

Starr's Mill XC Team Rules, Guidelines & Lettering Standards 2017



www.starrsmilltfx.com

A Tradition of Excellence in Cross Country-the last 10 years we qualified both teams for the State Meet

Boys		Year	Girls	
Region XC Championships	State XC Championship		Region Championships	State XC Championship
3 rd	12 th	2007	2 nd	4 th
4 th	11 th	2008	1 st	2 nd
4 th	8 th	2009	3 rd	9 th
3 rd	18 th	2010	4 th	17 th
3 rd	9 th	2011	4 th	21 st
2 nd	5 th	2012	3 rd	10 th
2 nd	11 th	2013	2 nd	5 th
1 st	3 rd	2014	1 st	2 nd
2 nd	9 th	2015	2 nd	6 th
1 st	2 nd	2016	2 nd	2 nd

2017 Coaches:

Head Coach:	Taylor Sweeney	taylor.sweeney@starrsmilltfx.com
Assistant Coach	Austin Enriquez	austin.enriquez@starrsmilltfx.com
Assistant Coach	Kris Mossburg	kris.mossburg@starrsmilltfx.com
Assistant Coach*:	Anne Chrzanowski	anne.chrzanowski@starrsmilltfx.com
Assistant Coach*:	Don Livingston	don.livingston@starrsmilltfx.com

*Community Coach

General Information:

- Cross country is a serious sport that requires hard work, commitment, and focus equal to that of any other sport.
- We encourage everyone who is committed to the Starr's Mill HS XC team to participate, and we do not make any cuts, but we are not a running club. As it is not a required sport, when you agree to be a part of this team, you are making a time commitment to the program.
- You must have a current school physical to participate in cross country. (On file with the athletic department)
- You must have passed 5 high school classes during the last semester, plus be on track to graduate. (This does not apply to upcoming 8th or 9th graders)
- You must abide by team rules at all times.

Starr's Mill Cross Country Team Rules:

1. During cross country season, cross country is your number one sport. With few exceptions, athletes will not be excused from practice or meets at any time for any outside athletic activity or any activity that is taking away from practice or meet time.
2. Athletes should NOT be racing in local road races between Aug 1- Nov 4 without getting permission from a coach.
3. Practice attendance is REQUIRED. Sometimes we will practice off-site, which you will know in advance. When we practice off-site, we may adjust the start time as well.
4. Each athlete will wear running shorts or sweats, a t-shirt (prefer breathable/dri-fit), watch with stopwatch, and socks to practice **every day**. Athletes will dress in locker rooms or restrooms, not in cars or in the parking lot. Athletes will leave school ASAP after practice is over. Practice will not go past 6:30pm.
5. Each athlete needs to bring a water bottle to practice every day; bringing a healthy snack is also encouraged.
6. If a practice must be missed, you must speak with the coaching staff **before** practice. If we don't know where you are, it is UNEXCUSED. ***Sending word through a friend will count as an unexcused absence.*** You must also complete any running missed. Please remember Tuesdays and Thursdays are typically hard workout days- every effort should be made to not miss those days.
7. If you are a member of a club, you must be able to provide your own transportation to practice after the meeting is over if we are meeting off school property. **You cannot miss practice on a regular basis due to being in a club or another activity, so make arrangements to attend those meetings in the mornings.** If you are in the top 7 for Region and State and playing club Soccer, you must not play in tournaments the weekend before region and the weekend before state. Those are rest weekends to prepare for those 2 championships meets.
8. Any athlete who has an UNEXCUSED absence the week of a meet will not participate in that meet! An unexcused absence/tardy—coach calls roll and has no idea where runner is. 1st offense-warning. 2nd offense-miss the next meet AND if applicable, not able to go on away trip. 3rd offense-dismissal from team. ISS, OSS, and detention are considered unexcused absences. EXCUSED ABSENCES include bona fide sickness, injury or family death. Every attempt should be made to schedule routine eye, doctor, dentist, or orthodontist visits prior to the season starting. These will be handled on a case by case basis by the coaches with advance notice.

9. Grades and conduct are of the utmost importance. Academics must come first, and time should be budgeted so that team commitment can be met. Every attempt must be made to schedule makeup work outside of practice time.
10. Drug, alcohol, theft, and public conduct policy: See the Fayette County BOE policy on this matter. The coaching staff may choose to enforce greater consequences than those outlined by the board of education. If you are disciplined by the SMHS administration, expect to be disciplined by our coaching staff as well.
11. **NO** jewelry will be allowed in meets. Shorts and shirts must be worn as the manufacturer intended. Shirts must stay on at ALL times in practice and after races. Girls must have a t- shirt or tank top on over their sports bra.
12. All athletes are expected to ride the bus to the meets. Athletes that have to leave early must have a parent sign them out and ride home ONLY with their parents.
13. Decisions about the meets are based on performance, commitment, and attitude and are solely at the discretion of the coaching staff. Keep in mind that absences from practice even if they are excused may be a factor in the coaches' decisions.
14. Varsity letters may be earned by reaching certain qualifying standards. Beyond these standards, each athlete must adhere to team rules and display exemplary conduct at practice and at meets in order to qualify.
15. Attendance at meets — Runners are expected to be at all meets that they are scheduled to race. If a runner has a conflict, they should speak to a coach and get their parents to contact the coach ASAP. Missing a meet without telling Coach = miss the next meet. Missing a 2nd meet = dismissal from the team. Also, if you are providing your own transportation to meets, you must be on time! Failure to do so could result in not racing.
16. Behavioral problems — Behavior not up to Starr's Mill standards (generally behavior that would not be tolerated at school). If on a road trip, parents will be called and athlete will not run in that meet. In other cases, disciplinary action will be decided upon by the coaches, and if necessary, the athletic director and administrators. Parents will also be notified. School rules apply to all cross-country practices and meets. All runners are required to sign a behavior contract in order to be on the team.
17. If a runner has a job, they should arrange their schedule so as to not miss any practice or meets. Please give all important dates to your employer well in advance.
18. Runners may not attend conditioning for another school sport until their season is over.
20. No Walking! You should only walk if you have injured yourself during the run. If you are having to stop to walk because you are tired, then you are either running too fast or too far. **If you are injured, you should see a coach or go to a doctor ASAP. You may only sit out of drills/running if you have a note from a doctor or you have talked to the coaches-otherwise you will do everything the team does. If you are injured and cannot run, you will still come to practice & work on other skills (ie, core workout) or help the team as determined by the coaches.**

**Situations may arise which are not covered by these rules. In these situations, coaches will make decisions and consult with parents if the situation warrants it. We will always make every attempt to be fair and consistent.

Finish Line Booster Club (FLBC):

The cross-country team has expenses throughout the year that are NOT paid by the school. To run a large and successful program, we need to charge a registration fee to cover these operating expenses. These expenses include: Meet entry fees, transportation fees to XC meets, practice facilities fees, an athlete team shirt, a parent shirt for those parents who volunteer, gift to coaches (the school pays just for 2 coaches), team equipment, EOY banquet awards, meal for each athlete at the EOY Banquet, and other miscellaneous operating expenses.

- This registration fee is **\$315 per athlete**. You can get \$100 back if you volunteer for 2 meets.
- Additionally, all athletes must have a uniform and sweat jacket & pants, which costs **\$220 per athlete**. This is the cost for first year athletes; the uniform is the same as for track.
- Total cost for registration and uniform & sweats is **\$535 per athlete**.

To receive a letter:

Requirements: An athlete must meet these requirements to qualify:

- Attendance - Our runners can only have 2 absences from ALL team activities, fundraisers, practices, and meets unless cleared by the coach.
- Participation- Our runners are expected to put forth their best effort in practice, during training, and in all races.
- Behavior- Our runners are expected to be respectful at all times towards teammates, coaches, and parents.
- Must attend/compete in 5 meets.
- One or more of the following:
 - Top 12 at Region/State Meet, as long as above requirements are met.
 - 3-year member of the team, as long as above requirements are met.
 - As long as above requirements are met, automatic time qualifiers for 5K courses only:

Grade	Boys	Girls
9	20.00	25.00
10	19.30	24.30
11	19.00	24.00
12	18.30	23.30

You must finish the season in good standing to earn a letter.

End of Season Awards:

- Academic Award - A male and a female athlete are selected by the school based on their GPA.
- Most Improved - A returning male and female athlete are selected based on time/results/attitude from the end of last season until the conclusion of the current season. An athlete must attend a minimum of 20 days during the summer conditioning to be considered.
- Rookie of the Year - This award is given to a male and a female runner that are new to the program; they are selected by the coaches. They could be selected because of their success during the season, their attitude or their improvement throughout their first season.

Parent Volunteers:

We need parent involvement to help us have a great season! We need help in the following areas:

- Volunteer at the 2 home XC meets:
 - Course marshals, parking, packet pick-up, concession, taking splits, course set-up and take-down
- Taking Photos are our meets for EOY Banquet
- Taking video footage for team DVD
- Help with time trial
- Hosting Team Dinners
- Corporate Sponsors
- Help with travel, hotel, and meals for away meet(s)
- EOY Banquet and awards
- Any other items that may arise

End of Season Awards:

- Most Valuable Runner - This award is given to a male and a female athlete that accumulates the least points on average in a minimum of 5 varsity races during the regular season. (Region & State are used as tie breakers)
- Coaches Award - This is awarded to a male and a female athlete as voted by the coaches. Those selected may not necessarily be a top runner or a captain, but they are receptive to coaching, hard workers and/or a leader among their peers.

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Transportation to Meets:

We will again have buses this year for the meets. Runners may be asked to find a ride to the meet, but runners may not drive themselves to or from a meet. Parents must sign out runners from the meet if taking them home.

Transportation to/from Practice:

You must provide your own transportation to and from practice. If you don't have a ride, we can help you find a carpool. Practice times are posted above, please make sure you are on time or have talked to a coach if you are going to be late. Please be on time to pick up your athlete. We will do our best to make sure that we finish on time so that you are not waiting on us.



Other important dates:

- July 31st –registration 6:00 pm Heritage
- August 11th - Cut off for new runners to join the team.
- August 12th - Time Trial 7:15 am TBA
- August 26th - 1st meet for eligible athletes.
- November 13th- Banquet - New Hope South

Summer Conditioning:

The summer determines almost exclusively how well the runner progresses and improves throughout the season. The top runners in the state are the ones that put in the training in the off season. Strength gained during the summer can help the runner to progress that much more once practice starts and also help prevent injury. If you put in the miles, we can beat teams that didn't work as hard!

<p><u>Reminders...</u> As you head out to your camps, retreats and vacations... stay on schedule with your running! Excuses are easy to make and our opponents would like us to do just that! In order to be a great runner, however, you will always find a way to follow through and complete workouts. Ultimately, your success is a direct result of how strong you get during the summer, physically and mentally. Call each other for easy runs. Team bonding is essential!</p> <p>If you feel good, go faster. If you feel awful, ease up, but get the mileage in! Listen to your body!</p> <p>Do one long run each week. Talk to coach if you do not have a schedule.</p> <p>Recruit others to run and encourage your teammates to improve by inviting them to run with you. We will all be better for your leadership.</p>	<p><u>Summer conditioning dates:</u></p> <p>Summer workouts are not mandatory to make the team; however, starting your conditioning earlier makes earning a varsity letter and running PR's easier. If you are gone for a week, this is OK, just make sure you run! Follow <i>your</i> training program—this will get you into shape and be your best bet to prevent injuries!</p> <p>Starts on Monday, May 29, 2017. Location(s): Lake Peachtree behind Library **Fridays are for Groups 1&2, high mileage groups only. Time(s): 8 am Monday - Saturday Length of time: Workouts will last 1 ½-2 hours at the most-it depends on what mileage you are running and core strength workout for that day. Wednesdays will be the longest days with conditioning and strength training OFF Week: No conditioning the week of 7/2-8 per the GHSA.</p> <p>If there are any changes to practice times, you will be emailed the info. Also check the website regularly.</p>
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Mileage and off season running program:

Runners should follow the mileage recommended to them- in order to ensure they are not doing too much; be sure to follow your training guidelines.

