

COED CROSS COUNTRY TEAM RULES

Philosophy: The philosophy of the coed cross country program is to provide the opportunity to learn the skills necessary to compete successfully in the sport of cross country. This is done in an environment not unlike the classroom where skills are taught. Encouragement is given to achieve one's potential and contests are entered to allow the student/athlete to utilize those skills learned. It is expected that the student/athlete will demonstrate his/her skills in competition in the spirit of good sportsmanship.

Team Membership: Due to the nature of cross country, every student/athlete will remain on the squad and participate in all contests which allow for unlimited entries, either as varsity or junior varsity as determined by the coaching staff.

Dress Code: Student/athletes are expected to wear school issued jersey and shorts and a track shoe/spike supplied by the student/athlete in all contests in accordance with National High School Federation Cross Country Rules. During practices, any tasteful running attire is acceptable. Student/athlete is expected to adhere to a policy of good taste. Violation during competition can result in disqualification from the meet. A violation during practice can result in student/athlete being dismissed from practice and possibly being suspended from the next meet.

Conduct: Student/athlete is expected to conduct themselves in a courteous, respectful manner to all opposing team members, coaches, officials, and parents. This behavior is expected individually and as a team. Unsportsmanlike conduct during competition can result in disqualification in accordance with National High School Federation Cross Country Rules. If this conduct occurs during practice, the student/athlete may be dismissed from practice and may be suspended from the next contest. All athletes are expected to complete the full workout according to ability -- cutting the workout short, cheats yourself and others.

Language: Offensive and abusive language will not be tolerated. The student/athlete can expect to be disqualified from further participation if this occurs in competition. If it occurs during practice, the student/athlete may expect to be asked to leave practice and may be suspended from the next contest.

Attendance: Absences from practice or meet must be cleared with a coach. Any absence from a meet should be cleared twenty-four hours prior to the meet (except due to illness). It is not okay to have another student/athlete give a message to a coach. If injured, an athlete is expected to report to the coach and then to the trainer for treatment or alternative workout at the direction of the coach. The first unexcused absence will result in a warning. The second will result in a minor suspension of one meet. The third will result in steps being taken toward major suspension. Three unexcused absences will disqualify the athlete from receiving a letter award. An excused absence from a meet will result in the same procedure beginning with step two. Athletes must have 90% attendance in order to qualify to earn a letter.

Any student/athlete who is injured is expected to report to all practices for treatment or adaptive training and to attend all meets until cleared for normal workouts.

Tardiness: Student/athletes who know in advance they will be late to practice are expected to notify a coach and do the entire workout later on their own or upon rejoining the team. Tardiness without prior approval is considered an unexcused absence.

Academic Tutoring: It is the position of the cross country coaching staff that academics are number one in importance and take precedence over the sport. Student/athlete who needs academic tutoring in lieu of being at practice is asked to notify a coach with a note from the teacher giving tutoring. Student/athlete is expected to return to practice as soon as possible after tutoring and complete the scheduled workout. Missing a meet for tutoring should not be necessary.

Discipline/Detention: Student/athletes are expected to abide by the rules and regulations of Spring Lake Park High School. If required to serve detention, this obligation must be met rather than attending practice. The practice workout should be done on their own after discussion with the coach. Upon reviewing the offense with the coach, the student athlete could be subject to a one-meet suspension. If arrangements are not made for an alternate workout, the absence will be treated as an unexcused absence and the appropriate penalty imposed.

Respect: Student/athletes are expected to treat all teammates, coaches, officials, opposing team members, bus drivers, custodians and any other individuals with respect. Disrespect during competition can result in disqualification from further competition. If this occurs during practice, the individual will receive one warning. Further disrespect will result in removal from practice and possible suspension from the next meet.

Curfew: No team curfew is set, however, the student/athlete is expected to comply with parental and community limits so as to maintain high academic and athletic performance.

Team Rapport/Participation: Whether an individual competes on the varsity or junior varsity level will be determined by the coaching staff based on performances in previous meets and practices. All team rules are to be observed by all teams at all levels.

Variance from Minnesota State High School League/Spring Lake Park High School Rules:
none

Coaches Availability: The head coach can be contacted during the school day at 786-5571.

We have read the above and understand compliance is required as a member of Spring Lake Park Cross Country Team.

Athlete: _____

Parent/Guardian: _____