

Legend Titan Cross Country 2010

Team Rules/Expectations

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- All Legend Cross Country athletes are expected (required) to be at all scheduled practices, unless PRIOR notice (for a valid reason) is given to the coaches in person, in writing, or via message (email). Excessive missed practices excused and unexcused will result in dismissal from the team. If you are not here, you can't train. We will make every effort to work with you on your schedule, so we expect the same from you! Conflicts can be worked out if the coaches know in advance and work out a plan in advance. Please plan on communicating with the coaches and try to make every practice. Practice begins at 3:20 pm usually at Tallman Meadows Park. Practices end around 4:45pm and usually never later than 5pm. Always check with your coach before you leave practice. Always say Hello and Goodbye.
- Team Meetings will be held on Monday's in room D204 unless otherwise noted. Dress out for practice and report to the room at 3:15 pm sharp! The meetings will end no later than 3:45. We will go over the schedule for the week, the previous meet results and training notes.
- Transportation: We will have a bus for meets that are out of town. In most cases, we will have one-way trips. Parents should plan on arranging rides from the meet site, back to Parker. In some cases, parents will be asked to help volunteer with transportation to the meets. All parent drivers must complete a responsibility form. Any questions, please check with Coach Miller
- Directions to all the meets will be available on the **Cross Country Web Site**
- You are expected to be at the team area at least 1 hour before the start of the meet. You are also expected to be at the entire meet, unless you have a valid reason to leave early and have talked to your coach.
- All Athletes will abide by the DCSD and LHS school rules and policies regarding behavior, drugs, and alcohol use. Be smart about your training and your action at practice and away from practice.
- Grades: Our staff is committed to your education. You may not fail more than one class or you will be ineligible to compete. Excessive grade problems will result in dismissal from the team. As athletes you are expected to be better students than your classmates. Set the example of hard work in the classroom, just as we expect at practice. If you need help see your teachers.
- Negative attitudes and poor sportsmanship will not be tolerated. Support each other in practice and at meets. A great attitude will lead to great effort and to your individual success. Your attitude about working hard will determine the success of our team.
- Team member should always be dressed in Titan Cross Country/Track gear. Show your school and team spirit! This is an expectation to build our team culture.
- HAVE FUN!

- There is a participation fee involved in this sport. Once we have been practicing for 2 weeks and have our first meet, there will be no refunds to this fee. Athletes who are dismissed or quit the team are not entitled to a refund of the fee.
- Athletes will be given a verbal warning if any of team expectations are not met and you are in danger of dismissal from the team.
- Grades are checked each week, and it is the responsibility of the student/athlete to keep the grades up. Missing practice because you have too much homework is not the norm. If a student must miss or be late to make up work, then they should have a note from a teacher. Work should be made up during before school or during advisement.
- Missed practices, unless otherwise arranged, will also need to be made up.

With our growing team, there will be meets that we will have different levels of competition. Some meets will have races for Frosh/Soph, JV , or Varsity. Cross Country is unique in the way teams are selected. In most cases, the top 7 runners make up the varsity, and the following 7 represent the JV, ect. A runner may move up to the varsity race at anytime during the season. Coaches still have the final say on the team racing each week. The coaches will try to select the best 7 runners to be prepared for the regional meet by the end of the season. The lines of communication are open. If you have questions, please just ask!

Fund Raising

As we all know, the economy is hurting everyone. Our high school athletic programs are no exception. We need funds more than ever in the next few years. Our budgets will be shrinking, but we want to stay competitive at the same time. This is true for districts all over the state. Our fund-raising will be TEAM fund raising. We will all pitch in and participate in fund raising and team events. There are a variety of ways you may participate in fund raising. These funds will help to provide supplemental equipment for uniforms and for training, coaches' stipends, special awards and events, etc.