

## Cross Country Team Rules 2019

Dear Athletes and Parents,

Welcome to the Petaluma High School Cross Country Program! I have assembled the Team Rules so that you will have a clear understanding of the expectations we have for you as an athlete and a parent. This set of rules, expectations, and policies that will apply to ALL PHS girls & boys cross country team members. It is the responsibility of the coach to establish, enforce, and apply all team rules to all athletes. If you have any questions about the team rules feel free to contact Coach Franklin to discuss your questions. Disagreements over team rules and policies should be discussed with me in a one-on-one discussion. Complaining about and showing disrespect for team rules and policies during practice, or in group situations will NOT be tolerated.

The pages that follow in this packet contain the Team Rules. I ask that both the athlete and his/her parent(s) read over the entire manual together. It is the responsibility of the athlete and parent(s) to read the rules and guidelines stated in this manual prior to the season. I ask that once you both have read the manual thoroughly that you sign an agreement stating you agree to the rules and guidelines set forth. This Athlete's Manual is a guideline to help achieve our goals for the season. Remember that your attitude, desire, commitment, and teamwork are going to make a difference this year. By following the rules and guidelines set forth in this manual this season can be enjoyable and successful for everyone!

Sincerely,  
-Coach Franklin

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PLEASE FILL THIS PORTION OUT, AND RETURN IT TO THE COACH!

I, \_\_\_\_\_, the parent of \_\_\_\_\_,  
an athlete on the Petaluma High School's Cross Country Team, have received a copy of the code of conduct and Team Rules from the coach. We both have read and reviewed the code of conduct and Team Rules. Both my child and I understand and agree to the rules set forth and understand that it is important to follow ALL rules and procedures stated in the code of conduct. We also acknowledge the fact that it is the coach's responsibility to implement ALL rules and procedures stated in the code of conduct and team rules. We also understand that it is important as a parent and athlete to promote and follow ALL the rules and procedures stated in the code of conduct and team rules.

X \_\_\_\_\_ (PARENT'S SIGNATURE)

X \_\_\_\_\_ (ATHLETE'S SIGNATURE)

X \_\_\_\_\_ (DATE SIGNED)

## **GENERAL CONDUCT**

Student athletes at Petaluma must keep in mind that they are always in the public's eye. Their personal conduct, on and off the field, is always subject to scrutiny of fellow teammates, fellow students, teachers, administrators, parents/guardians, fans, opponents, and the media. Student athletes have a responsibility to serve as positive role models and representatives of the Petaluma Area School District.

In order to succeed in that role a student athlete should:

1. Show respect for authority, property, and peers at all times
2. Maintain academic eligibility throughout the season
3. Follow ALL team rules
4. Practice the ideals of sportsmanship, team loyalty, and fair play
5. Show disciplined restraint, especially pertaining to social media platforms

## **A WINNING ATTITUDE**

Striving to be your best is an important key to succeeding in all aspects of your life. Winning is an admirable goal. However, experience has shown that true victory rarely comes if the ideals mentioned above are not the top priority. Winning without having the proper perspective is a hollow victory at best. Cross Country is a great sport, but it is only a game. Strive to develop the winning mindset that will make you successful in ALL aspects of life.

## **ATTENDANCE**

Attendance is mandatory at all practices and meets. Attendance will be taken on a daily basis at ALL practices and meets. Practice starts at 3:30 pm Monday through Friday. Athletes are expected to be in proper apparel, and ready to go at the stated times. If there are changes to the practice schedule, the coaching staff will inform all athletes in advance. Athletes should be dressed, and ready to go at the stated starting time. Arriving late without a legitimate excuse is NOT tolerated. You are responsible for you - BE ON TIME!

Athletes must provide a written note (email is preferred) from a parent, employer, doctor, or other responsible adult in order to be excused from practices and meets. Written excuses must include:

1. The date of the practice or meet you will be missing
2. Reason you will be absent

Athletes should try to notify the coaching staff in advance of any practices or meets they will be missing. If it is not possible to contact the coaching staff before the absence, the athlete must provide a written excuse upon returning to practice.

**If an athlete is absent from school on a day when there is a regularly scheduled practice or meet, that athlete is NOT eligible to practice or participate in a meet on that day.** This is the policy of Petaluma High School. NO exceptions will be made. I understand that situations may arise that prevent athletes from attending practices or meets. In those events, I appreciate as much advance notice as possible so that I can make adjustments to team rosters as needed. Attendance will be kept for ALL practices and meets. All absences and tardies will be kept on file. "Tardy" is not being dressed, on the field, and ready to practice at the stated start time. Unexcused absences and tardies will be dealt with by suspending players for events and/or meet(s). Three (3) unexcused absences will result in a suspension. More than five unexcused absences may

result in dismissal from the team, at the coach's discretion. Three tardies will count as one unexcused absence. This does not mean the athlete is to use the three absences as a "day off". If this is found to be the case, the athlete can be dismissed from the team immediately.

Examples of Excused Absences are:

1. Death of a family member or close friend
2. Doctor Appointment
3. School related functions
4. Religious Functions
5. Illness

Examples of Unexcused Absences are:

1. Work
2. Dance/Karate
3. Concert and Dinner Excursions

If you are unsure whether an absence will be considered as excused, check with the coaching staff. Remember, I put my time into the program and I expect the same from you as an athlete. It is not my intent to prevent athletes from attending necessary appointments. However, I am responsible for knowing the whereabouts of all the athletes at all times during practices and meets. Communication is the key to making this possible. Athletes coming late to or leaving practice early must have a written note from a parent or teacher.

### **PRACTICE SCHEDULE AND TIMES**

Practice is generally held from 3:30 to 5:00pm Monday through Friday. These times are subject to change. They may be extended, and at times be shortened, only with advance notice. Practice is to be taken seriously at ALL times. The way you practice reflects the way you perform! I will try to integrate fun and enthusiasm into practice times. Athletes must come prepared with appropriate gear and appropriate attitudes to get the most out of practice.

### **ACADEMIC ELIGIBILITY**

1. To be eligible for Petaluma High School sports, a student must maintain at least a 2.0 GPA with no more than one F.
2. Eligibility shall be cumulative from the beginning of each grading period.
3. A student must be passing a minimum of four classes.
4. It is the duty of the athlete to monitor their grades and notify me if they become in danger of ineligibility.

In the event that a student does not meet these requirements, they will be ineligible to participate in contests for **the remainder of the grading period**. Ineligible students may practice with the team. Students whose performance is approaching the "Endangered List" may have their participation reduced at the discretion of the coaches until satisfactory academic achievement is demonstrated.

## **SUBSTANCE USE AND ABUSE**

The use of drugs or alcohol by students is illegal. The use of these substances by students in the Petaluma Cross Country program is strictly forbidden. Players using drugs or alcohol, in or out of school, will be immediately suspended from the team. Students must meet with the coaching staff in order to be reinstated on the team. Subsequent offenses will result in immediate and permanent dismissal from the team and the student will be referred to the High School Student Assistance Program for further evaluation.

## **DRESS CODE**

Athletes represent the Petaluma Cross Country team at ALL practices and meets, home or away. Athletes will be expected to maintain and exhibit proper dress code at all times. Athletes will be expected to show up on the team bus wearing their team issued uniforms and warm ups.

Practice Apparel: Each athlete is required to wear running shoes, shorts, and tops to practice.

Meet Uniforms: Team uniforms are to be worn at all competitions. Under NO circumstances are team uniforms or sweats to be worn at any other time. Do not wear your team uniform at school. Please follow the washing instructions.

## **BEHAVIOR**

Disruptive and disrespectful behavior will NOT be tolerated. Any athlete that becomes a negative influence on the team through their behavior will be dealt with in the following manner:

1. Verbal warnings will be given to athletes asking for improvements in their behavior. No explanations are necessary. Discussions about the incident are most appropriately addressed one-on-one with the coaching staff after practice or the meet.
2. Athletes will be given a separate activity for inappropriate behavior. Athletes will not be allowed to re-enter the original activity until approval by the coaching staff.
3. Conferences will be held with the athlete, coaching staff, parents, and others as needed to evaluate the problem as well as the athlete's future role with the team.
4. Athletes can be suspended from the team for an indefinite period of time for inappropriate behavior. Length of suspension will be the coach's discretion.

## **SPORTSMANSHIP**

Good sportsmanship is an essential quality that all athletes need to possess and practice. Poor sportsmanship will not be tolerated and will be addressed by the coaching staff. Guidelines for good sportsmanship include:

1. No cursing or swearing, on or off the field of play (punishment of additional conditioning)
2. Respect your fellow teammates, coaches, and volunteer staff (Trainer and Athletic Directors)
3. Respect your opponents. Shake hands after events and show appreciation for others.
4. Never argue with the officials, other coaches, or competitors. Never argue with the coaches in public. One-on-one meetings and discussion regarding team issues are welcome.
5. Flagrant fouls will NOT be tolerated.

## TRAVEL

Petaluma school district will provide suitable transportation in authorized school vehicles for all athletes to all Wednesday away meets. Travel guidelines are listed:

1. The head coach, in conjunction with the bus driver, will assume responsibility for conduct and discipline on the bus.
2. All athletes must be at the point of departure on time. Athletes will be dismissed from classes 15 minutes prior to departure time. This time is to be used to collect everything needed for the meet and to make your way to the bus. It is NOT time to be used for socializing.
3. Athletes that miss the bus and then travel to the game using their own transportation will NOT be permitted to participate in the meet.
4. Food and drinks will only be allowed on the bus after the bus driver gives permission.
5. The coaching staff is responsible for making sure that the bus is left in a clean state after the team leaves the bus.
  - a. For every piece of trash that is left on the bus – athletes will encounter additional conditioning during the following practice.
  - b. If trash continues to be a problem, food and drinks will NOT be permitted on bus trips.
6. All athletes are representatives of the Petaluma and are expected to conduct themselves in an appropriate manner.
7. The emergency door on the bus is to be used only in times of emergency unless authorized by the bus driver.
8. Athletes will show respect for the host school by cleaning up benches before leaving.
9. All students must return home on the bus provided by the school.
10. Parents **may** drive students to or from a meet; exceptions will only be granted to athletes with advance written notice (email preferred) **from a parent chaperone**. Parents should include a list of student names (first and last), along with the date, and state that they have permission to take these athletes to or from the meet.

## EQUIPMENT

Each person on the team will be issued uniforms. All equipment issued by the school will be treated with respect and taken care of by the athlete. Athletes will be held accountable for the equipment they are issued. Athletes must pay for any lost equipment or equipment repairs due to carelessness or neglect. Normal wear and tear does not count. Athletes that are unsure about problems with any of their equipment should contact the coaching staff. Athletes that do not pay outstanding balances for equipment replacement or repairs can have any cross country awards and high school diplomas withheld until payment is made. Some equipment is the personal responsibility of the athlete. All athletes must supply their own running shoes. Athletes are required to bring all of the proper equipment to practice and meets. The coaching staff reserves the rights to spot inspect any athlete's equipment to ensure that athletes are prepared for practices and meets. Athletes are to be responsible for keeping track of their own equipment and belongings. Any clothing, equipment, books, homework, audio gear, food, etc. left after practices or meets becomes the property of the coaching staff and will be put in the lost and found collection.

## PETALUMA ATHLETIC CODE OF CONDUCT

In addition to the above team specific rules, all athletes and parents are required to follow and obey all school athletic and student activities code of conduct. Please be sure to also read and go over the code of conduct understanding that you will also be held accountable for knowing them as well!