

Clark High School



Boy's and Girl's Cross-Country

2009

We welcome you to the 2009 Cross-Country program. As with any structured high school team, there are some basic requirements, rules and expectations that we feel are necessary for us to address and you to adhere to make this a rewarding experience for all participants.

The following is a list of the UIL Requirements:

- 1) Have the required number of credits according to grade from spring 2009.
- 2) Pass a physical exam and have the results along with other paperwork on file in the training room.
- 3) Be of eligible age.

The following is a list of the 2009 Clark High School Requirements:

All school and district rules apply at all times, as athletics is an extension of the school day.

- 1) Academic Standards
 - a) Always give each teacher your very best effort, even if there is a personality conflict.
 - b) Be courteous at all times in the classroom and in the halls.
 - c) Be respectful to everybody. Disrespect to any faculty or staff members will not be tolerated.
 - d) If academic help is needed, see Coach Ager, Coach Kelly or Coach Pedroza.
- 2) Cross-Country Team Daily Standards
 - a) Report to practice each day on time, on time means that you are at the designated meeting spot with equipment.
 - b) Dress appropriate for practice. Clothes must be black, grey or white. Shirts with inappropriate slogans are not allowed. Be prepared for unexpected weather changes especially during late October. Shirts must be worn at all times.
 - c) Respect your teammates. Support them at practices and at races.

The following is a list of the 2009 Cross-Country Rules and Consequences

Attendance 1st offense: Unexcused absences will not be tolerated. Extra duty.

2nd offense: 1 meet suspension

This policy may be individually amended due to illness, injury or special circumstances but will otherwise be strictly adhered to.

The NISD and Clark Athletic Policies must also be followed.

If any major punitive action is pending, we will notify the parents. Athletes trying out or involved in other sports will be expected to attend cross-country practice unless tryouts for the sports activity is actually in progress. If you are getting help from a teacher you will need a note from the teacher and come to practice and stay until released.

Attendance/punctuality at practice is mandatory for all members of the cross-country team. Roll will be taken every day at the beginning of practice. We will use school definitions to determine excused or unexcused absences. Athletes are expected to call/text Coach Ager at 378-7866 or leave a message at 397-5217 when you are going to be absent. Unexcused absences will result in disciplinary action.

When scheduling tutoring, doctor/dental appointments, etc. team members should try to work around the cross-country team schedule. This does not imply that athletes should miss school instead of practice. Instead, the parent and athlete should attempt to schedule appointments on student holidays, early release days, after school and non-practice days when possible.

No Cuts in Cross-Country

Everyone who signs up is on the team as long as they come to practice and abide by the team rules. Who runs varsity and who runs JV will be determined by time trials on Fri., Aug. 21 or later by race time rankings. Not everyone will be selected to run in the meets. Boys maximum time for 3 miles is 27 min. and girls is 18 minutes, which will be determined at initial time trial and reassessed at future time trials.

Lettering Policy/Varsity Banquet

Participating in the following:

1. Run 5 varsity meets.
2. Qualify as an individual for regional meet.
3. Regional 5A meet and place top 15.

Additionally

- ❖ The athlete must finish the season in good standing with the program.
- ❖ Set or equal a district record.
- ❖ Standards may be altered for disciplinary reasons.

What do We expect from you the athlete:

To make a commitment to work to become a better athlete during the season.

To make a commitment to come to practice on time every day. If you have to miss a practice for an emergency then you will let us know. It is also very important that you communicate with us any injury or problem during the season.

To make a commitment to come to all the races. You can only get better and see your progress through competition.

To make a commitment to eat healthy, sleep well and be prepared for practice and competition. A tired and sick athlete will only get hurt if not well prepared for the day's events.

To make a commitment to learn the proper running techniques.

To make a commitment to do the workouts at practice without goofing off. Practice is serious and where you improve the most.

What you can expect from our program and coaches:

We will make every effort to get you to be the best athlete possible. This includes spending long hours creating workouts and posting results. We will make sure you get feedback on your race or practice as much as possible. You will be able to talk to us at any time to discuss the workout or race. We will assist you in any aspirations for running in college by helping you create an athlete profile and contacting college coaches. We will always look out for what is best for you. We do not believe in winning at all costs. But, we believe that sometimes it is important to rise to an occasion, so you will be encouraged to try races that may be difficult.

Team Procedures (Daily procedure unless otherwise stated in workout plans.)

We will all be ready to take attendance by **6:30AM**.

At the beginning of practice a simple team run of 800m will be done. This is to get our heart rate and body temp up.

Following the run we will immediately do a variety of warm-up drills, dynamic and static stretching exercises.

There will be heavy days of training and light days of training during the week.

Warm downs/conditioning are done after the workout. They usually consist of 5-10 minutes easy running or walking followed by a static stretch routine.

If you have 1st period class you will be dismissed no later than 8:10am. This will allow you time to shower and eat breakfast before going to class.

If you have 1st period Athletics (cross-country) you will adhere to the schedule below:

M, W- yoga or other activity to be determined by Coach Ager
T, Th- weights in the weight room
F- study hall

You will be dismissed no later than 8:50. This will allow you time to shower and eat breakfast before going to class. You will remain in a designated area until the bell rings for 2nd period. If you are purchasing breakfast from the cafeteria you must purchase it **NO LATER THAN 9:15am.**