

Assumption Cross Country Team Guidelines and Practice Routine

Every member of the Assumption Cross Country team will be asked to familiarize herself with the following guidelines below, and to adhere to those guidelines. Assumption Cross Country follows the more general guidelines placed upon every sports team by the Assumption Athletic Department who, in turn, operates under the overall umbrella of Assumption High School. The policies of Assumption Cross Country are consistent with both the expectations of the Athletic Department and School.

I. Practice Guidelines

The following guidelines apply to every practice, both during the summer and school year.

- Upon arrival at practice, runners should “check in” by placing a check mark by their name on the roster.
- Each day’s practice routine will be posted at every practice. Although not required, we strongly encourage the girls to check that practice routine sheet before we begin.
- Once indicated by a coach, the entire team will warm up together as a group.
- Each runner should always run the route and/or do the workout given to her by a coach.
 - practice will not involve meeting/running with non-teammates, running while talking on a cell phone, or any other activity designed to advance one’s social life
- Each runner must always run in such a way as to ensure her own safety and the safety of those running with her. That is, each runner should follow all traffic laws, stay off the road whenever possible, not jaywalk, etc.
 - on distance runs or when running in an area where you cannot be observed by a coach, you always run with another person whenever possible and not alone.
 - never stop at or enter someone’s home, any business establishment, etc., or go anywhere without permission from a coach.
 - please report any unsafe, or potentially unsafe situations to a coach.
- If an accident occurs and it is appropriate to call EMS, police, and/or any other authority, then the coaches will do so at the earliest possible opportunity. In emergency situations, we will contact parents as well (or an individual designated by the parents if the parents are unavailable) – immediately after we contact the appropriate authorities.
- After practice, all runners should “check out” by placing a line through their original check mark on the roster (i.e. by making an “x”).

1. Practice and Bad Weather

Our general rule, both during the summer and school year, is that practice is never cancelled unless conditions are clearly unsafe – i.e., as determined by the school or coaching staff – and we are unable to delay or adapt practice. We do not cancel practice just because it’s raining and will

always first consider whether we can wait out the bad weather. When bad weather is expected, our approach is as follows:

- The Cross Country coaches will consider the current weather and expected conditions and then determine whether it is safe to proceed with practice. Any weather-related changes will be announced at school, via email and (if possible) the team website.
- On days when specific parents may believe that weather conditions are inappropriate for their daughter, we allow those parents the right to withhold their daughter from practice. Although we always defer to parental judgment on these matters, we do ask that parents communicate their concerns with a coach.

II. Attendance Guidelines

1. Summer Practice Attendance. Varsity girls are expected to attend regularly over the summer and communicate any potential conflicts with us. We encourage our remaining girls to attend as regularly as possible until school begins, realizing that family vacations and other conflicts may arise from time to time, and ask them to communicate their schedule with us.

2. School Year Practice Attendance. Once after-school practice begins, our attendance guidelines become very formal. In short, membership on our team requires regular attendance at practices and races. As the time commitment associated with Cross Country can be significant, we strongly suggest that each girl carefully consider her ability to participate with us prior to joining the team.

- If a girl cannot attend practice on a school day, then – unless she is absent from school or left early – she must tell a coach. Skipping practice and saying nothing is inappropriate.
- If a girl misses too many practices, then she'll be contacted about her attendance and a solution will be discussed with her.

III. Practice Routine

1. Summer Practice Routine. All girls are expected to arrange their own transportation to and from practice during the summer. When practice ends, the coaches will wait for each girl to be picked up before leaving.

2. School Year Practice Routine. Unless announced otherwise, we practice on school days at Seneca Park right after school. The older girls on the team and any available parents help carpool everyone over to Seneca Park.

- On school days, everyone needing rides should report to the gym by 3:00-3:05 and arrange their ride to practice. Girls who can provide rides to Seneca and any available parents should report to the gym as well, unless those girls or parents have already arranged their rides in advance.

- On early dismissal days, we typically cannot start practice right after school ends. When this is the case, practice will be delayed and we will ask the girls who need rides to return to Assumption at a specific time (e.g. 1:40, if practice is delayed until 2pm). Girls needing rides and girls able to provide rides would meet by the CAC. All other girls would be expected to show up to practice at the scheduled time.
- Pick-up occurs at the location of practice once practice has ended. At a typical after-school practice, that occurs between 4:45 and 5:00pm. The coaches will also wait for each girl to be picked up once practice has ended.

IV. Behavioral Guidelines

When it comes to the girls who join our team, we are generally blessed with girls who possess great character, girls who adhere to very high standards of behavior and girls who exercise fine judgment. Any and all rules governing the behavior of Assumption students as a whole also applies to the Cross Country team, but there are two areas where we build upon those rules.

- Honesty is a quality that holds us together. Honesty is not always an easy option, but it is always a better option. Given that situations can and do arise at Cross Country practice where the girls are practicing outside of our ability to observe them directly, it's critical that the girls on this team behave in a trustworthy manner. Embodied within trustworthy behavior is the idea that a girl would be dishonest if she broke a rule and said nothing.

There are also situations where a girl could use a dishonest excuse for missing practice. In such situations, it is often true that at least some of that girl's teammates know about this dishonesty – which creates an atmosphere of unfairness. For these reasons, dishonesty will not be tolerated on our team in any sense and, depending upon the situation, may even be grounds for dismissing a girl from the team.

- In signing the Drug-Alcohol-Tobacco form, the girls agree to abstain from drugs, alcohol and tobacco for the duration of the season and acknowledge that they understand the consequences of not doing so. We believe it is best to simply avoid situations where these rules are broken. Attending such events can send a bad signal about oneself or the team as a whole, and can also expose a girl to potential physical harm. Although the Athletic Department has a policy for dealing with drug, alcohol and tobacco use by athletes, the Cross Country team approaches these situations as follows.

If the coaching staff learns that a Cross Country girl was in attendance at an event where drugs were taken or underage drinking occurred, then we will automatically suspend that athlete from participating with the team until we can determine the extent of her involvement. If it turns out that she was simply a bystander, then the athlete will be allowed to return to the team. If she is guilty of breaking the drug and alcohol rules, then we'll proceed with the Athletic Department's policy in such situations, AND will contact all appropriate legal and school authorities to report the matter.