

# Sandwich High School Cross Country 2023

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## **SANDWICH HIGH SCHOOL CROSS COUNTRY** **TEAM POLICIES AND RULES/EXPECTATIONS**

### **Foreward:**

We set these rules in hopes to establish a foundation of citizenship and responsibility within our team. We want our student athletes to be able to gain more than just athletic skills from our program. My goal as a head coach for my student athletes is to provide each of my athletes the best opportunity to be successful in the classroom, on the track as well as in life. I believe each student athlete can be successful as long as they are willing to BELIEVE and work towards the goal that they set.. We want our student athletes to know the value of being part of a team and what it takes to be a successful team and lead by example and be a good citizen.

1. **Student athletes will always address others with respect.** You will refer to a coach/adult with proper titles, for example “Coach Adeoti,” “Coach Lee” or “Coach Vick.” Student athletes will address each other in a positive manner. Student athletes are encouraged to address peers who are not meeting team expectations with a positive approach with the intent to help and motivate a teammate.
  - a. **Every student athlete will refer to the meet officials with the same respect as a coach.** For example: When asked a question or to do something by a race official, the runner will reply with “Yes sir,” or “No sir,” etc. Student athletes will approach an official with respect. For example “excuse me sir or ma’am.”
  - b. **Student athletes will only speak positively to their opponents at a meet.** If interactions take place between a student athlete and a peer from another team it should be done in a positive, encouraging, and inspiring manner.
2. **Student athletes will win and lose with dignity.** That means not inciting the opponent’s fans, and NEVER throwing a temper tantrum in public view. Such displays of poor sportsmanship will be handled promptly and will not be tolerated. When we win an event or meet as a team we will act like we have done it before. Hollering, chanting and acting obnoxious does not show respect to other teams and their athletes. We will be proud of our accomplishments by congratulating each other and clapping. There is no need for a spectacle when a meet or event has been won. Expect to win and act with class.

3. **The coaching staff of this team has been hired to coach this sport to the best of their ability under the Head Coach's Philosophy.** Under no circumstances will it be tolerated for a student athlete, parent, or fan to tell the coaching staff how to coach or how practices/meets should be conducted.
4. **When a coach is talking, you are to show respect by listening without talking.** It is absolutely essential that you focus 100% of your attention and concentration on the coach(es) that is talking. Raise your hand if you have a question or a comment, otherwise be quiet, concentrate, and pay attention.
5. **Cell phones should not be used during practice:** Cell phones should not be heard or seen during a practice or visible on the track or infield at a meet. IHSA bans cell phones and electronic music devices at XC meets for safety reasons. Failure to appropriately regulate cell phone use will result in a fitness consequence and or loss of meet participation.
6. **Safety is a priority for our coaching staff.** Unsafe behavior will not be tolerated at any time and if done willfully may result in dismissal from the team or disciplinary action by the coach.
7. **Good academic standing/good grades and appropriate behavior in school** and at all school functions is very important and essential in order for you to maintain your eligibility for competition. (Refer to school policy in order to determine eligibility)
8. **Academics come first;** if you need extra help after school, I encourage you to get it. When you have received the help you need, bring back a signed school pass from the teacher who administered the help and then come to practice. You will be excused for the time missed. Abuse of this rule may result in dismissal from the team or disciplinary action by the coach (i.e. forged passes/notes).
9. **You represent our team and program** in school, in the classroom, and public as well. Set a good example, be a leader, and be gentlemen at all times. Focus should be on teammates competing or preparing for your next event.
10. **Attendance:** You have an obligation to yourself, the team, and the coaches to be on time. If you are going to be late you must contact one of the coaches AHEAD of time in order for us to consider calling the tardy excused. Being late to practice without a note from a teacher will lead to a fitness consequence. Practice will begin promptly at 3:10 each day unless otherwise stated. That means warm up will begin at 3:10. If a student athlete is not dressed and ready to begin at 3:10 they are considered tardy.
  - a. **Excused absences** will include a death in the family, family vacation (within reason and with proper prior notification to the coaching staff), employment conflicts (within reason and with prior notification to the coaching staff), emergency medical treatment, religious commitments on the day(s) of worship and school field trips (not to exceed two during the season).
  - b. **Unexcused absences** will include but not be limited to, haircuts, regular dentist or medical appointments that could be made at any other time, going home to study,

getting a driver's license, 3-hour detention, 5-hour detention, work(without prior notice), "needed at home" etc. We expect dedication and commitment from our student athletes. Detailed schedules are available that should allow you to schedule around your team responsibilities. If you are kicked out of practice for behavior issues you will receive an unexcused absence. Three unexcused absences will lead to a student athlete being excused from the team.

- c. **3 tardies** will result in a student athlete not being able to participate in the next meet. You will still be in attendance and expected to warm up and participate with the team.
- d. **Tardies in excess of five** can result in termination from the team. (This will be handled on an individual basis by the coaching staff).
- e. **If you are late because you are getting help from a teacher** you must bring a pass from that teacher with you to practice.
- f. **Any student athlete who receives a 45 minute detention** must bring a pass to practice from that teacher. Missing a meet or practice due to a detention will result in loss of meet participation and a fitness consequence as dictated by coaching staff.
- g. **If situations with extenuating circumstances arise**, the coaching staff will handle each case on an individual basis. The absence policy is set as a guideline, but if common sense dictates that a deviation needs to be made, it will be made.

**11. If you are going to miss a practice WE NEED A WRITTEN NOTE FROM YOUR PARENT/GUARDIAN EXPLAINING YOUR ABSENCE, NO EXCEPTIONS.** We would prefer this note be given to a coach before your absence, but will accept a note afterwards in the case of an emergency. Failure to do so will result in an unexcused absence. We do not want to find out why you are absent or where you are from a teammate, it is the responsibility of the absent student athlete to communicate ahead of time whenever possible. If you are absent and excused from school you will be excused from practice.

**12. Missing practice for any reason other than an illness is unacceptable.** If you go home sick from school you must ask the office secretary to inform one of the coaches. Three unexcused absences will result in removal from the team.

**13. All injuries must be reported to a coach.** Let us know of an injury so that proper action can be taken. Once again, we do not want to find out about injuries from another student athlete. Coaches, along with the athletic training staff, will develop a plan of action geared towards getting healthy and returning to practice/meets.

**14. Any lost or stolen equipment will be the responsibility of the student athlete to whom it was issued.**

**15. Stealing from the team, team members, the school, or other competing schools will not be tolerated** and will be cause for immediate dismissal from the team and will be reported to the school administration.

**16. Dress code:** Student athletes are expected to dress appropriately no matter what the occasion. It will be an expectation that student athletes will be dressed in Sandwich apparel and or black, orange, white or gray clothing. We will look like a team while we act like a team.

- h. **During regular school days, student athletes are expected to follow the school dress code.** If a coach is informed of a student athlete violating this dress code then he will be given a fitness consequence during practice. An example of dress code violation would be underwear/boxers showing as a result of sagging pants.
- i. **When attending both home and away games student athletes are expected to dress in team issued warm-ups and uniform.** We will dress and look like a team. This includes no jewelry or watches. IHSA also dictates that jewelry not be worn. Failure to meet this expectation will result in a fitness consequence during the following practice.

**17. Injured or ineligible student athletes are expected to attend practice and meets:** unless other arrangements have been made.

**18. Meet Participation:** The Meet line-ups will be chosen at the discretion of the coaching staff.

- a. **A student athlete must earn the right to be in a meet (especially an invitational).** Athletes can do this by attending all practices and working hard, behaving in and out of the classroom, displaying good sportsmanship at all times, being respectful to self and others, and by being academically eligible. Skill, effort and leadership will also be taken into consideration.
- b. **Coaches may change the meet line-up at any time** for athlete disciplinary actions and/or team strategy.

**19. The coach reserves the right to suspend any student athlete** from competition and practice for not contributing during set-up and tear down of activities, poor attitude, or lack of effort.

**20. All practices are closed** to parents, alumni, and fans. This prevents any outside interference from what we as coaches are trying to accomplish. If you need to talk to a coach, you must come after practice. (Exceptions: if there is an emergency and you need your son pulled out of practice.)

## **21. Practice Equipment**

- a. **All student athletes will be required to wear proper running shoes, athletic pants/shorts and have spikes shoes with them at meets and practices.**
- b. **Practice equipment should include:** shorts and/or sweat pants, T-shirts and/or sweatshirt, and spikes shoes. A water bottle is recommended. A shirt must be worn at all times.
- c. **Any equipment utilized during practice (that is school property)** will be treated with respect. Student athletes who use equipment will be responsible for cleaning it up at the end of practices and/or meets.

## **22. Home Meets**

- a. **All student athletes will be required to meet in an area designated by the head coach** (i.e. the bleachers, or on the field), at the time designated by the coach. (Attendance will be taken. Tardies will be counted.) If not competing in the meet, student athletes are still required to be in attendance and will likely be given a job during the meet to ensure the meet runs smoothly.
- b. **Every student athlete, regardless of year in school, will be required to set-up and tear down before and after a meet.** No one will leave until the whole team is dismissed as a group by the coaching staff.
- c. **Eating large amounts of food before and after a meet or practice is not recommended.** A small sandwich and a piece of fruit is suggested. Water is the suggested beverage for best performance. Sandwich runners do not leave messes for others to clean up. I recommend bringing food to away meets so you have something to replenish with on the way home. No garbage will be left on school buses.
- d. **Students will be expected to sit with the team, or in the designated team area and not be in the bleachers near parents/friends/girlfriends etc.** Student athletes can greet their parents, talk to them briefly during the meet and then should return to their teammates. XC is very much a team sport. Our student athletes should be either warming up, cooling down, competing or cheering on teammates in other races while at our meets.

## **23. Away Meets:**

- a. **Be on time for the bus.** All student athletes should be at school at least 15 minutes prior to the departure time with uniforms and any necessary equipment. Student athletes will be expected to help load the bus with water, medical bag, implements, etc.

- b. **We urge all athletes to ride the bus home from away meets.** However, an athlete will be allowed to ride back from meets with their parents/guardian. Parents/guardians must sign a transportation list prior to leaving with their athlete. The only person who can sign a student athlete out of riding the bus home is a legal guardian. All student athletes are required to ride the bus TO the away meet (no exceptions).
- c. **Only walkmans or iPods with individual headphones** will be allowed on the bus. Music may not be played for the entire bus to hear.
- d. **The bus will be clean before any student athlete leaves.** It is the responsibility of the seniors to make sure the bus is clean and orderly before going home. If I find ANY garbage whatsoever the entire team will be punished with a fitness consequence the following day at practice.
- e. **Small coolers that fit into a duffle bag can be brought to away meets.** We will never eat food in another school's gymnasium. We will eat in an appropriate area designated by our hosts and dispose of our own garbage. We will respect other teams' facilities at all times. If one of our student athletes does not meet the requirements of the building we are visiting they will be withheld from their events and or will miss the next meet.

#### **24. Conduct**

- a. **Student athletes will respect** teammates, managers, statisticians, opponents, equipment, coaches, officials, themselves, and others with whom they come in contact.
- b. **The SHS Cross Country team is a class act.** Those who can't be a class act will not be part of our team.
- c. **Student athletes will be academically responsible and do the best they can do in the classroom.** Education is more important than sports. However, both can be done well if one's time is managed properly.
- d. **Any student athlete who argues with a coach or meet official or refuses to do any reasonable request made by a coach will be asked to leave practice and may be excused from the team.** Under no circumstances should a teenager be allowed to speak inappropriately to a person of authority. If there is a disagreement between a runner and a coach, the parents should contact the coach involved with the situation. However, most coaching decisions are based on the head coach's philosophy and will be supported by the head coach.

## **25. Hazing**

- a. **Hazing, bullying, or any other type of disrespect towards your teammates absolutely will not be tolerated.** This includes time spent in the locker room before practice, during practice, after practice, at away and home meets, and on the bus. If there is any suspicion of this whatsoever you will be removed from the team. This is a serious issue not to be taken lightly.

## **26. Chain of Command – If you feel that your son or daughter has been mistreated by a teammate or coach you should follow these steps**

- a. Contact the coach involved (Adeoti, Lee or Vick)
- b. Contact the head coach (Coach Adeoti)
- c. Contact the Athletic Director (Mr. Gipe)

These steps are to help you understand the decisions made by the coach and to allow you to communicate your concerns with the coach. Rules will not be changed because you do not agree with them. We set these rules in the hope of establishing a foundation of citizenship and responsibility in our runners. We want your son to be able to gain more than just running skills from our program.

## **27. 24 Hour Rule – There is a 24 hour rule for parents and student athletes to contact a coach in regards to a coach's decision regarding discipline, changes made in the lineup, or any other concerns related to a coach's judgment.**

A parent is not to approach a coach to discuss a judgment related situation that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.

For parents, it is important to separate competitive emotions from the best interests of their child's personal and sports development. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the provoking incident or situation that occurred in perspective before meeting to discuss it.

**IMPORTANT NOTE:** this rule does not apply to something serious (i.e. criminal) but rather to disagreements/questions/concerns a player or parent may have with a coach and his/her decisions.

# Sandwich High School Boys Cross Country 2023

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**Please complete this form and turn into Coach Vick ASAP**

As a student athlete, I understand the commitment necessary for a successful season. I will comply with the rules and regulations. I understand I will be penalized, and even dismissed from the team for failure to comply.

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SIGNATURE OF ATHLETE

As a parent or guardian of \_\_\_\_\_

STUDENT ATHLETE'S NAME

I approve of them being a member of the SHS Cross Country team. I am aware that injury is always a possibility. We have read the rule book and pledge to support the Sandwich High School Cross Country Program and Sandwich High School along with all its rules and regulations.

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SIGNATURE OF PARENT