

PARKLAND CROSS COUNTRY DISCIPLINE CODE

Revised 11/2016

All members of the Cross Country team are expected to abide by the Cross Country Discipline Code and the Parkland Athletic Code. As a member of the Cross Country team you represent the Parkland School District and the Parkland Cross Country program. These rules are instituted to encourage runners to be responsible and accountable for their actions. We expect team members to be respectful of others and show good sportsmanship to opponents at all times. We also expect the same commitment from each team member whether they are the #1 runner or #150 runner. This commitment to the team requires certain personal sacrifices, which you must be willing to make. If you are unwilling to make such sacrifices, then Cross Country isn't for you and you don't belong on this team.

Practice Times – 3:30 – 5:30 pm* Saturdays – 8:00 – 10:30 am*
Pre-Hab work to be done 3:10 - 3:30 pm

1. Be on time to all practices, meetings and departures.
 - A. You are considered late after the team meeting starts.
 - B. You must check in and out of practices & meets.
 - C. Hanging out in the parking lot is not allowed.
 - D. If you miss the bus you cannot compete in the meet.

2. Runners must complete workout before being dismissed from practice.*
 - A. Assigned workouts must be completed to be eligible to compete in the next meet.
 - B. Runners are expected to run on school property and other designated off site locations. Public roadways are NOT approved running locations. Any cross country runner found running on public roads (including the berm area) surrounding Parkland properties during scheduled practice or event times will be disciplined – including possible dismissal from the team.
 - C. Throughout the season Varsity Runners will have practices that last until 6:30 - 7:30 pm.
 - D. Varsity Runners (Top 10) must attend all organized practices.

3. Unexcused, missed practices, meets or Invitationals will keep you from participating in the next meet. Notify the Coach **in advance** of any attendance issues. Two unexcused absences will result in dismissal from the team. This does not mean you get a third unexcused absence.
 - A. Examples of excused absence: Illness with an approved Doctor's note, SAT's (not classes), family emergency (not dinners or vacations), military service.

B. Examples of unexcused absence or leaving practice early, but not limited to are: work, non interscholastic practices, vacations, college visits, school clubs, community sports, elective surgery – wisdom teeth, community activities, EWLE tutoring, routine appointments (Doctor, Dental, etc)

4. Regarding excused absences, the situation may arise where the number of excused absences accrue to the point where the coaching staff may decide the runner is under trained for the effort of a 5K race. If the absence situation does not improve the runner will be dismissed from the team.

5. If you have any concerns please call or talk directly with the coach. **Please no phone calls after 9 pm.** Emailing, texting or relaying a message through a teammate is not an acceptable method of informing the coach.

A. CELL PHONE: Use of cell phone is prohibited during practice.

B. SOCIAL MEDIA: Any negative comments posted online that are associated with cross country, teammates, coaches or other competitors and teams will not be tolerated and are grounds for dismissal. See PSD policy

c. No Headphones may be worn during practice. Safety issue.

6. Injured or sick runners must notify the head coach of injury / illness before the start of a practice. An injured runner must be evaluated by the Trainer. **UNDER PIAA GUIDELINES OF SCOPE OF PRACTICE FOR CERTIFIED ATHLETIC TRAINERS THEY ARE ONLY ALLOWED TO TREAT INTER SCHOLASTIC ATHLETIC INJURIES.** The coach will consult with the trainer to determine if the runner can safely participate in the next practice and meet.

A. Injured Varsity Runners must attend all practices for approved conditioning or attend Physical Therapy.

B. The coach will consult with the Trainer to determine when and if a JV runner can safely return to practice.

C. Injured or sick runners will not be taken to the away meets.

7. Runners must travel on school provided transportation to and from meets.

A. If approved by the coach the day before a meet, a runner may be released to the custody of parent at the conclusion of away meet.

B. Approval must be requested in writing the day before a meet.

Approval will be restricted to situation of emergency nature, religious, medical, or educational events requiring runner's attendance.

C. Runners will not be excused from the meet until they have finished their cool down, stretching and help with clean up.

D. Parent must meet with coach before leaving with their son or daughter from the meet.

BEHAVIOR

8. Swearing or vulgar language will not be tolerated. This reflects your character to a great degree, as well as reflects on the school district, your family and your team. Don't let us down. Failure to adhere to this rule will result in dismissal from the team.
9. We only have a limited time to practice. JV Runners-10 weeks & Varsity Runners-12 weeks. We have no time or tolerance for goofing off. If you want to goof off and disrupt practice, you should not be on this team.
10. When you are at practice or a meet, you are the responsibility of the coaches. You must be in the area where your coach has assigned you. If you are found elsewhere you will be dismissed from the team.
11. Any member of the coaching staff has the authority to dismiss any runner who is no longer adequately fulfilling his or her role and / or serving the best interest of the team.
12. **TEAM EQUIPMENT:** You will be issued a singlet, shorts and possibly jackets and pants. You are responsible for the numbered equipment issued to you.
 - A. School issued equipment is only to be worn to meets.
 - B. School issued equipment (warm-ups) is to be worn to receive awards.
 - C. All school issued equipment must be returned on scheduled return dates to be eligible for any awards (letter, outstanding runner, coaches award, etc.)
 - D. If the returned equipment numbers do not match what was issued, you will not get credit for a return.
 - E. Compression garments must be black.
 - F. School representation - Drawing undue attention to your self shows a lack of respect to your competition, alumni and coaching staff.
13. **PIAA RULE:** Activities such as, but not limited to, pick up touch football games, soccer games, frisbee throwing, etc. at Championship meet is prohibited. We abide by this rule at PHS Cross Country meets, practices or events.
14. All team functions or activities must be approved by the Coaching Staff.
15. You are required to tell the coach about all outside training or practices. The coaching staff cannot help you improve or develop as a runner if we do not know all the factors going into your training. Rest is a critical part of training. We do not allow runners to participate in road races during season. Failure to disclose alternate training will result in possible dismissal from team.

16. We are a TEAM. Runners are expected to:
 - A. Warm up and cool down as a team
 - B. Perform drills and stretching as a team
 - C. Cheer for each other at the meets

17. Runners must be focused prior to competition. There are no time outs, no half times & no substitutions in Cross Country. Parents: We ask you to refrain from interacting with runners prior to competition. This is similar to other sports (football, soccer, etc) not permitting parents or spectators on the field or in the team huddle.

18. Runners are to start their cool down within 8 - 10 minutes of finishing their race. The cool down is very important as it helps increase general fitness and prepares the body for the next days workout. Parents: We ask you to refrain from interacting with runners after competition so they can complete their cool down.

19. Insubordination or displaying a negative attitude toward the coaching staff or teammates will **NOT** be tolerated.

20. Varsity and Travel Teams will be based on attendance, performance & work ethic during practices. Selection of runners for Invites, Leagues, Districts & States will be based on performance, course profile, work ethic during practices & attendance throughout the season. Coaches will select the #6 to #10 runners. In meets, we will compete with our best **TEAM** lineup, not line up the best individuals.

21. A Runner must score in 2/3 of the scheduled meets OR finish in the top ten Parkland runners in half of the meets. You must also finish the season and return all team equipment. Letters will not be awarded if there are any discipline or attendance issues.

22. Any other situation not addressed here or in the Athletic Code will be evaluated by the coaching staff and ruled on.

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CONSENT FORM

I HAVE READ THE PARKLAND CROSS COUNTRY DISCIPLINE CODE AND
AGREE TO ABIDE BY IT.

STUDENT'S NAME (PRINT)_____

SIGNATURE_____

DATE_____

PARENT / GUARDIAN NAME (PRINT)_____

SIGNATURE_____

DATE_____

RELATIONSHIP (CIRCLE) MOTHER FATHER GUARDIAN

PLEASE RETURN THIS FORM TO THE COACH