
3. Student must not have any F's or N's(3) for behavior on their grade checks prior to Stanford. If student has a D in a class their overall GPA must still have at least a 2.75 to maintain Stanford Eligibility.
4. Have ran 3 of the 4 of the following qualification times:
 - a. Girls
 - i. 1600m – 6:20, Summer Time Trial – 20:30, Fastback – 13:45, Mt. Carmel – 18:30
 - b. Boys
 - i. 1600m – 5:15, Summer Time Trial – 18:00, Fastback – 11:25, Mt. Carmel – 17:25
5. The athlete must have also finished in the top 7 times on the team during 1 of the first two meets (Fastback and Mt. Carmel)

A TENTATIVE list of athletes who are qualified will be given *after Fastback* and will be *finalized after Mt. Carmel* results are posted and coaches have discussed all options.

*** Information will be sent out to all parents of those who may qualify so please do not assume that they are going based on the email that is sent out. The final group will be determined based off **completed practice, effort, race times, grades and consistency**. If a student has any F's they will not be allowed to attend the meet. The final decision is non negotiable. ***