

Washburn Rural Middle School

Cross Country

Eligibility:

Washburn Rural provides a Cross Country program for eligible students. Eligibility requirements set forth by the KSHSAA are used in our program with the following elements considered:

- 1) Physical examination on file with the middle school office.
- 2) Concussion release form on file with the middle school office.
- 3) Scholastic requirement – the student must be passing at least 5 subjects.

Once Cross Country practice has started, the athletes are NOT allowed to participate with another running club in practices or meets until after the season. Also, they may not run in any type of outside races, even for charity. **Participation in those types of events will make the athlete ineligible for the remainder of the Cross Country season. (KSHSAA rule 22)**

Practice Requirements:

In addition to the KSHSAA requirements, we feel that it is important to stress reliability, dependability, and commitment in our student athletes. Regular attendance at practice is required for success in our program. Practices consist of proper stretching, conditioning and techniques that will make a safe and successful athlete.

We do understand that students must miss practices or Cross Country meets occasionally. Examples of excused absences are another school activity, illness, or a specific request from a parent made in advance.

We ask that parents notify the coach in writing or email of any known conflicts at the beginning of each race week. If an athlete is sick and home from school, the parent should notify the coach **before** practice on that day. This can be done by notifying the secretary when calling the student in sick, by e-mail, or by a phone call to the coach. After 2 unexcused absences, the athlete will be removed from the team.

Specific Practice Information:

1. Practice is Monday thru Friday 3:00-4:15 p.m. unless otherwise stated on the calendar.
2. Students are to report immediately to the locker room after school. They need to bring everything with them that they will be taking home. Students will use the locker room before and after practice only. It will be locked and inaccessible during practice. No student will be allowed back in the rest of the building after practice.
3. Students should not be in the building during practice unless accompanied by a coach. Students are expected to take care of necessities before they leave the locker room to practice.
4. Students who have been assigned detention after school **should NOT** come to practice. This will be considered an unexcused absence. Students who are injured should NOT come to practice but must notify a coach. This will be considered an excused absence.
5. If for any reason the student cannot make it to practice by 3:00pm they should NOT come to practice.
6. Students are expected to participate fully in practice. This is not social time. Any student who is using this as social time will be warned once and on the second offense will be dismissed from the team.
7. Proper attire for practice includes shorts, t-shirts, sweats, and running shoes. Sports bras worn alone, sagging of shorts/pants, or sleeveless undershirts are not permitted.
8. **Any athlete who requires the use of inhalers or other medical devices must carry those with them at all times and make the coaches aware of them. Inhalers are not to be left in the locker room since it will be locked during practice.** Sharing of inhalers IS NOT permitted.

Conduct:

It is important that all participants remember that they are representatives of our school. Participation is a privilege not a right. This privilege is extended to those whose conduct in and out of school, at practices, and at meets is consistent with the standards of good sportsmanship and citizenship. Cross Country is less structured than other sports; therefore, participants must demonstrate that they can handle this setting. Any actions of misconduct will result in an initial warning and a second violation will result in dismissal from the team. Students are responsible for all equipment that is checked out to them including sweats and uniforms.

Meet Participation:

We will not make “cuts” in our program. Athletes go to every meet. Regular attendance at practice will be a major consideration in determining who participates in the meets. For example, if an athlete has missed 3 practices, excused or unexcused, before the first meet, they will be ineligible for competition in the first meet. **Any absence on the day before a meet will automatically result in the athlete not attending that meet.**

It is the school’s responsibility to take the student athletes to and from the meets. However, if a student wishes to ride home from a meet with his/her parent, **the student and their parent** must report to a coach at the meet to sign out. **No student will be allowed to ride home from an away meet with someone else’s parent even with parental permission. NO EXCEPTIONS.**

It is the policy of Washburn Rural Middle School that students who make the school’s interscholastic team may not miss a practice, game, or a tournament due to their participation in a practice or a game involving another sport outside of school. Consequences will be given and may result in the student being held out of future games or dismissal from the team. PLEASE review the schedule and make your decision to commit to the team before the season begins.

Pick Up Time:

The coaches have to wait after practice until all athletes are picked up. Therefore, you should plan ahead to have a ride here **by 4:45pm** each day practice is in session. If a parent is unable to get here by that time, there are many possibilities for carpools with the parents of other Cross Country athletes. We do understand that emergencies happen; however, we appreciate all your efforts to get a ride here in timely fashion. A “Late Pick Up Letter” will be sent home after the first and/or second violations of this team policy notifying and reminding parents/guardians of the appropriate pick up time. A third violation of this policy will result in dismissal from the team. (refer to “Disciplinary Action Plan”) Any late pick up past 5:00pm will result in a double violation. Also, when a bus returns to school from a meet, students need to be picked up in at least 15 minutes from the return of the bus to school. Cell phones can be utilized by athletes to call their rides and phones can be shared among athletes. Any late pick up from meets will also count towards the late pick up totals.

<u>Staff:</u>	<u>Email</u>	<u>Phone</u>
Head Coach Jeff Pierce	piercjef@usd437.net	339-4337
Asst. Coach Christi Evans	evanschr@usd437.net	339-4341

Cross Country Meet Schedule: **SUBJECT TO CHANGE** – Changes will be communicated with athletes and their families.

<u>Day</u>	<u>Location</u>	<u>Time</u>
Saturday, September 3	@Manhattan, Warner Park	8:00am
Saturday, September 10	@Emporia, Jones Park	12:00pm
Tuesday, September 13	@Clay Center Comm. HS/MS,	4:00pm
Saturday, September 24	@Manhattan, Warner Park	11:30am
Tuesday, September 27	@Rock Creek Jr./Sr. High School	4:00pm
Friday, September 30	@ Junction City, Milford Lake State Park – Centennial League	4:00pm
Thursday, October 6	@Shawnee (KC), Shawnee Mission Park	3:30pm

For updated Cross Country information please refer to the following website: <http://teacher.usd437.net/wrms/cc>.