

2017 CAPE FEAR COLTS (CFXC)

CROSS COUNTRY TEAM RULES AND EXPECTATIONS

PHILOSOPHY:

- Our team only becomes stronger as each of you as individuals become stronger. Our team goal is to become the absolute best **STUDENT**-athletes that we possibly can!
- We are only as strong as our weakest link. We are **NOT TO CRITICIZE OR BE NEGATIVE EITHER IN PERSON, BEHIND THE BACK, OR ONLINE (SOCIAL MEDIA) TOWARD** any coaches, OTHER SCHOOLS, ATHLETES, OR our fellow teammates! Poor attitudes and negative gossip will not be tolerated. Please respect and encourage your teammates and fellow competitors at all times!
- We **WILL** be a **“CLASSY OUTFIT”**. This means that we are to be positive role models for all other students both in and out of season, in and out of the classroom, and on and off of the field of competition. We will show respect to all teammates and coaches, **AND OPPONENTS** at all times! Whether we win or lose, we **WILL ALWAYS** do it with dignity, humility, and good sportsmanship!
- Being a part of this team **IS** a privilege and something **TO BE PROUD OF AND SOMETHING** that we hope you will cherish and that you will always remember. Work hard every day and enjoy your experience and the competition! There is no better feeling than knowing that you gave your absolute best effort to the task at hand and achieved success!

PRACTICE/ATTENDANCE:

- Practice will begin at **3:45** each day **ONCE THE SEASON STARTS!** This gives you 15 minutes to put on practice clothes and report to the track. A **1 MILE** Warm-up will be first, followed by stretching, and then practice activity. There is **NO EXCUSE** for being late or coming unprepared to practice, unless you are in tutoring, in which case you would report late with a note from the teacher that you were with. Please try to let us know as coaches why you may be late to a practice. Coming late or being unprepared to practice less than 3 times will result in extra exercise to be done at the end of practice. (I.E.–run a mile of stadiums, sit-ups, push-ups, squats, **BURPEES**, etc…) If you are late to practice beyond 3 times, you **WILL NOT PARTICIPATE** in the following meet!

- **All** practices are mandatory! Once you are committed to cross country, you have agreed to not be available from 3:45 – 6:00 pm for any other activity unless cleared with the coaches. All athletes are expected to report on time to practice fully prepared with the appropriate attire. There is **ABSOLUTELY NO EXCUSE** for missing practice! There are some extenuating circumstances that will be accepted such as (family death, illness which results in absence from school, or documented medical/dental appointment). All other reasons for missing practice will be counted as unexcused to include too much homework, projects (**this is lack of proper time management or preparation on your part**), hair appointments, etc. **IF YOU COME TO SCHOOL, YOU COME TO PRACTICE!** 1st unexcused absence—coach determined extra practice punishment. 2nd unexcused absence—suspension from next meet. 3rd unexcused absence—dismissal from team.
- If you know of an appointment, funeral, tutoring, etc., we expect to be made aware of your absence in advance. All we ask for is for you to communicate with us—we are very understanding people. You can tell us at school or at practice the day before, or call or text COACH HANES @ 910-670-8327 OR COACH FREEMAN @ 910-964-8060.
- There will be off season/summer conditioning workouts. These practices are not mandatory, but are **HIGHLY ENCOURAGED**, and you should make all efforts to be in attendance unless you have a valid reason not to.

EQUIPMENT/TRANSPORTATION:

- All uniforms WILL BE PROVIDED BY THE School and other necessary equipment will be provided by the student-athlete. (I.E. UNDERGARMENTS, RUNNING SHOES, SPIKES, WARM-UPS, ETC.) The coaches will provide water bottles, tape, etc. It is the responsibility of the **student**-athlete to respect this equipment and to take care of it as it was his or her own.
- All athletes are required to ride the bus to and from all events and off-campus practices. Only athletes who provide the coach with a note or have their parents speak directly to me will be allowed to leave with a parent/guardian at the end of an event/off-campus practice. Behavior on the bus should be quiet and respectful. BOYS AND GIRLS WILL SIT SEPARATELY ON THE BUS WITH NO EXCEPTIONS. This is time to focus on the event! The bus will be swept, free of garbage, and all windows closed upon return to school. (Different athletes will be assigned by coaches to complete these duties at each event/off-campus practice).

FUNDRAISING:

- All athletes **will be asked** to contribute to fundraising efforts AND to try to SEEK DONATIONS IN THE AMOUNT OF \$50 MINIMUM PER STUDENT-ATHLETE. This money will be used to enter invitational meets, **to buy tee-shirts that you would keep**, regional participant dinner, or to buy food for reward days/season-end party. (Seeking donations from business/family members/neighbors, sale of food/merchandise, and car washes are some examples)
- We as a team seeks the donation approach to fundraising because with this approach, the team receives 100% of the money raised and work does not fall on the parent or student-athlete.

BEHAVIOR/DISCIPLINE:

- All athletes are expected to follow all school and team rules and display proper attitude and conduct during all practices and meets, as well as in the off-season. Team members should display responsible and respectful behaviors in public as well since their actions reflect upon the COACHES, team, school, AND THEIRSELF. This includes appropriate tone and language, posts on social media outlets (Facebook, Instagram, TWITTER, SNAPCHAT, ETC.), and respect to all teachers and peers, opponents, teammates, fans, and coaches.
- Any athlete who engages or is identified as being involved with the use of drugs or alcohol shall be dismissed from the team immediately. Tobacco usage shall result in coach/school discipline and may result in suspension from events. The coach will discipline any athlete who is assigned in-school suspension at practice. However, any athlete who is suspended out-of school for an offense will be dismissed from the team.
- Back talk and disrespect toward the coach or other athletes will not be tolerated not will bullying (in person or online). If you do not like what is being asked of you, then you can simply **not** participate in cross country. Being on this team is a choice and a privilege, not a right! If you have an issue with another teammate or us as coaches, please bring that to our attention so that it can be quickly resolved.

REQUIREMENTS/EXPECTATIONS:

- All Athletes are required to have a current physical exam and a concussion form on file at the school before they can participate in any athletic activity.

Also, there is a student athlete/parent pledge form and student eligibility form that will also need to be filled out and turned in.

- All parents and athletes are required to attend a pre-season parent meeting with the school AD.
- All athletes are expected to demonstrate good sportsmanship toward their teammates and their opponents at all times.
- All athletes are expected to perform to their fullest potential at all practices/meets. If you do not wish to run or do what is asked at practice, then **DO NOT COME OUT THERE!** CROSS COUNTRY IS HARD WORK AND NOT A PLACE TO JUST HANG OUT!
- All injured athletes are still required to attend all practices and events even if they cannot participate. Failure to attend will result in dismissal from the team. An injured team member is still a team member!
- All athletes need to meet all Cumberland County Schools' attendance and academic eligibility standards in order to participate.
- **Grades/Attendance at school is #1 priority!** You as a cross country student-athlete are expected to maintain a minimum of a 2.5 GPA or 70 (C) averages in all classes. Failing grades on progress reports and report cards may result in suspension from meets, and may result in team dismissal. We as your coaches will work with you and your teachers to ensure your success. **Your main job is to make good grades and pass all of your classes first, sports is second!!**
- **Remember that your off-the-field behavior is a constant reflection of yourself, this team and program, AND cape fear high school. The decisions you make today will have a positive or negative effect on you for the rest of your life. Please carry yourself in a responsible and upstanding manner and maintain good character at all times.**

PRINT ATHLETE NAME:_____DATE:_____

Athlete's SIGNATURE:_____Date:_____

Parent/Guardian's Signature:_____Date:_____

CAPE FEAR H.S. CROSS COUNTRY, MATTHEW J. HANES-
COACH/DRAFTING TEACHER

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EMILY FREEMAN-COACH/CAREER MGMT. AND ENTREPRENEURSHIP
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