

• General Team Rules •

Band App: Please download the band app and join our band group. This will be used to send out quick information via the chat feature. The calendar will also be updated with our schedule and events. We can also use the app to ask poll questions etc! Scan the qr code below to join:



TB Cross Country

Practice Attendance: Each athlete is expected to attend ALL practice sessions Monday through Friday. Every effort must be made to schedule time so that there are no conflicts with daily practice. If a valid reason for missing practice exists (illness or emergency), the athlete must notify the coach prior to the practice that will be missed.

Missing 2 practice without prior notification will result in a warning and a conversation with the coaches. Missing more than 3 practices without prior notification will result in possible suspension from competition. If missing practice occurs past 3 times, an athlete is subject to dismissal from the team. It is at the discretion of the coach to determine whether or not athletes that are ill and unable to complete practice sessions 48 hours prior to a competition date will be allowed to race. In the interest of safety, the coaching staff reserves the right to hold out of competition any athlete that is unable to satisfactorily complete a preceding workout session. If you have another school activity with a club/group that may interfere then please communicate with coach in advance about conflicts.

Communication is the most important thing here instead of just no-showing to practices.

Saturday practice sessions are optional. Athletes invited to participate in Saturday sessions choose to do so in addition to the Monday through Friday required sessions. Attendance at these additional sessions does not impact an athlete's standing on the team. (This will typically be for Varsity)

Meet Attendance: For FVL league meets, athletes are expected to stay at these meets until all Twelve Bridges athletes are done running. Nobody is to leave early! If there is an emergency, then you may leave early but must notify a coach! For Saturday invitational races, athletes are okay to leave after their race is done but encouraged to stay and cheer on the rest of the team. Athletes are expected to attend all PVL League Meets and Saturday invitationals. If you are not able to attend a Saturday invitational, you must notify the coach AT LEAST 5 days in advance. More advanced notice is always best! If entries are due earlier for a race then I will ask everyone if they are able to attend prior to that 5 day notice. These meets cost money so once entries are in they are final and we owe the money for who we entered. In order to be eligible for the postseason you must compete in all the FVL league meets (unless sick or injured) and half of the Saturday Invitationals.

Other Sports/Activities: I understand that a lot of students participate in other activities and sports, especially soccer. It is not against the rules to participate in outside sports that are not associated with Twelve Bridges. However, you cannot participate in another sport at Twelve Bridges while participating in XC. You must finish the XC season before playing another sport. Saturday invitational races may interfere with these outside activities/sports. If an athlete is choosing to miss these races on a consistent basis to play the other sport, they will be subject to removal from the team.

Transportation: When a bus is provided, it is MANDATORY for all athletes to ride the bus. All FVL league meets have busses provided and most require early departures from school. If an athlete does not want to ride the bus home, their parent must sign them out at the end of the meet to take them home. You may not be signed out from another parent unless I have prior communication stating that it is okay from both the parent of the athlete and the parent that is taking them home. (via email, phone call, text)

Punctuality: Each athlete is expected to arrive at practice and competitions on time and ready to run. IF LATENESS BECOMES CHRONIC AN ATHLETE WILL BE POSSIBLY DISMISSED FROM THE TEAM.

Practice Apparel & Equipment: Correctly fitted running shoes, shirt, and appropriate length running shorts (above the knee is fine) Basketball or other long shorts are NOT acceptable. A sports watch with a split timing function is also **required** at practices. Practice apparel does not need to be twelve bridges gear specifically.

Competition Apparel: Athletes must wear team issued Twelve Bridges gear at all competitions. Team uniform tops will be issued out to use during the season and then returned at the end of the season. Racing shorts are to be purchased on your own. They need to be **plain black running shorts**. We are a Nike sponsored school so if the shorts are not Nike the logo will need

to be blacked out/hidden. If you need help/suggestions please ask coach as he will have links to websites to share where to buy them. Other colors, insignias or slogans are NOT acceptable. Visible undergarments worn beneath the team issued uniform must be solid black in color. Do NOT wear your uniform at school or for any other purpose unless it is on a race day and you want to show your team spirit.

Conduct: Twelve Bridges Cross Country athletes are representatives of the school and the community. Each athlete is responsible for continuing our tradition of exemplary conduct. Support 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 the coach is essential. FAIL TO FOLLOW THESE STANDARDS AND YOU WILL BE DROPPED FROM THE TEAM.

Twelve Bridges Cross Country athletes will be held accountable to these rules without exception!

• Athletic Letter Awards •

Participation Requirement (all levels):

- Athletes must compete in all of the league meets(unless injured or sick) and at least 50% of the invitationals. Athletes that do not reach these minimums will not receive Participant Awards.

Varsity Requirements: To receive a varsity letter athletes must compete in all of the league meets(unless injured or sick), at least 50% of the invitationals and 5 of any of the races must be ran in the Varsity races.

• Team Apparel •

Team singlets are provided for the season. Team shorts will be purchased by each athlete on their own so they can keep them. Plain black running shorts! I suggest the Nike running shorts on runningwarehouse.com (they are \$25 I believe) Athletes will be charged replacement cost (\$60 for jersey) for lost or damaged garments.

ADDITIONAL APPAREL RULES FOR COMPETITION:

Twelve Bridges Cross Country athletes are required to wear team issued singlet and black racing shorts.

Athletes are required to wear Twelve Bridges team gear at all competitions. Other colors or insignias or slogans are NOT acceptable. ATHLETES MAY NOT WEAR COLORS OTHER THAN GREEN, GREY, BLACK, or WHITE, when representing the Twelve Bridges cross country team at competitions. Apparel with slogans or insignias not related to Twelve Bridges Cross Country are NOT allowed.

ADDITIONAL APPAREL RULES FOR PRACTICE:

Athletes are encouraged to purchase running specific apparel for practice sessions. These may include synthetic fiber shirts, shorts and socks. Synthetic fiber running products are designed to transfer moisture and help regulate optimal body temperature.

Appropriate length running shorts are to be worn to provide necessary range of motion.

Compression shorts are also appropriate. Long/baggy basketball style shorts are NOT acceptable.

• Mandatory Equipment •

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

- Running Shoes • Running Shorts (NO basketball or long shorts!)
- Digital Watch with Split/Lap Time Capabilities

RECOMMENDED ITEMS: These items are recommended for serious athletes.

- Racing Flats
- Foam Roller (for self massage) • Post Workout Snack

• Sport Specific Competition Rules •

UNIFORMS

Cross Country competitors must wear school issued racing uniforms. Additional garments (compression shorts or athletic bras) must be solid BLACK and worn beneath the uniform.

DISQUALIFICATION

Athletes may be disqualified for the following infractions:

- Uniform violation. • Failure to follow directions of meet personnel. • Use of profanity.
- Causing a competitor to break stride. • Impeding or interfering with a competitor.
- Physical contact with a competitor. • Failure to run designated course.

RACE DISTANCES

Varsity race distance for FVL, SJS, and CIF competition is 3 miles or 5k. Scrimmages and Invitational meets sometimes vary, but are never less than 2 miles or longer than 5k.

Frosh-Soph and Junior Varsity race distance for FVL competition is 2 miles. Invitational meets can vary from 3k to 5k, but are typically 2 miles.

RACE SCORING

The top 7 finishers for each team factor into the final team score. Teams with fewer than 5 competitors are "incomplete" and those finishers are deleted from scoring.

The sum of the top 5 finishing places for each team represent the team scores. The lowest score wins. In the event of a tie, the 6th finishing place for each team determines the winner.

DIVISIONS

There are 4 divisions of competition in High School Cross Country: Varsity, Junior Varsity, and Sophomores, Freshmen.

Twelve Bridges places athletes in divisions based on the following criteria.

Varsity: The top 7 fastest athletes regardless of grade usually compete in this division. Invitational and post season competition limits team size to 7 runners. (this does not apply to us yet)

Freshmen and Sophomores: These divisions are restricted to Freshmen and Sophomores only. The top 7 fastest Frosh or Soph athletes usually compete in these divisions. Exceptions to this would be Freshmen or Sophomores who run Varsity. Invitational competition sometimes limits team size to 7 runners. However, most often there is no limit to number of entries in Frosh and Soph competition.

Junior Varsity: Usually a school must field a Varsity team consisting of their top 5 or more runners before a Junior Varsity team can be entered. Junior or Senior athletes not among the top 7 fastest on the team compete in this division.

POST SEASON COMPETITION

Varsity: All Varsity teams automatically qualify for the FVL Championship and SJS Sub- Section meets. Varsity teams must finish in the top 10 at the Sub-Sections to advance to the Section

Championships. The top 10 Individuals NOT on a qualifying team may advance from Sub-Sections to the Section meet.

Frosh-Soph & Junior Varsity: At the FVL championships there are two races: JV and Varsity. At Sub-Sections there are four races: Freshmen, Sophomore, Junior Varsity, and Varsity. All Twelve Bridges runners are expected to compete at both the league and Sub-Section meets.

FINAL PIONEER VALLEY LEAGUE STANDINGS

A. SCORING AND STANDINGS: All schools will run in the same race. A school will receive one (1) point for each school it beats at the one center meet. A school will receive two (2) points for each school it beats at the league championship meet. The champion will be determined by total points accumulated in league meets.

B. TIEBREAKING: If, after the championship meet two or more teams have the same number of points, the championship will be awarded to that team (of the tied teams) which finished highest in the final championship meet. To determine the highest finisher in this situation, team scoring will be used.

•Running Shoes a Priority•

If you plan on putting in the time to do Cross Country, then take a moment to make an educated decision about your gear.

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. Ask the salesperson questions!!! Ask them to watch you walk barefoot. Ask them to explain your foot strike. And don't forget to let them know you're on a team.

You usually get what you pay for when it comes to running shoes. And don't just buy running shoes just because they looked cool or had the best colors. But avoiding a nasty thing like shin splints because you spent a few more dollars on the right shoes is worth it.

Running shoes typically last between 300-500 miles. They vary depending from shoe to shoe based on their quality and the type of shoe they are. This is why it is important to track all of your runs so you can keep track of the miles on your shoes. Majority of injuries occur because athletes are running on shoes that have too many miles on them and the support on the shoe is gone.

We recommend you purchase shoes at a running specialty store. Fleet Feet does a give back program as well where if you mention our school, we will get money back to our program!

•Communications Procedures•

PLEASE USE THE FOLLOWING PROCEDURES FOR CORRESPONDENCE:

Athletes can communicate directly with the coaches at practice and through email. Parents who wish to communicate directly with the coach may do so at tbrhinosxc@gmail.com

All communication regarding practice and meet attendance, questions about team policies, reporting of injuries or other concerns, must start with the coaching staff!

Parents should follow the following communication chain to resolve questions and concerns about the cross country team:

Contact 1: Coach Tyler Raposa tbrhinosxc@gmail.com

Contact 2: Athletic Director, Dave Foxworthy or Erik Yergensen

Contact 3: Principal, Heather Pierce

• Contact List •

HEAD COACH

Tyler Raposa tbrhinosxc@gmail.com or traposa@wpusd.org 916-412-8347 (feel free to call or text me anytime, im always here to communicate)

ASSISTANT COACHES

Jacob Larson jacoblarson02@gmail.com or jl Larson@wpusd.org 916-622-3596

WEB SITES

www.tbrhinosxc.com

www.athletic.net

ATHLETIC DIRECTORS

Dave Foxworthy dfoxworthy@wpusd.org

Erik Yergensen eyergensen@wpusd.org

ADMINISTRATORS

Heather Pierce hpierce@wpusd.org

