

2017 Meade County High School Cross Country

Coach Garner

Coach Bishop

Coach Jantzen

Read both sides and return the bottom signed!

1. Practice will be Monday – Friday, starting July 24 – end of season.
2. All athletes are to be dressed, in the weight room, and ready to run at 3:20. I know this is only 20 minutes, **but do not be late**. Drills begin promptly at 3:20. Practice will be over by 5:20 everyday. Athletes who are tardy will be required to do burpees.
3. Attendance will be kept by the coaches. By rule, if you were at school at the end of the day, you must be at practice. If you know you will miss a day in advance, you **must** consult one of the coaches BEFORE you miss the day. If you are not counted absent on Infinite Campus, and neither of the coaches have been contacted personally by you about the absence; that will count as an unexcused absence no matter the reason. **If an athlete misses a day of practice that is unexcused, he/she will miss the following meet. At 3 unexcused absences, the athlete will be removed from the team.**

*Examples: Doctors appointments are excused; missing school for an illness that is excused by the school is excused

*If the school deems the absence is unexcused then you are unexcused from practice, hair appointments are unexcused; babysitting your little brother is unexcused.

*Also, if you leave school early, you must come by Coach Garner's room before you leave. **All middle school runners must contact the high school or tell Mrs. Lancaster if they miss practice.**

4. We will have mandatory practice during the summer. Those days are July 24-August 4. It is the responsibility of the athlete to find a way to practice and home. Not having a ride and summer vacations will not be excused. Also, juniors and seniors will have mandatory practice Monday and Wednesday mornings at 7:00 a.m. at the track. Those morning practices begin August 14. The same attendance rules as above apply.
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5. All athletes must be passing all classes to participate. Also, a 2.0 GPA must be obtained at the end of each grading period. **A GPA lower than a 2.0 will result in the athlete missing the meet that week.**
6. All meets are mandatory. In order miss a meet and not be held accountable, you must be approved by Coach Garner within 2 weeks of the schedule being handed out. After that date, all missed meets will be unexcused except for extreme illness or death in the family. **After the assigned date, all missed meets will result in missing the next 2 meets.**
All athletes are expected to stay until the end of every meet. Leaving early from a meet will be rarely approved.
7. **FALL BREAK:** We will have mandatory practice Wednesday, Oct. 4 – Friday, Oct. 6 of Fall Break week. Practice is mandatory for all high school runners and recommended for middle school runners. It will be at 9:00 a.m. at Buttermilk.
9. Our main goal as coaches is to obtain the maximum amount of effort from our athletes. 100% effort is expected everyday. If we feel someone is not giving us 100% at practice, you may be left out of a meet. All athletes must complete all aspects of practice to compete in meets. **Sitting out any part of a practice may result in the athlete missing the next meet.**
10. Anyone caught consuming alcohol or tobacco during the season will miss the next meet. **A second offense will result in removal from the team.**
11. **VARSITY LETTER:** The top 7 boys and girls that run at the Regional meet will receive a varsity letter.
12. High school athletes are not allowed to date middle school students. If this comes to the coach's attention, discipline measures and possible removal from the team will result.

In order to participate on the cross country team, this rule sheet must be shown to a parent/guardian, signed by both the parent/guardian and runner, and returned to Coach Garner by August 10th.

Parent/Guardian

Athlete