

# *CXC 2018*

## *Traditions never graduate*

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*Assistant Coach : Dean Vergillo*

### **"ATHLETICS - YOUR PARTICIPATION IS A PRIVILEGE"** (Cedarcrest H.S. Co-Curricular Code)

The primary function of the Cedarcrest High School cross country team is education through athletics. The program is intended to help the members grow academically, athletically, emotionally, and socially. The program pursues excellence through an appropriate mix of athletics and education.

### **COMPETITION**

The school participates in WESCO Conference meets and invitationals. Healthy or injured, all eligible squad members are required to attend all meets (other than Nike Portland) through the WESCO Conference Championship meet. Missing meets may result in a suspension, removal from the team or not finish the season in good standing. Check your schedules carefully. The Nike Portland meet is not a typical meet. The travel squad will be restricted based upon the athlete's rank on the squad as well as their competitiveness.

### **PRACTICE SCHEDULE**

It is important to be on time. Practice finish times will vary depending upon the day. When practice sites are away from the school, then Washington State driving laws must be followed concerning transportation and the Intermediate Driving License. If a transportation issue arises, then an alternative practice will be scheduled.

Repeated cases of late arrivals will result in suspension from competition or dismissal from the team. Absence is permitted only for illness and school related activities (committee meetings, field trips, makeup tests, etc.), with written notification to McDowell. More than one absence in a three week period will result in the athlete being ineligible for the next meet. More than two absences in a three week period will result in longer ineligibility or removal from the team. Try to schedule other activities for another time. This does include work. If problems arise in your schedule, talk to the coaches to work things out.

If you wish to be considered a varsity level athlete, then you must have trained during the off season so you are prepared to be a varsity level athlete for the first day of practice. During the season, you must make a commitment to train like an elite runner. You will have to complete every workout. You are expected to train on weekends. You must show the coaches an improved work ethic and faster racing times. You are expected to have a behavior that is conducive to a positive team environment. If you are unable to follow these guidelines, then you should expect to run in junior varsity races regardless of your placing on the team or ability.

## **THE CODE & BEHAVIOR/ATTITUDE**

The coaching staff will strictly follow the rules and consequences of violating the Cedarcrest Athletic Code concerning all aspects. You have signed the Code acknowledging that you have read and understand all of its sections.

The purpose of the program is education. If you are failing a class, then you need to make a time commitment to improve your grades for yourself, the team, and the school. The coaching staff supports the school, the administration and the Code.

A student/athlete must be in school for the entire school day that she/he is enrolled in order to participate in an activity, competition or practice that day. Exceptions may be granted for excuses such as medical, dental, court appearances, family emergencies, pre-excused school related activities, or any other circumstance the Athletic Director or Administrator deems appropriate.

Regardless of your performance or ability, there are expectations placed upon you. You must show school and team spirit at all times by participating in team activities, wearing team attire on meet days and at meets, and participating in all fundraising activities. You must be a positive influence with all teammates and coaches at all times. You can help yourself and the team succeed by having a good attitude. Disruptive behavior and/or an attitude that does not support the team or the program will not be tolerated. Repeated episodes of these displays will result in suspension from practices and competition, or removal from the team. Out-of-school behavior that is detrimental to the image of the school or the program will not be tolerated, possibly resulting in suspension.

## **FUNDRAISING**

All athletes are required to participate in our hosting of the elementary Riverview Elementary Invite. The program also sells "soccer style" scarves.

## **JV AWARD / VARSITY LETTER REQUIREMENTS**

The athlete must finish the season through the WESCO Conference Championship week in good standing to receive an award/letter. Throughout the season, you have the opportunity to receive various varsity letter points. The coaches have the right to use their discretion for each requirement.

1. Participating in every practice before the first meet earns one point.
2. Finishing a meet in our top seven earns one point for each meet.
3. At a WESCO league meet, finishing in another team's top seven earns one point for each team. Discretion will be used when running against incomplete teams.
4. At the WESCO Conference Championship meet, finishing in another team's top seven earns two points for each team. Discretion will be used when running against incomplete teams.

Between five and ten athletes will receive varsity letters. Emphasis will be placed upon #'s 3 and 4 of the above list. Finishing in four other team's top seven will solidify chances of earning a varsity letter.

We hope that we have a successful, healthy, and fun season.

I have read the 2017 Cedarcrest cross country rules. I understand that I will be held accountable towards all the team's rules and policies.

Student-Athlete signature \_\_\_\_\_

Student-Athlete name (Please print) \_\_\_\_\_

Student-Athlete Email address (Please print) \_\_\_\_\_

If you are already receiving emails, then leave this blank.

I have read the 2017 Cedarcrest cross country rules. I understand that my child will be held accountable towards all the team's rules and policies.

Parent/Guardian signature \_\_\_\_\_

Parent/Guardian name (Please print) \_\_\_\_\_

Parent Email address (Please print) \_\_\_\_\_

If you are already receiving emails, then leave this blank.