



Cross Country - Fall 2022

COACHES:

Coach: Mr. Hancox - ghancox@lasalle-academy.org

Assistant: Mr. Souza

GOALS:

- Learn running skills.
- Learn to be part of a team.
- Strive toward good sportsmanship, team goals, and fostering respect for all.
- Stay safe.
- Have fun!

PRACTICES:

- Practices will normally take place on **Monday, Wednesday, and Friday** after school. The start and end dates for the season are TBD.
- Students will change into sports clothes in the first floor bathrooms, then wait quietly in **Room 100** for practice to begin.
- Students must sign in with the coach.
- Practice will start promptly at **2:50**. (On Wednesdays, students will attend Study Hall/Homework Club until practice starts.)
- Belongings will be left in Room 100 and retrieved after practice.
- Phones should not be used during practice (unless given permission by the coach).
- Airpods (etc.) are not to be worn at practice.
- We will follow the current mask policy for La Salle.
- **Students should bring a water bottle (reusable please!) and a peanut/tree nut free snack. Students will not have time to go to the cafeteria before practice begins.**
- Students should have sweats and/or a light jacket available.
- Practice will take place except in extremely inclement or unsafe weather. If practice has to be canceled, parents and students will receive a cancellation notice by 1:00 pm via school email.
- Practice will take place on the La Salle Academy grounds or in the neighborhood. Practice will end around 4:00. **There will be no early dismissal for students**

who want to attend another sport practice or activity. Students must commit to a full practice.

- After practice, **students must sign out with the coach before leaving.**
- Students must **go to homework club and wait for pickup** - there will be no pickup from the practice field.

ATTENDANCE:

- Students are expected to attend all practices. Practice is mandatory except for excused absences: illness, appointments, or other urgent matters. Such absences should be communicated to Coach Hancox at school or by email before practice begins.
- PLEASE NOTE: If your child participates in another sport or activity that conflicts with track practice (i.e. has dance or lacrosse practice every Monday after school), please have your child choose which sport/activity he/she prefers. We expect a full commitment to the practice schedule as outlined earlier. Students who are involved in after-school tutoring sessions should schedule sessions for non-practice days.
- Participation in meets is contingent on regular attendance at practice (see below).

MEETS:

- **Students will not be allowed to participate in an upcoming meet if they have had an unexcused absence in the week prior to that meet.**
- All meets will be away. A meet schedule will be provided as soon as it becomes available.
- We will follow RIPCOA guidelines for masks and the number of spectators per runner allowed at meets.
- AirPods (etc.) cannot be worn during a race.
- Students should bring sweats/jackets to the meets when the weather becomes cooler.
- Regular practices will be held on Monday, Wednesday, and Friday when a meet is scheduled on a Tuesday or Thursday. If a meet occurs on M, W, F there will be no make-up practice scheduled that week.
- A school bus will transport students **to and from** the meets.
- If returning on the bus, students should be picked up at the Athletic Center. Students will call from the meet or bus to notify parents of the approximate arrival time at the Athletic Center. Please make every effort to be there to meet your child. **Students must sign out with the coach before departing.**
- **IMPORTANT!!!!!!** If a parent/guardian wants to take his/her child home from a meet:
 - a. A WAIVER OF LIABILITY FOR TRANSPORTATION must be filled out. The form can be found at our website [here](#) (by scrolling down under DOWNLOADS).

- b. Students should turn in the form to Coach Hancox in Room 100 by the day of the meet. Parents are welcome to email a Transportation Waiver no later than the day before the meet. I do not have time to check emails during the day of a meet.
- c. If the waiver isn't turned in BEFORE the meet starts, your child will have to take the bus back to LSA and be picked up there. I appreciate your consideration in these matters.
- d. **When leaving the meet directly with a parent/guardian, students MUST sign out with a coach before leaving.**

EQUIPMENT:

- mask, optional (but subject to change based on the school's policy)
 - running shorts
 - tee shirt (team uniforms will be provided as the season progresses)
 - sweats
 - running shoes
 - reusable water bottle (I strongly discourage disposable water bottles - besides being environmentally unsound, students don't keep track of them and leave them as litter)
 - sunscreen
 - * epipen for allergies
 - * inhaler
- *These must be brought to each practice and meet.**
- *They must be carried by the runner (waist pack, pocket belt, etc.)**
- *Runners will not be able to participate in a practice or meet if the relevant item is not in their possession.**

TEAM RULES:

- All rules and regulations in the student handbook are to be adhered to as a member of the team.
- Respectful behavior towards coaches, teammates, and other athletes must be shown at all times.
- During practice students are expected to be focused, on task, and follow directions.
- Students who act inappropriately during practice will be dismissed from practice or sit out of remaining activities for that day.
- Students who repeatedly have difficulty adhering to team guidelines for appropriate and respectful behavior will be at risk of being dismissed from the team. Students will be warned and a discussion with parents will follow. **If the student continues to have difficulty adhering to team guidelines, the student will be dismissed from the team.**

**Please sign and return this page to MR. HANCOX
by September 12, 2022.**

CROSS COUNTRY FALL 2022

I have read the "Cross Country Fall 2022" information packet and agree to the guidelines as outlined.

Student's Name (print)

Student's Signature

Date

Parent's Name (print)

Parent's Signature

Date