

Bainbridge HS Cross Country Team Policy and Procedures 2017

Eligibility

To participate in a cross country (XC) practice, athletes must be students at Bainbridge High School (or cleared by the BHS athletic director), have a current medical physical confirming that they are healthy enough to participate, and complete all required BHS Athletic Department forms. After these papers are turned into the BHS office, coaches will be informed of the athlete's eligibility. Before racing the athlete and his parents or guardians must have signed the form at the end of this document, indicating they have read this XC Policy and Procedures statement and agree to abide by it. The sports participation fee must also be paid before the first meet. Those who need an athletic fee scholarship should contact Sarah Spray (780-1255, sspray@bisd303.org).

All BHS cross country runners should be in "running fit" condition on the first day of practice: a) injury free (or fulfilling an approved rehabilitation plan); b) able to absorb 5-day-a-week workouts; and c) able to run nonstop for 30 minutes and to be physically active for an hour. 10th–12th graders should be able to complete a 5K in a time adequate for competition: 28 minutes for boys, 33 minutes for girls.

The Student-Athlete Code of Conduct

The BHS Athletic Code establishes standards about grades, responsible conduct, and drug/tobacco/alcohol use as well as consequences for violating these standards. It is imperative that athletes and their parents read the Athletic Code carefully and commit themselves to meet it without reservation.

Workout Attitude and Behavior

Running success and improvement depends on character and mental discipline as well as physical strength. Coaches and teammates expect attentive focus and a positive mindset for each day's workout.

Practice will start with a description of the day's workout and its purpose, with longer team meetings scheduled on shorter-run days. Team members should listen respectfully. Those repeatedly carrying on their own conversations will be asked to leave.

To achieve both personal and team goals, runners will work together with the entire team, cooperate with their training group and team captains, communicate respectfully with their coaches, and give their best personal effort. Though we encourage friendships across the team, we highly discourage dating or public displays of affection during practice, team travel, or races.

Disciplinary Action

The BHS XC team is known for its academic seriousness, its good citizenship, and its respect for teachers, coaches, and fellow students. Occasionally, however, problems arise with perceived violations of the BHS Code of Conduct, or with runners who are disruptive, disrespectful, or in some other way fall short of our standards and “best effort” expectations. Athletes who notice such problems should quietly talk with a coach. Coaches will first discuss the problem of behavior or attitude privately with the athlete, but no more than twice. If the problem persists, the third time a coach will call a parent or guardian to seek solutions. If that too is unsuccessful, the issue will be referred to the athletic director and the athlete may be asked to leave the team.

Equipment Required

- Running shoes in good condition (less than 500 miles of running, approximately 3-6 months of use)
- Water bottle(s)
- A wristwatch with stopwatch feature
- A running journal
- Nutritious post-workout snack
- Appropriate socks, t-shirt, and shorts
- Running pants or tights, long sleeve shirt, sweatshirt/light jacket, hat, and lightweight gloves
- Inhaler or epipens for those with asthma or allergies, carried in a spibelt

Attendance

Attendance is required at all official practices and at all meets, including those on weekends. Missing even one day of practice may have an effect on whether an athlete can race at all that week, or in larger meets at what level (varsity, jv, open) he or she will race. Athletes who are too ill or injured to complete a workout on the day before a meet will not race in that meet. Anyone who cannot race because of an injury or illness will stay in class on meet day, with the possible exception of captains, who may be invited to travel to the meet as a team leader.

Athletes who become sick at school (feeling well enough to finish the school day, but too ill to run) should check in with a coach and then go home. If an athlete is sick and misses school, they cannot attend practice or race that day. Sick athletes must contact their training group coach each day they are ill. Workouts will be adjusted after returning to practice to allow for full recovery.

Injured athletes must come to all practices to check in, participate in team meetings, and talk with their training group coach about their progress. All injured runners who are able to

cross-train will fully complete assigned cross-training workouts with energy and focus. Athletes with an injury that prevents or seriously inhibits their running for more than one week must seek appropriate medical attention and submit a rehabilitation plan for the coach's approval (form found elsewhere on the team website) in order to establish communication among the runner, medical provider, parents, and coaches.

Each XC athlete may have up to 4 absences (not counting sick days or family emergencies) during the season. Since unexpected absences and early departures may have an effect on the team and cause distraction, coaches should be informed in advance of any absence by directly contacting the runner's training group coach—not by sending an oral message with a teammate. To reduce absences, try to schedule necessary appointments before practice on early-release Mondays. Absent runners will be given a workout, and should email results back to their coach and record it in their running journal.

XC runners with more than 4 absences (not counting sick days or family emergencies) will not earn a Varsity Letter or Spartan Warrior Certificate (described below). Athletes who know they will miss more than 4 days (but no more than 10) may meet with the coach before the season begins to form a contract describing the circumstances and establishing particular requirements. This contract option may be necessary for athletes who miss a significant number of practices at the beginning of the season. Athletes who comply with such a contract will be able to compete with the team and will receive a certificate of participation—but not a Varsity Letter or Spartan Warrior Certificate. Athletes missing more than 10 days, with or without a contract, will be asked to leave the team. (Parents and athletes will be notified if 8 days have been missed.) 3

All athletes are expected to compete in the Metro League championship in late October (19 Oct). Those who do not qualify for the District Championship (28 Oct) the following week will practice with the team through the Monday (30 Oct) after the District meet, when the team runs the Fast Track Mile at BHS and votes on team awards. The BHS XC season celebration will follow the State XC Championship Meet (4 Nov) in early November.

To assure accurate attendance, check-in procedures for each practice and meet will be established at the beginning of the season. Athletes must be on time and complete their check-in promptly. At the end of all practices and meets, runners will check out with a coach.

Practice Schedule

Athletes gather at 3:15 pm everyday (including early-release Mondays) to check-in and discuss any issues with coaches, so that practice can begin promptly at 3:30 pm. Once or twice a week the team will travel off campus for a workout at Battle Point, the Grand Forest/Hilltop, Johnson's Farm (south of Island Center), Fort Ward, or the Hidden Cove Ball Fields on Phelps Avenue. Licensed athletes may drive themselves and their siblings, but all others are dependent on a parent carpool for transportation to the off-campus site. Athletes are responsible for arranging their own transportation home after practice.

Practices begin with a short team meeting and then a warm up, including a short jog and dynamic stretches and drills. The heart of each practice is a run, usually conducted in training groups, that varies in distance and intensity as appropriate for each runner's experience and current fitness. Typically hard running days alternate with lighter recovery days. Each day

concludes about 5:30pm, after exercises for core and leg strength, mobility, and stability—with longer exercise periods on recovery days. Running workouts are occasionally supplemented with an hour of spinning at Island Fitness for a particular training group. All athletes are also encouraged to participate in early morning pool runs at the Aquatic Center—often essential cross-training for injured runners but valuable for everyone.

Uniforms

All BHS XC athletes will be issued a racing uniform (singlet and shorts) and a warm-up jacket. On meet days XC runners wear their own black warm-up pants, or check out a pair from the limited team supply. All team gear will be checked out by number and the exact pieces issued should be returned in good condition at the end of the season. Cold water washing and light dryer heat is recommended on a regular basis. **Lost or ruined gear will be billed to the athlete. The racing uniform, warm-up jacket, and pants costs approximately \$140.** WIAA regulations require athletes to wear their school singlet and shorts during all in-season meets. Undergarments may be worn, subject to WIAA rules about length, color, logos, and so on. Athletes may also wear medical alert items, wrist watches, and unobtrusive jewelry.

Thanks to the BIXC Booster Club, all team members will receive a team t-shirt to keep as a memento of the season. BHS XC sweatshirts (and perhaps other gear) will be available for purchase. Both the team t-shirt and the team sweatshirt may be worn any time except when official uniforms are required. On race day athletes are encouraged to wear their team warm up jacket, t-shirt, or sweatshirt to school.

Meets and Travel

Bainbridge XC competes in the highly regarded Metro league, participating in 4 league meets (usually held on Wednesday or Thursday afternoons) as well as the Metro Championship, the SeaKing District 4 Championship, and (hopefully) the State Championship in Pasco. Bainbridge usually hosts one or two home league meets, sometimes inviting teams from the Olympic League (Kitsap county). In addition to these 5K races, Bainbridge XC participates in a season opening “jamboree” (about 2 miles) and several “invitationals”—large meets with multiple 5K races—at least one invitational involving the whole team and another often taking a select group of 15-25 runners on an overnight trip. Teammates with good attitudes and behavior may be invited to accompany varsity runners to the State Championships as support, gaining experience by watching the races and by running an informal 5k time trial on the State course the day before. These “support” runners pay their own way, sharing transportation and staying in the team hotel.

Before racing their first 5K of the season, XC athletes must have fully participated in at least 10 official practices. Eight practices are required before racing in 2-mile “jamborees” such as the Tahoma Relays, and the jamboree itself counts as an official practice. If school is in session the day of a meet, runners must attend classes. Usually travel to the meets will make it necessary for athletes to leave class before the end of the school day. They should know exactly what time they are to leave and should politely notify their teacher at the beginning of class, leaving quietly at the correct time. XC runners must communicate in advance with all of their teachers about missing classes, completing assignments, and making up tests. Invitationals on the weekend are not optional when the whole team is entered.

Arriving at the bus, athletes should have their complete uniform and other running gear (shoes, water bottle), a nutritious post-race snack (and lunch, if departure is early), and possibly a little money for a post-race treat on the ferry or at the terminal. Everyone changes into their uniform and running shoes (not spikes) in the ferry restrooms. No changing is allowed on the bus. We expect a thoughtful bus ride to the meet, and allow more noise on the return trip back.

At the meet captains organize the team into appropriate groups to 1) set up the team camp, including tents if needed, 2) distribute racing bibs and complete a warm-up, and 3) be at the starting line 10 minutes early for strides, mental preparation, and the team cheer. After the race, captains lead a cool-down jog. When not warming up, racing, or cooling down, our XC runners cheer on teammates in other races and help maintain an orderly team camp, making sure that post-race food and drink remain for those racing last. At the end of the meet, captains lead groups to take down the camp, clean the site, and load team equipment on the bus.

Bainbridge XC nurtures a reputation for good sportsmanship, behaving courteously to the meet hosts and treating runners from other teams with friendly respect.

Communication

Coaches primarily communicate with athletes in team meetings, which makes it very important for athletes to listen attentively. Much important information—meet schedules, various forms, this policy statement— can be found on the team website (bisd303/BHS/ Athletics/Fall Sports/Cross Country/Policies & Procedures). On a daily basis athletes communicate with each other via a student Facebook page (“BI Cross Country”) managed by team captains. Coaches and members of “BIXC” (the parents booster club) communicate with parents via the Facebook page “BIXC Parents.” Parents/guardians and athletes are asked to submit their email addresses, so that coaches can communicate directly with them individually, and with groups through a “simplelist.com” system managed by BIXC. Much of this may be modified in the coming year as the team transitions to the “remind.com” communication system now being introduced by the school district.

Spartan Warrior Certificate

BHS XC athletes who complete the entire season with an excellent attendance record (up to 4 absences, excluding illness and a family emergency) earn a Spartan Warrior Certificate, provided they have a) raced in all meets for which they are eligible, except when injured or being rested by the coach, 2) rigorously followed the BHS Athletic Code, and c) met our high standards for attitude and behavior as outlined in this policy.

Varsity Letter

About ten boys and ten girls earn a varsity XC letter by first qualifying as a “Spartan Warrior” (see above) and then placing consistently in the top times for our team. Coaches may also award varsity letters at their own discretion, for example, to a top runner who is seriously injured in mid-season or to a runner who emerges as a top runner toward the end of the season. In addition, seniors who have earned a Spartan Warrior Certificate for 4 years will be awarded a varsity letter.

Participation Certificate

Athletes who want to workout and race with the team but have other commitments (tutoring, work, music lessons, missing the first week or so of practice, etc.) that make it inevitable that they will miss more than 4 practices or meets, may form a contract with the head coach that describes their particular situation and establishes clear requirements, including following the BHS Athletic Code and fully meeting the high expectations set out in the team policies above. Students with such contracts may miss up to 10 days of practice and meets, though racing in some meets is required. At the end of the season athletes who fulfill their contract will be awarded a certificate of participation.

Acceptance of Team Policy

All BHS XC athletes and their parents (or guardians) are required to sign in the appropriate places on the following page, indicating that they have read this statement of “BHS XC policy and procedures” and agree to abide by its terms. This acceptance page must be signed and turned in to a coach before an athlete can compete in his or her first XC meet of the year.

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Athlete and Parent/Guardian Signature Form

I understand these BHS XC team policies, agree that they are reasonable for helping produce the best cross country season possible, and will do my best to follow them:

Athlete's Printed Name Signature Date

I understand these BHS XC team policies, agree that they are reasonable for helping produce the best cross country experience possible for my child and his/her team, and will help my child follow them:

Parent/Guardian's Signature Date

Photo Permission

I give permission for my child to be photographed during BHS cross country activities and for those photographs to be used to document the season in print or on the BHS Cross Country website or Facebook page.

Parent/Guardian Printed Name Signature Date