

# EHS Boys Cross Country

## Team Policies

### TEAM COMMITMENT

You are expected to be at practice every day ready to GIVE YOUR BEST! It doesn't matter if you are the fastest or slowest guy on the team, you are capable of giving a 100% effort every day. As a coaching staff, we will make the commitment to bring our best to practice every day as well. As a team you need to hold each other accountable to this commitment.

### INTEGRITY

It is expected that every athlete will be committed to proper social decisions and behaviors to maintain their roster spot. Failure to do this can result in suspension or removal from the team. Honor your MSHSL promise! All rules defined by the athletic department and school will be strictly enforced. Every situation will be handled on a case by case basis.

### COMMUNICATION

You should keep the captains and coaches informed of anything that may affect training such as prior knowledge of an absence from practice, any injury, conflicts within the team or with other athletes, academic problems or any other issue that may prohibit you from performing to your potential.

### ACADEMICS & TIME MANAGEMENT

The best athletes are those that learn good time management so that academics can be as successful as athletics. It is a difficult task to rise each morning, go to school for the day, practice for two hours then do homework or perhaps go to a job. It can be done, but you need to learn how to use your time wisely!! The EHS academic integrity policies will be strictly upheld by athletes on the cross country team.

### RESPECT

We are made up of a diverse group of athletes who all share the common goal of making EHS Cross Country the best program it can be. Mutual respect of the

different strengths each athlete contributes to our team is essential. We are much stronger as a whole than we are as individuals so we need to respect each other!

## **SOCIAL MEDIA & COMMUNITY REPRESENTATION**

Everywhere you go you are representing Eagan High School and our Cross Country program. Athletes are required to uphold the highest integrity on social media sites such as twitter, facebook, instagram, etc. Any poor choices in terms of posting pictures or comments could result in dismissal from the team. Athletes also need to show respect to the local community when out on the roads running. This includes courtesy on the sidewalks, following traffic rules, and respecting the property of others.

## **NUTRITION & REST**

You are an athlete 24 hours of the day. Choices you make outside of practice can have just as much of an impact on your performance at races as the effort you put into your training during practice. Nutrition is incredibly important, as a runner you have an increased demand for calories, nutrients and hydration. Sleep is also very important because it is during rest that you get stronger from the work you put in at practice! Athletes on the EHS cross country team need to make a commitment to good nutrition and sleep.

## **COMMUNITY SERVICE**

Volunteering is a big part of our program. All athletes are required to participate in at least 1 event hosted by the EHS Cross Country Program. Such events include EAA Youth Cross Country involvement, Middle School Meets, Twin Cities Marathon aid station, etc. Such efforts are important to the future of our program. It is imperative that all athletes take this mentorship role of youth runners seriously.

## **MEETS**

Varsity will be determined on a meet by meet basis - sometimes coaches discretion will apply. Athletes are required to ride the bus to and from meets. Athletes who need to leave a meet early or not ride home on the bus **MUST** get authorization in advance. Please send Coach Braun an email regarding individual circumstances that prohibit you from staying for the entire meet. 20 athletes will be selected to travel on the overnight meet. These traveling athletes will be notified at least 10 days prior to the event.

## **LETTERING POLICY**

To earn a letter you must achieve the following four standards: 1) Attendance & Time Standard 2) Performance Standard 3) Volunteer Standard 4) Team Fundraising

\* Details of the letter policy are posted on a separate document

## **FUNDRAISING**

All athletes are consumers. As a team we utilize additional coaches, travel to and from meets, post workout nutrition, etc. For this reason all athletes are required to contribute \$125 towards our fundraising efforts. This is a required standard for lettering. As a program we are incredibly gracious for these funds raised. Athletes will be provided Thank You Letters and required to personally acknowledge people who support and contribute to our program.