

Team Handbook
An Information Resource for Parents & Athletes

Athlete Checklist

The following is a list of things to take care of before the season officially begins on MONDAY, AUGUST 15, 2016:

1. **ATHLETIC PACKET** – Due 1st day of practice. The [2016 Online Athletic Registration](#) must be completed and the [Physical Form](#) turned into student activities office before you are allowed to practice. Athletes will only be allowed to participate with the team once all the information on these forms is filled out properly and with the respective signatures.
2. **ELIGIBILITY** – Each grade report period. Athletes will not be allowed to compete as a member of the team without having achieved the minimum academic standard for interscholastic sport participation. This requires a 2.0 GPA and no more than one “F” for the most recent grading period. Incoming freshman students must have a 2.0 GPA from their last quarter of 8th grade.
3. **Athletic “Fair Share” Donation** – Dublin High School has setup an athletic “fair share” donation of \$160 for the cross country team. These monies are for transportation fees, which include buses and usage of district vans and hotel accommodations. We would like to receive these by August 25, 2016.
4. **SUMMER TRAINING** – Athletes are highly encouraged to attend the summer training sessions from June 6th through August 13th. Check out the practice schedule available on the team website. Plan to attend as many of these sessions as possible. If unable to attend, get the workout in on your own. Athletes are expected to be in shape and ready for the rigors of in-season training on August 15th.

Cross Country Team Rules

- **Practice & Competition Attendance:** Each athlete is expected to attend all practices. Roll will be taken everyday. Every effort must be made to schedule time so that there are no conflicts with the cross country team. The first unexcused absence will result in suspension from the next competition; the second will result in a one week suspension from practice and the next competition; the third will result in expulsion from the team. ***Please read special section regarding attendance for Double Days.*** An unexcused absence from a competition will result in an immediate suspension and or expulsion from the team. ***PLEASE NOTE*** – A NOTIFICATION OF A MISSED PRACTICE ***DOES NOT*** EXCUSE THE STUDENT ATHLETE FROM PRACTICE – IT IS SIMPLY A COURTESY TO ENSURE THAT THE COACHING STAFF DOES NOT THINK THAT THE STUDENT ATHLETE IS CUTTING PRACTICE AND OR QUITTING THE TEAM. The only excusable absences are
 - **Illness or emergency** – must be accompanied with a parent note upon return to practice.

- **Academic** – must be accompanied with a parent and teacher note upon return to practice. Athlete must have also tried to meet with the teacher before school and or at lunch.
- **Medical Appointments** – Please try to schedule these away from practice times. There is no good time to miss practice, but Thursdays are the most flexible for our team.
- **Notification of an Absence:** It is the responsibility of the student athlete to give notice of absences to the coaching staff via email at least 24 hours before the absence for it to be considered excused. Excuses given post absence will NOT count as excused.
- **Personal Coaching/Outside Cross Country Participation** – not allowed for any reason.
- **Punctuality:** Each athlete is expected to arrive to practice and competitions on time and ready to participate. After the third tardy, each tardy will count as an unexcused absence along with the consequences.
- **Practice Apparel:** Each athlete is required to wear the proper attire for practice.
- **Meet Uniforms:** Team uniforms and warm-ups are to be worn at all competitions. Athletes are expected to arrive at a competition wearing their warm-ups and shall remain on at all times before and after their races. This is important for warming-up, mental focus, team unity and intimidating our opponents. WASHING INSTRUCTIONS: WASH IN COLD, HANG DRY IMMEDIATELY! DO NOT PUT IN DRYER!
- **Conduct:** The Gaels Cross Country Team members represent Dublin High School and the community. Each athlete is responsible for exemplary conduct. Support your teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with your coach is essential. If an athlete is unable to live up to these standards, they will be dropped from the team. Additionally, under no circumstances are athletes or parents allowed to dispute rulings with meet officials. Athletes and parents must maintain their composure and let their coach deal with the situation. Failure to follow this protocol is grounds for disqualification from competition and suspension from the team.
- Each student athlete is expected to communicate responsibly with the Head Coach. Student athletes that are involved in sports or extra curricular activities *at Dublin High School* must attach schedules for those activities. However, this does not mean they are excused from cross country on those days. Each student athlete must discuss the situation with the Head Coach and determine a plan that allows them to fulfill their obligation to the cross country team. If a compromise cannot be reached, the student athlete will not be allowed to participate on the cross country team.
- **Travel:** The Dublin High School Cross Country team will only be responsible to chaperon and provide transportation and lodging for the student athletes. If a parent would like to travel and lodge with their student athlete, DHS will relinquish responsibility and cancel the travel and lodging arrangements for that student athlete. DHS will not arrange any travel and lodging arrangements for anyone outside of the DHS Cross Country team.

- **Double Days Attendance** - if a student athlete misses one of the morning runs during the week, they will make up that run following the next hard workout day (normally Tuesday or Saturday). If a student athlete misses two of the morning runs during the week, they will make up one of the runs after the next hard workout day and the other run will be either the next hard workout day or recommended to do on their own on Sunday. If a student athlete misses three of the morning runs, they can do one of the following:
 - One after the next hard workout, another after the 2nd hard workout, and the 3rd recommended on Sunday.
 - One after the next hard workout and a combination of the other two runs recommended on Sunday.

Running Shoes a Priority

- Even in the most casual of 30 minute workouts your feet may hit the ground 4800 times! And the force on the impact can easily exceed several times your own body weight. So shoes may be the last things you think about, but they are the *first* thing protecting you from a miserable season of chronic over use injuries.
- Go to a real running store and tell the sales person you need a quality shoe that fits your specific running characteristics. Have them examine your old shoes and your feet in order to evaluate your foot strike. Tell them about any chronic soreness or past injuries. And for goodness sakes, ask the salesperson questions! Ask them to watch you walk barefoot. Ask them to explain your foot strike. And don't forget to mention that you are on a cross country team.
- You usually get what you pay for when it comes to running shoes. The top line running shoes sell for \$80 to \$120. But avoiding a nasty thing like shin splints because you spent a few more dollars on the right shoes is worth it. However, don't drop all your cash on the most expensive pair of shoes without regard to your specific needs! The best way to go about it is to find the best possible shoe for YOU.
- Try on *several* different shoes before a purchase. If possible, take a run around the block to get a true feel for the support and fit. Keep in mind that everyone's feet are different. A shoe that is great for one person might not be right for another, so be picky!
- We recommend you purchase shoes at a running specialty store. Most offer 10% discounts on shoes for high school athletes. The service should include a thorough foot strike analysis, where the person helping you asks that you take your shoes off and walk barefoot, or that you run on a treadmill while a video camera records your gate cycle. If you ask for a foot strike evaluation and they don't know what you are talking about, DO NOT LET THEM HELP YOU!
- ***The athletes will need to purchase new running shoes two times during the season – the weeks beginning June 6 and August 29.***
- Coach's highly recommended running shoe stores:

Forward Motion Sports

432 Hartz Avenue - Danville, CA - (925)820-9966

www.forwardmotion.com

Monday-Saturday 10-7 / Sunday 10-5

Transports

6014 College Avenue – Oakland, CA – (510)655-4809

www.transportsrunswim.com

Mon-Sat 10-6 / Sunday 12-5

Mandatory Equipment

Required items: The following are required at all practices and competitions.

- 1 liter water bottle
- running shoes (specifically fitted at running specialty store)
- sweat pants
- running shorts (NO basketball or long shorts)
- digital watch with split/lap time capabilities, distance & pacing - [Recommended Watch](#)
- racing flats
- post workout snack
- tennis ball, lacrosse ball and a golf ball

Parent Involvement

Dublin High School Gaels Cross Country depends upon the involvement of parents who are interested in the success of their student athletes. With your help we are able to maintain a safe and supportive environment in which every athlete has the opportunity to experience the rewards of our sport. We realize the pressures and time constraints that parents may have with work, as well as the myriad of responsibilities related to raising teenagers. Many of you are already actively involved in other aspects of your athlete's life. The sacrifice you make to take part in Dublin High School Gaels Cross Country, no matter what role you choose, will make a difference for these athletes.

Involvement Opportunities:

- Help your student athlete be safe and healthy. Good running shoes are a must. Eating the right foods, drinking at least 2 liters of water a day, and getting enough sleep are essential. Help them make cross country a priority in their life.
- Volunteer to work snack bar shifts for the boosters, drive to invitationals, drive to practice sessions outside of Dublin during the season.
- Attend the awards banquet.
- Be a photographer during the meets.

Contact List

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Websites

Team: www.dublincrosscountry.com

Dublin High Athletics: www.dublinhighathletics.com

Dublin High School: www.dublin.k12.ca.us/Domain/132

Dublin Unified School District: www.dublin.k12.ca.us