

## BROOKWOOD GIRLS XC TEAM POLICIES

### CORE TEAM VALUES

- **Integrity**
  - If you say you're going to do something, do it.
  - We must be whole in our pursuit of excellence. Even a small crack can sink the entire ship.
- **Sacrifice**
  - Giving up something good for something better
- **Process**
  - The Process: practice, effort, focus, attendance, sleep, nutrition, stretching, strengthening, off-season training
  - Take care of the process, and race results will take care of themselves.
- **Consistency**
  - The consistent pursuit of excellence brings success: day after day, week after week, month after month, year after year.
- **Team**
  - You are an important part of the team.
  - The team always comes first.

### PRACTICE

- We will practice Monday through Friday beginning August 5th from 2:30-4:30 (practice times before August 12<sup>th</sup> may vary). In the event of unsafe weather conditions, we will practice indoors.
- If an athlete is going to miss practice, she must notify Coach Carter in person prior the end of the school day. If the athlete is not at school, she may e-mail Coach Carter.
- Athletes who complete the school day are expected to attend practice.
- If absent, it is the athlete's responsibility to get any missed XC information and to turn in XC paperwork to coaches.
- **Practice Attendance Policy** (includes both excused and unexcused absences)
  - After an athlete misses 5 practices, time will be added to that athlete's ranking in 2 minute increments for each absence, and she will be required to fully participate in 5 consecutive practices leading up to each meet for the remainder of the season.
  - Once an athlete misses 5 practices, she is ineligible for Varsity competition and lettering with recognition.
  - Exceptions may be made for injuries and illness (medical documentation may be requested).
- **Unexcused practice absences** (absent with no communication from athlete prior to practice):
  - Parents will be contacted.
  - 1st offense: 2 min. time penalty and athlete is ineligible for next meet.
  - 2nd offense: dismissal from team.
  - Athletes who are not where they are supposed to be for any portion of practice will be given an unexcused practice absence along with the consequences listed above.
  - Absences due to detentions will count as unexcused.
- **Arriving Late & Leaving Early**
  - Athletes are expected to make every effort to make up school work, schedule study sessions & obtain club meeting information during guided study, extended lunch, or before school.
  - Athletes must arrive at practice by 2:30 and stay through the end of practice. If an athlete has an appointment, study session, etc. that would cause her to arrive late or leave early, she must notify Coach Carter prior to 2:10 that she will be absent. For safety reasons, we cannot accommodate athletes who arrive late or leave early.
- **Injuries & Illnesses**
  - Failure to complete practice (unable to complete workout, walking, etc.) indicates injury or illness. In those cases, the athlete may be ineligible for the next meet. This is at the sole discretion of the coaching staff.
  - Coaches may request medical documentation before an athlete resumes practice after illness or injury.
- **Trail days** - Athletes who can run farther (as determined by coaching staff - usually 7+ miles) may be allowed to go to trails on designated days. All appropriate team policies apply. A coach may not always be available to accompany this group. If you prefer your daughter not go to trails without a coach, please contact Coach Carter.

## MEETS

- **In order to run in a meet, an athlete must meet the following criteria:**
  - Be able to safely run **3 consecutive miles without walking**.
  - **Not have an injury** that would put the runner at risk.
  - Be in compliance with all applicable **team policies**.
  - In order to safely manage the team, athletes unable to complete a 3-mile run without walking by the 3<sup>rd</sup> week of the season cannot remain on the team.
- **Excused meet absences** - Runners may miss 1 meet with prior permission from Coach Carter.
  - 1<sup>st</sup> excused meet absence: Athletes will be given a time corresponding to their ranking (25<sup>th</sup> ranked runner will receive 25<sup>th</sup> fastest Brookwood athlete's time from the meet). Athletes can receive no higher than the 12<sup>th</sup> fastest Brookwood time, regardless of previous rank.
  - 2<sup>nd</sup> excused meet absence: dismissal from team.
  - Athletes with ACT/SAT conflicts should contact Coach Carter before paying booster club dues & beginning practice.
    - 2020 SAT Dates: 8/29 (open), 9/26 (open), 10/3 (Great American & Nash Farms), 11/7 (State)
    - 2020 ACT Dates: 9/12 (County), 10/24 (Region – Tentative)
- **Unexcused meet absences** - Athletes who miss a meet without notifying Coach Carter prior to the meet will be dismissed from the team. Parents will be contacted.
- **Injuries**
  - In the event of serious injuries, the coaches may consult with medical professionals, the injured athlete, any affected athletes, & those athletes' parents to determine an appropriate course of action.

## RANKINGS

- We will use a ranking system of cumulative times to determine which athletes compete as Varsity, JV, and in select meets. The rankings will begin with a time trial at Alexander Park. Rankings reward consistent performance and hard work over the summer, the cornerstones of a successful program.
- Athletes in the top 12 of the Overall Rankings are eligible for varsity competition.
  - Coach Carter will choose the Varsity competitors for each meet from the top 12 in the rankings based on ranking, attendance, performance at practice & relevant meets, and demonstration of Core Team Values.

## BROOKWOOD GIRLS XC TEAM CODE OF CONDUCT & CHARACTER

- Athletes are expected to act in accordance with our Core Team Values at all times.
- School rules apply to all cross country practices, activities, and meets.
- Smoking, nicotine or tobacco products, vaping products or e-cigarettes, and alcohol:
  - 1st offense = suspension (1 week of practice & 1 meet)
  - 2nd offense = dismissal from team
- Drug use = one-year suspension
- Athletes who, at any time, act in a way that reflects poorly on Brookwood High School, the cross country team, or any representative of Brookwood or the cross country team will incur disciplinary action as determined by coaching staff. This includes activity on social media.
- Athletes who, at any time, act in a way that compromises their safety or the safety of others will incur disciplinary action as determined by coaching staff.

## COACHES' DISCRETION

Situations may arise that require altering or that are not covered by team policies. Coaches have the authority & discretion to alter team policies when appropriate. Alterations will be rare and may apply to an individual athlete or the entire team at the discretion of the coaching staff.

**AWARDS** (*meet or practice absences and adherence to Core Team Values may affect award eligibility*)

- **Perfect Attendance Award:** Athletes with no absences from practices or meets and fully participated in all required practices and meets for which she is eligible
- **Participation Certificate:** Athlete must compete in all of the meets in which she is eligible and end the season in good standing.
- **Scholar-Athlete/Academic Award:** Athletes who earn a 90 or higher average during the previous semester at Brookwood (Spring of previous year)
- **Lettering Standards:**
  - Run the following race times (3.1 miles/5K):
    - Freshmen- 24:00; Sophomores- 23:00; Juniors- 22:15; Seniors- 21:45
  - Meet one of the following criteria:
    - Place in the top 40 in the Varsity County or top 20 in the Varsity Region meet
    - Place in the top 10 in the JV County or JV Region meet (Championship Race or run an equivalent time in another JV County or JV Region race)
    - Finish the season ranked in the top 7 in your grade or Top 20 Overall in the final rankings
    - Compete for the Brookwood XC Team for 3 years, finishing each season in good standing (coaches' discretion regarding injury, illness, etc.)
  - Run & log the summer mileage below (5/24 – 8/1) and run the following race times (3.1 miles/5K):
    - Freshmen- 25:30; Sophomores- 24:30; Juniors- 23:30; Seniors- 23:00
      - Freshmen – 200 miles
      - Sophomores, Juniors – 300 miles
      - Seniors – 350 miles
- **Lettering with Recognition Standards: (*get a letter & a plaque*)**
  - Run the following race times (3.1 miles/5K):
    - Freshmen- 23:00; Sophomores- 22:00; Juniors- 21:30; Seniors- 21:00
  - Meet one of the following criteria:
    - Finish in the top 25 in the Varsity County or top 12 in the Varsity Region meet (or run an equivalent time in the JV County or JV Region races)
- **Fall Mileage Plaques:**
  - Log at least the mileage below (8/9 through 10/17):
    - **Freshmen & Newcomers – 200 miles**
    - **Sophomores & Juniors – 300 miles**
    - **Seniors – 350 miles**
- **Reward T-Shirts**
  - **Fab Freshman/Sophomore Select:** The top 7 freshman & sophomores in the Overall Rankings
  - **Top 20:** Top 20 in the Overall Rankings
    - Top 20, Freshman Elite, & Sophomore Select shirts will be awarded following the first competition after the Team Time Trial
  - **Summer:** Log at least the mileage below (5/24 through 8/1)
    - **Freshmen & Newcomers – 200 miles**
    - **Sophomores & Juniors – 300 miles**
    - **Seniors – 350 miles**

