Brookwood High School

Cross Country

**Overview**

Cross Country season starts on August 3rd and ends November 14th. The goals of our team are for each individual runner to work hard and show progress each week, display sportsmanship at all times, and encourage each other to be the best they can be. Cross Country is a unique sport in that the athletes are not only in competition with others, but they are also in competition with themselves. My job as the coach is to motivate, encourage, and support each athlete as they work to achieve their goals for this season.

**COVID-19**

This year, practices and meets will look very different due to COVID-19. I encourage every family to evaluate whether or not athletics is appropriate for their family this year. We cannot eliminate the risk of contracting COVID-19, so we want all families to make informed decisions regarding the risk of their athlete participating in Cross Country this year. At the beginning of each practice, athletes will be required to have their temperature checked and they must fill out a COVID-19 Screening Form. Athletes who show signs of COVID-19 will not be allowed to remain at practice. If any symptoms are present, the athlete must be assessed by a healthcare provider within 24 hours. A doctor’s note will be required upon return. Any athlete who cannot participate in practice or meets will not be punished as this is an excused absence. As new information is available, athletes may be required to adapt to new rules. Procedures and rules will be put into place in order to ensure the safety of all athletes and coaches. These procedures and rules must be strictly followed.

 Procedures/Rules:

* Athletes that suspect they may have COVID-19 must not report to practice/meets and must notify the coaches immediately.
* Upon arrival, students will be required to wash their hands and/or use hand sanitizer.
* Face masks must be worn when social distancing cannot be maintained.
* Athletes will be separated strategically during all practices so that face masks will not have to be worn during activity.
* Athletes must bring their own water bottle which should be labelled with their name.
* Athletes are not allowed to share ANY items and should not have direct contact of any kind.
* If any athlete or coach test positive for COVID-19, all activities will cease for 14 days.

**Conduct**

Cross Country athletes must always hold themselves to a high standard with regards to respect, humility, and integrity. These characteristics should not only be evident during practices and meets but also in the classroom. Any incidents or issues will be directly addressed with the athletes.

**Communication**

All communication will take place through GroupMe. GroupMe can be downloaded on any smartphone, but it is also available via text message. Please indicate in the contact section how you would like to join the group. The QR code has been added to back page of this packet for easy access to the group via the GroupMe app. Individual messages can be sent directly to the coaches in GroupMe, but the coaches can also be contacted via their TCSS emails if specific questions arise that cannot be sent through GroupMe.

Coach Mosley---->csmosley@tcss.net Coach Franks----> safranks@tcss.net

**Summer Workouts**

Summer workouts are optional; however, athletes may not achieve their highest potential if they are not running during the summer. Normally, practice starts roughly one month prior to our first race. One month is not long enough to condition the body to run a 5K, so preparation during the summer is extremely important.

**Fees**

Each athlete should expect to contribute $150 to the Cross Country program. We have many uniforms available, but the fee may be more if the athlete needs a uniform. Shoes are not included in the uniform and must be purchased individually. Please make sure to purchase shoes that are specifically made for running. The $150 will include entry to all meets and will ensure that our program does not have a negative balance. If fundraising is possible, we will use this opportunity as a way to cut personal cost for our families. Payment plans will be available if needed.

**Practice Information**

Practice officially begins on August 5th. Prior to the beginning of meets, practice will be held every Monday-Friday from 3:15-4:45. Once meets begin, practice will be reduced to Monday-Thursday from 3:15-4:45. Once an athlete has completed the requirements for practice, he or she is free to leave. Athletes should be picked up as close to 4:45 as possible. Please let the coaches know if there is ever an issue with the pickup time so we can make any necessary arrangements.

**Practice Attendance Policy**

Practice is mandatory for all athletes. Please note coaches must be contacted (by the athlete) prior to an absence unless otherwise stated. Unexcused absences from practice will negatively impact the athlete and can result in suspension from a meet as well as removal from the team. Please strictly adhere to the following guidelines.

* If an athlete misses practice due to an absence from school or checking out from school, the school’s absence policy will apply with regards to unexcused absences. So, any unexcused absence or unexcused checkout from school will also result in an unexcused absence from practice. This is the only situation in which an athlete does not have to contact the coaches regarding their absence.
* If an athlete does not report to practice despite being present at school, athletes must have a note from their parent or doctor before returning to practice. Also, the coaches should be notified prior to the beginning of practice that the athlete will be absent. There is no regulation on doctor’s notes, but only 5 parent notes will be accepted towards excused absences.
* If the athlete is at school and needs to miss practice due to field trips, meetings, or other school related conflicts, please let the coaches know in advance as this is an excused absence.
* If an athlete reports to practice but is deemed unwell or unable to participate in practice by the coaches, the athlete will not be allowed to practice and the absence will be excused.
* Athletes must participate in at least 3 of the 4 weekly practices to be eligible to participate in the meet that week. Special circumstances regarding excused absences will be considered with regards to this rule.
* With regards to unexcused absences, the following protocol will be in place:
	+ 1st and 2nd unexcused absences will be brought to the athlete’s attention, but no punishment will be given.
	+ 3rd unexcused absence will result in a one-on-one conference with the athlete, but no punishment will be given.
	+ 4th unexcused absence will result in suspension from the next meet.
	+ 5th unexcused absence will result in removal from the team.

**Meet information**

* Meets are mandatory for all athletes participating that day. Please note that athletes are responsible for their own transportation. Carpooling with other parents is encouraged and recommended if you do not have a reliable ride. Most of our meets will take place on Saturday mornings. A schedule will be sent out to athletes and parents as soon as possible. All athletes must arrive at least one hour prior to the first race. All athletes must stay until all races have taken place unless otherwise approved beforehand.

**Meet Attendance Policy**

As with practices, unexcused absences to meets will have consequences. Please adhere to the following guidelines.

* Any known upcoming absence must be discussed with the coach by the Wednesday before the meet. Absences due to scheduling conflicts are almost always excused.
* Absences that do not have any logical basis (just not wanting to compete) will result in an unexcused absence.
* Illnesses do unfortunately happen last minute. If you become ill the night before, or the day of the meet, you must notify the coaches immediately. If at all possible, try to have a doctor’s excuse for this. If a doctor’s excuse is not possible, I will allow for a one-time excused absence due to illness.
* If an athlete does not show up to the meet and does not make any contact before the start of the first race, the athlete will be given an unexcused absence.
* With regards to unexcused absences, the following protocol will be in place:
	+ 1st unexcused absence will result in suspension from the next meet.
	+ 2nd unexcused absence will result in removal from the team.

**Eligibility**

* All parents must create an account on Dragonfly and complete all forms prior to participating in athletics of any kind.

GroupMe QR Code

Instructions: 1. Download the GroupMe app and create an account. 2. In the “chat” portion, click the icon in the upper right-hand corner. 3. Click “Scan QR code” 4. You should then be prompted to join the group.



Parent/Athlete Agreement Form

Per my signature, I acknowledge that I have read and understand the team rules and expectations. I understand that the rules and expectations will be strictly enforced, and breaking the rules may result in the inability to participate in meets and/or removal from the team. I understand that all policies regarding COVID-19 must be strictly adhered to in order to keep all coaches and athletes safe.

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Printed Name of Parent Date Printed Name of Student Date

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Signature of Parent Date Signature of Student Date

Contact Information

Name of Athlete\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GroupMe (Circle one): App / Text Message using above number