

# TEAMM

**1. Consistent Practice Attendance:** Each athlete is expected to attend ALL practices! Practice begins at 2:25pm and on most days, we will be finished by 5:00pm. Injured or ill athletes must attend unless they missed school that day. Athletes must avoid conflicts with daily practice. If the athlete has a valid reason for missing practice (emergency or illness), the athlete **MUST NOTIFY** the coach prior to the practice that will be missed!!! ATHLETES FAILING TO FOLLOW THIS PROCEDURE MAY BE HELD OUT OF COMPETITION AT COACH'S DISCRETION. Also, running is a sport which requires consistency. If a practice must be missed, the athlete must work with the coaching staff to find a way to complete the day's workout. This is especially important on high intensity days.

**2. Punctuality:** Each athlete is expected to arrive at practice and at competitions ON TIME and prepared! No exceptions! IF LATENESS BECOMES CHRONIC, YOU WILL BE DROPPED FROM THE TEAM.

**3. Absences:** All absences must be cleared by a parent note. Bring this to practice the day you return. If you have any unexcused absence, you will not participate in the next competition. **(No exceptions.)** Any absence other than illness or injury prevents you from earning a varsity letter. Please schedule dentist appointments after 5:00. Morning workouts may be scheduled. These are mandatory as well. Extended periods of absence due to injuries or illness must be accompanied by a doctor's note. The coaching staff and parents must communicate with regard to physical ailments.

**4. 6th Period:** If you are in 6th period P.E., you will receive a grade. This grade **will affect your GPA** one way or the other.

## **Criteria For 6th Period Grade:**

- 1) Attendance at practice
- 2) Attendance at all meets including Saturdays
- 3) Following team guidelines
- 4) Attendance at 6<sup>th</sup> period P.E. during the six week period after the season has concluded. If you disappear after the last meet, you will receive an F.

**5. Practice Apparel:** Each athlete is required to wear RUNNING SHOES, SHORTS, & TOPS to practice.

**6. Meet Uniforms:** Team uniforms & sweats are to be worn at all competitions. Athletes are expected to step off the bus wearing team sweat top & bottom! Sweats shall remain on at all times before and after your races! This is important for warming-up, mental focus, team unity, & intimidating our opponents. Under NO circumstances are team uniforms or sweats to be worn at any other time! DO NOT WEAR UNIFORMS OR SWEATS AT SCHOOL! WASHING INSTRUCTIONS: Wash in cold, hang dry! DO NOT PUT IN DRYER!

**7. Competition:** Every Ayala runner is expected to run in every race. Notify your coaches prior to a meet you might miss. This goes for league meets as well as invitationals.

# RULES

**8. Athlete Conduct:** Ayala Cross Country Team Members are responsible for continuing our tradition of exemplary conduct! Please take seriously the commitment you must make to support your teammates, contribute to our sport, and act responsibly in every situation. Athletes are expected to conduct themselves in a mature and rational manner. Make sure you are always gracious and congratulate your opponents.

Under NO circumstances are athletes allowed to dispute rulings with meet officials! Athletes must maintain their composure and let their coach deal with the situation. FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.

**9. Transportation to and from Competition:** CVUSD, AHS, and Team policy regarding student-athlete transportation will be followed WITHOUT exception! This policy is as follows: Athletes transported from AHS to an away competition via district bus must also return to AHS via district bus. If you have special circumstances in which you must leave early, it must be cleared through the coaching staff and the Principal's Office via official letter. Athletes will not be released to anyone other than a legal guardian. Friends, relatives, neighbors, etc., are **NOT** legal guardians. Team policy further requires that any athlete not returning to AHS with the team via district bus give the head coach verbal notification and visual confirmation of the presence of a legal guardian before departure. FAILURE TO FOLLOW THESE PROCEDURES WILL RESULT IN SUSPENSION FROM THE TEAM.

**10. Personal:** Cooperate and develop camaraderie with teammates and coaches. Be good citizens - Grounds for dismissal from Ayala Cross Country:

- Participation in a fight
- Being unaccounted for at any time during a competition
- Showing public disrespect for a coach or faculty member

COOL IT! Public displays of affection for girlfriend or boyfriend at practice or competition is not permitted. Ask yourself what you are doing (beside running) to make your team better.

**11. Academic:** Your education is more important than your running. Work hard in the classroom. You must maintain at least a 2.0 GPA. Academic ineligibility at any time during the season disqualifies you from competition and varsity lettering.

**12. Athletic:** Fulfill your potential as a runner. Get every inch possible out of yourself. A strong work ethic equals strong racing. **Take practice seriously.** Develop strength of mind and courage to compete. Be tough!

**13. Being a Varsity Runner:** Only seven (7) runners are allowed to compete in varsity races. These athletes will be chosen by the coaching staff, from race to race. Determining factors include, but are not limited to week to week performance by athletes. Seniority is not a factor.