Ponderosa High School Cross Country Team Handbook

Academic Eligibility:

1. PHS Students must turn in all paperwork complete with current information, and current physical by a physician (forms online). Students must be cleared from Ponderosa's Athletic Department before he/she can participate in practices or meets. This clearance goes through our athletic secretary.
2. You are a student athlete and the word STUDENT comes first! Manage your time wisely and keep up with all studies. Academics should be your number one priority – **that is what school is all about.** As a member of the team, however, you have agreed to complete your studies in your "free time" –**not during practice time**. You can accomplish both goals by **organizing yourself.**
3. In order to maintain your eligibility on any team at Ponderosa High School, you must maintain certain academic standards (2.0 GPA with no Fs, and a 2.0 GPA in citizenship). If you are having academic problems in any class, let the coaching staff know as soon as possible so that arrangements can be made to assist you in improving your grades. Don't wait until progress report grade checks to let the coaching staff know that you are having an academic problem. By that time, it may be too late to maintain your athletic eligibility.
4. **ALL ATHLETES MUST BE REGISTERED WITH XCSTATS.COM, including parent contact information! No Exceptions!**
5. **ALL ATHLETES MUST have a parent / guardian attend our Mandatory Parent Meeting in August!**

Athletic Fees & Fundraising: all are considered donations and very much needed

1. $95 Athletic OPTIONAL DONATION made payable to EDUHSD.
2. Volunteer at least once (per household) during the season to help with team snacks.
3. Participation in community youth CC races to help host as lead runners and sweepers.
4. Participation in our online fundraiser by being in our team video.

Practice Guidelines & Rules:

1. You must be at **all practices on time** **(School Mondays 2:30 - 4:30 pm / School Tuesdays - Fridays 3:45 - 5:45 pm / Non Meet Saturdays 8 - 9:30/10 am)**. Athletes must come to practices ready with proper equipment; running shoes & socks, appropriate running attire, refillable water bottle, timing watch (prefer GPS with heart rate monitor), bath or beach size towel and prepared to workout. If you arrive late, be prepared to have practice consequences. If coming late becomes a problem then you will be suspended from the team.
2. If you are not able to attend practice **you** must notify the coaching staff via XCStats in advance! If coming late to practice please come with a note from the place you are coming from; teacher, club, Doctor, etc. The above does NOT mean your absence will be excused!

3. Absences from practice must be notified to the coaching staff no later than 24hrs. prior to the missed practice date. Valid excuses are Dr.'s appt., Dentist appt., (**must be confirmed with a note from the Dr. or dentist)** family emergency (**must be confirmed with a note from your parent**). Excused absences from practice **do not** include serving school detention, working at your after school job, doing homework, other club sports teams etc.
4. If you miss a practice **without 24hrs advance notice of a valid reason** it is considered **Unexcused**. Unexcused missed practice will result in practice consequences and may result in missing the next meet. 2 consecutive, non communicated, unexcused absences from practice will result in non competition in the next meet. 3 unexcused absences during the season could also result in missing competition in a meet.
5. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your coach. One may not leave practice until the coaching staff has dismissed the team!
6. WE WILL PRACTICE RAIN OR SHINE. IT NEVER RAINS OUT A PRACTICE AT PONDEROSA HIGH SCHOOL! Please note that not all practices are conducted until the listed end time. There will be days when athletes are released early.
7. Learn how to have mindful practices & practice self-discipline in order to get the most out of a practice that you can. Don't complain during practice: you should be there because you want to improve. If you have nothing nice, positive, or encouraging to say, say nothing at all & work on changing your mindset!

Meet Guidelines & Rules:

1. All school / district rules apply while @ away meets.
2. When a bus or other district transportation is provided all athletes will ride the bus or other district transportation that is provided.
3. All athletes must stay for the duration of any meet and may not leave until all events are finished (thus supporting and being part of the TEAM and all of its members).
4. Failure to show up for any meet without the prior approval of the head coach means automatic competition suspension. You have a meet schedule; make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving teammates without all their fellow PHS T&F athletes during a meet. If you are scheduled to compete in a meet, **make sure you are there** (your teammates and coaches are counting on you)!
5. Failure to compete in any end of season or post season meet the individual has qualified for is NOT COMPLETING your season and thus WILL BE SEEN AS QUITTING. You will forfeit any titles, accolades, or awards and will be removed from the team roster.
6. Look and act like a student-athlete at all times (uniforms, including team warm-ups and team shirts at meets, no "horseplay", be involved)!
7. No junk food (soda, candy, cookies, chips, etc.) until you are done competing, check with coaches first!
8. At the conclusion of a meet immediately clean up your area of all trash and water bottles, regardless if it is yours or not!
9. When returning home an athlete may ride home with **a relative (25yrs. or older) listed on form F6 153-3B** after the team huddle concluding the meet and signing out on the official clipboard. Otherwise athletes must return back to PHS in the district transportation they arrived at the meet in.

Nutrition/Sickness/Injury Guidelines & Rules:

1. **All sickness and or injuries must be reported to the coaching staff.** If it is serious enough you will be expected to see your family physician or a sports medicine physician, which we can refer to you. If you need to miss practice because you are sick please refer to practice rules #2. If you attend school you are expected to be at practice. If you are a "little under the weather" the coaching staff can adjust your workout for the day.
2. Missing practice due to an injury is not acceptable**.** Practice time for an athlete with an injury might not look identical to a teammate's practice but is just as important for a speedy proper recovery. Most injuries require ice, therapy, stretching and strengthening at some point in the recovery process. It is the job of the coaching staff to help monitor and facilitate this process and this is to be done during the allotted practice time. There are many ways to train individually and physically is only one of them. If injured an athlete is still to fulfill their team commitment of attending practice daily in order to stay a member of the PHS CC team.
3. An athlete must be well enough to complete practice the two days prior to the meet in order to compete.
4. Athletes will be expected to provide their own water and food @ meets and practice. Athletes are not permitted to share water bottles, cups, jugs, etc. with any other member of the team.
5. Athletes need to bring healthy snacks and **plenty of water to meets**. Meets can go late and food that provides good nutrition for proper energy is key. It is a good idea to have lightweight snacks and not to eat heavy /huge meals too close to competition as it tends to slow a body down. Fruit / veggies, granola bars, yogurt and nuts are a great idea on meet days!
6. It is important to get proper sleep and nutrition **prior** to practices and meets in order for your body to be able to perform at 100%. Carb loads and proper sleep should be had the 2 days **prior** to competition!

Behavior Guidelines & Rules:

1. Be on time (practice, meets, bus loading times and meetings, etc.).
2. Show respect for all authority; call your coach "coach", actively listen during practices, be respectful of captains, officials, volunteers, trainers, guests and coaches of opposing teams.
3. Respect your teammates & don't talk while others have the floor. Use your energy and comments to encourage your teammates - never speak condemningly to anyone. Be selfless, there is no room for selfishness on a successful team.
4. Always retain greater poise than your opponent.
5. Any music played over a speaker larger than headphones is to be non offensive and appropriate for all to hear. The volume must be kept at an appropriate level as not to disturb others nearby.
6. Remember that you represent our program, Ponderosa High School, our EDUHS district and the community in which we live.

Uniform Guidelines & Rules:

1. You must wear the complete Ponderosa High School T&F uniform at all meets. This includes the singlet, shorts, and warm ups assigned to you. You may wear additional sweats underneath your uniform sweats to keep warm, as necessary, but your Ponderosa High School warm ups must be the

outermost layer of clothing. **If you choose to wear undergarments (spandex, compression shorts etc.) under your shorts and singlet they must be a solid team color – no exceptions!**

2. Warm-ups must be brought to every meet! Dress in layers or bring layers even if the day looks nice (extra socks and bottoms are a good idea).
3. CIF requires the jersey to be tucked in. Uniforms must be worn as intended by the manufacturer. NO ROLLED WAIST BANDS!
4. You are responsible for any equipment assigned to you. If your uniform is lost or stolen you must reimburse the Ponderosa Cross Country Program the following amounts:

   Singlet (Race tank) $50.00 Nike Aeroswift Tank $100.00
   Warm-up Jacket $100.00 Warm-up Pants $100.00

Travel Squad Guidelines & Rules:

Due to the budget cuts being made to high school athletic programs statewide, the PHS CC Program MAY need to implement a “Travel Squad” or choose to participate in varsity teams only to meets where adequate district transportation does not meet team participant numbers. The idea behind the Travel Squad is that we minimize our transportation costs as the district has asked and to ensure we travel with the most competitive team possible. A PHS CC athlete can make the travel squad by being in good standing with the team and by meeting all other team requirements

Awards and Varsity Letters:

An athlete may earn their varsity block letter (1st time for a sport) or appropriate insert by finishing their season in good standing and running on the varsity squad as the # 1-7 finisher in league meets. Additionally Coaches may choose to award a varsity letter at their discretion to an individual who has contributed to the varsity program. All league patches are awarded to varsity athletes who place in the top ten @ league championships. Any athlete who fails to complete their season adhering to the above handbook may forfeit any awards / letter earned.

PLEASE FILL OUT THE PAGE BELOW.
MAKE SURE THAT YOU AND YOUR PARENTS OR GUARDIAN SIGN IT.
RETURN THIS PAGE TO COACH NORWOOD IN ORDER TO MAKE THE OFFICIAL TEAM ROSTER.

We have read and agreed to abide by the rules and guidelines set forth for the Ponderosa High School Cross Country Program. We also acknowledge that there are certain inherent risks involved in participation in CC competition as an athlete or as a volunteer. We are aware that by signing this document that we freely agree to take such risk. In addition by signing below we agree that photographs of the PHS CC athlete may appear on our team and our school webpage, our season banquet slideshow and our program promotional items.

_____ _____ _____

Athlete's Name | Athlete's Signature | Date

_____ _____

Athlete's E-mail Address | Athlete's Cell or Contact Phone #

_____ _____ _____

Parent or Guardian's Name | Parent or Guardian's Signature | Date

_____ _____

Parent or Guardian's E-mail Address | Parent or Guardian's Cell or Contact Phone #

_____

Home Address

*Any additional notes you wish the coaching staff to be aware of please write below.