

Dear Cross Country Athletes and Parents:

Welcome to the 2025 Cross Country Season! This looks to be a very exciting season and I hope for each athlete to improve throughout the year and have fun. I am excited to meet everyone and have a fun filled year of cross country.

Preseason Checklist:

1. Sign up for Cross Country!
2. Complete a concussion form and have an updated physical that is certified by a physician. **These items must be uploaded to [BOUND](#). Directions to upload the forms can be found on the link.**

Bound QR Code



3. Items you will need for practice: T-shirt, Shorts, Comfy Running Shoes, Water Bottle, **Watch (helps track your gains and time improvements) and you will need BLACK RUNNING SHORTS to wear with your Harding Jersey.**
4. Look over the schedule provided. If there are dates that you will not be here for during the cross country season, please let the coaches know as soon as possible.

GOOD CONDUCT RULE:

The Cedar Rapids Community Schools and the Board of Education (Policy 410) have established certain minimum standards required of all athletic squads and squad members. To retain eligibility for participation in co-curricular, students must conduct themselves as good citizens in and out of school at all times. Students who represent the school in an activity are expected to serve as good role models to other students and to the members of the community.

A student may lose eligibility under the Good Conduct Rule for any of the following behaviors, or when a preponderance of the evidence indicates a policy violation:

- Suspensible offenses
- Possession, use or purchase of tobacco/nicotine products, regardless of the student's age.
- Possession, use or purchase of alcoholic beverages, including beer and wine. ("Use" includes having the odor of alcohol on one's breath). This includes "near beer" labeled as non-alcoholic.
- Possession, use or purchase of illegal drugs or the unauthorized possession, use or purchase of otherwise lawful drugs.
- Engaging in any act that would be grounds for arrest or citation in the criminal or juvenile court system (excluding minor traffic offenses) regardless of whether the student was cited, arrested, convicted or adjudicated for the act(s).
- Inappropriate or offensive conduct such as fighting, insubordination (talking back or refusing to cooperate with authorities), hazing or harassment of others.

EXPECTATIONS FOR STUDENTS ENGAGED IN SCHOOL ACTIVITIES

Students engaged in school activities are expected to:

- **Make academic progress in all classes**
- **Exemplify good character and teamwork**
- Demonstrate a continuing interest in personal improvement
- Attend all practices and contests unless granted permission by the coach.
- Respect the integrity of others
- Abide by the rules of the game in spirit and intent
- Display good sportsmanship
- Respect the rights and possessions of teammates, coaches, administrators and officials.

SCHOOL ATTENDANCE ON DAYS OF COMPETITION

Athletes who miss school on the day of a competition may not play in the competition unless it is an excused absence as defined by district attendance policy. Students must attend at least half of school on the day of competition to play in an event that day.

Practice:

1. Practice will start Thursday, August 28th at 3:00 PM in Coach Bakkum's room 219. Every practice will start in Mr. Bakkum's room at 3:00 PM. SHARP!
2. Practice will end every day at 4:15 unless otherwise noted. You must arrange to be off campus by 4:30 pm or you may walk to Noelridge Park and wait.
3. We will practice outside. Dress for the weather! Have a pair of sweats, sweatshirt, gloves, stocking hat or headband in case of colder weather.
4. Be on time to practice! If you are late due to school work or an appointment, a note must be written. If no note is brought to practice, you will be counted as unexcused.
5. If you are going to miss a practice for a certain reason please have a note or email me **PRIOR** to practice starting or if you are sick, please have a parent or guardian call, email (cbakkum@crschools.us) or write a note to a coach to have you excused.
6. If you miss practice unexcused, you will not be allowed to run in the meets. You must practice to participate.

Meets:

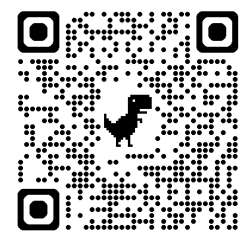
1. The Cross Country meets begin at 3:45, unless otherwise noted.
2. Bus will leave at 2:25 for all meets unless otherwise told. The dismissal time will be at 2:15. Be on the bus, dressed and ready to go by 2:25 or you may be left behind.
3. You are REQUIRED to ride the bus back to school on road trips UNLESS you are leaving with your parents (make sure you let the coach know you are leaving) or UNLESS you have a NOTE from your parents giving you permission to ride home with someone else. (no exceptions) * USE THE TRANSPORTATION PERMISSION SLIP RELEASE LOCATED ON THE HARDING ACTIVITIES WEBSITE

MISC.

1. The Harding uniforms are property of the school and will be worn at meets only. If you fail to return the uniform you will be required to reimburse Harding for the loss. Uniforms will be turned in after the last meet (more information on that will come during the season). Uniforms will be handed out prior to the first meet.
2. Do not leave any personal property unattended in the locker room. Lock all belongings in your PE locker or bring them out to the team area.
3. Good Sportsmanship will be expected at all times. Negative interactions with teammates, coaches, officials or opponents may result in your dismissal from the team.

4. Please add the following google classroom: **crlie677**
5. [GOOGLE LINK FOR CC](#) Or QR Code----->

If you have any questions, please email me. cbakkum@crschools.us



-----CUT and Return to Coach Bakkum-----

I have read through the team and school expectations and will abide by them during the Cross Country Season.

Student Signature: _____

Parent Signature: _____