

Peninsula High Cross Country 2014 Cross Country Policy and Guidelines

These Guidelines outline exactly what you may expect and what is expected of you this year, as a member of the Peninsula Cross Country Team. Please read these guidelines carefully; they are written with your well being in mind, and are the foundation of a positive, rewarding athletic experience as a member of the Peninsula Cross Country Team.

To be eligible to participate in P.E. Athletics, Cross Country:

You need a completed athletic clearance before you can practice or compete. To obtain athletic clearance, you must complete the online clearance registration process: Please go to <https://pvpeninsula.8to18.com> (no www.), register an account with your email and your created password, select "ACTIVITY" as "Cross Country", add your child as a new participant, fill in parent information, download physical form (complete and turn into the Health Office), fill out legal forms, and go through the donation process. **The online clearance process MUST be completed and physical forms MUST be turned into the Health Office BEFORE you practice. You will not participate in practice or meets until these requirements are met. No exceptions whatsoever on the subject of athletic clearance and physical forms.**

A "C" (2.0) GPA and no more than one "U" in citizenship are required to maintain eligibility to participate in athletics, according to PVPUSD & PVPHS policy. You are a student-athlete, and academics always come before athletics.

Clear your calendar and plan your schedule around competitions. All Meet Schedule information, including Ready Sheets with departure & return times, and course maps when available, will be posted on the Peninsula Cross Country Website (<http://www.palosverdes.com/penhixc>). All XC athletes are responsible for accessing this information on the website, and downloading/printing meet schedules, ready sheets, & course maps. Please do so at least 2 days before a meet. **ALL MEETS ARE REQUIRED, NOT VOLUNTARY.**

Uniforms & Warm-Ups:

A uniform consisting of a singlet & warm-up suit will be issued to you. **These are all numbered, so do not switch with anyone else on the team. You and your parents are financially responsible for your uniform. If lost, damaged, or stolen because of carelessness, your class grade will be held until the uniform has been paid for.**

Show PANTHER PRIDE: Always wear your warm-ups & team shirt to school on meet days. (Note: you may wear your team shirt & shorts on Meet Days during hot weather.) **YOU MUST REMAIN IN UNIFORM FOR THE DURATION OF THE MEET; NO STREET CLOTHES!** If you are out of uniform, you will not compete. **No exceptions.**

- Returning Runners: It is optional to purchase new shorts for competition. (\$25 for shorts; check payable to PVPHS Boys' or Girls' Cross Country Jogathon)
- New Runners: You must purchase team running shorts for competition (\$25 for shorts; check payable to PVPHS Boys' or Girls' Cross Country Jogathon)

Attendance:

Unless otherwise indicated, all athletes on the Cross Country Team should be fully dressed and ready for practice outside the Kelly Johnson Fieldhouse on the grass by 2 pm. If you are late for attendance, you will be marked tardy. **If you are not wearing proper workout attire, including running shoes, you will not practice; no exceptions. This may negatively affect your grade. If you come out to practice late, unexcused or without a watch with a timer, this may negatively affect your grade.**

Practice will start on time. Discuss personal matters with the coaching staff that do not affect participating in practice **after** practice. If you become ill before Per 6, or have a family emergency, please go directly to the Health Office. If you have any issues that need to be addressed by the trainer, **go during lunch, not during/right before practice.**

According to the PVPHS attendance/truancy policy, if you are at school, you are required to be in class: XC is your Per 6 class and you will remain enrolled in Per 6 XC until the end of the semester. Student-athletes enrolled in XC are expected to participate at practice. Never take it upon yourself to leave campus at 6th period. If you are not feeling well prior to the start of Per. 6, ask your Per. 5 teacher for a pass to the Health Office. **Please do not wait until you come out to practice; it takes valuable time away from the rest of the team.**

Varsity: Schedule all medical, dental, tutoring appointments, SAT prep classes, science research appointments, music lessons, etc. for **after 4:30pm.**

JV: Schedule all medical, dental, tutoring appointments, SAT prep classes, science research appointments, music lessons, etc. for **after 4:30pm.**

FROSH/SOPH: Schedule all medical, dental, tutoring appointments, SAT prep classes, science research appointments, music lessons, etc. for **after 4:30pm.**

Cross Country is a class **and** a team sport. **Attendance affects your grade; practice affects your performance; your performance affects your team.** If you miss more than 2 practices in a week in which we have a meet, you may not run the meet. If your absences are for **ANY** reason other than verified illness, injury, or family emergency, this will negatively affect your grade.

Workouts and Walking:

Do the entire workout as assigned. If you are not clear *about* the workout, ask a coach or a captain. **DO NOT question the workout: Do it as assigned.**

On the subject of walking, the team has a **ZERO TOLERANCE** policy: that means that there is no walking whatsoever*. The second time your grade will automatically drop to a "C" where it will remain for the semester. If you are caught walking more than twice it will be recommended to the athletic director that you should be removed immediately from the team, and moved out of sixth period Cross Country and into regular PE. There are no make-up workouts, so once your grade drops below an "A" that's where it will stay for the rest of the semester.

*Unless you become ill or injured while on your practice run; in that case, a team member will wait with you & two team members will get help.

Injured athletes who are PE Exempt (Disabled List) for a specified period of time that does **NOT** require a DROP, are expected to report to practice for roll call & remain with the Coach if Coach is not on the run; otherwise, the athlete must report to the Athletics Office (Mr. Yoshida) in the Hawthorne Bld immediately following roll call & warm-ups. Athletes on the DL must remain in the Hawthorne Office until 2:45pm. If a Team Meeting is scheduled following the workout, all athletes on the DL are expected to attend.

At no time will anyone use an Ipod during practice. They are illegal during races, and a hazard while running on the road. **Cell phones are not to be used during runs, except to report an ill or injured runner. Only Captains may carry a cell phone during workouts (if authorized), unless otherwise directed by Coach.**

Races

If you are a member of this team, then you are competing at all meets, unless you are excused due to illness, injury, family emergency, or attendance at an SAT/ACT exam, any of which must be verified by

parent or guardian: NO EXCEPTIONS. A copy of a confirmed SAT/ACT test appointment, scheduled at least 1 week prior to the meet date, must be turned in to Coach at least 1 week before the meet date.

If you miss a meet for any reason other than one of the above explanations it will negatively affect your grade.

Arrive at Pen Hi 15 minutes prior to a scheduled departure for away meets. THE BUS WILL DEPART ON TIME. **Peninsula High School policy is that all athletes must ride the bus to all athletic event.** If you miss the bus, you miss the meet. **PER DISTRICT POLICY, AN ATHLETE WHO TRANSPORTS HERSELF TO AN EVENT MAY NOT PARTICPATE IN THAT EVENT.**

Once entered in a race, you are to compete in that race. It's not up to you to scratch yourself from a race. If you have a concern on meet day, please talk to the coaching staff.

At all meets you will warm-up with your specific team 45 minutes before your race. If you do not warm up, you will not race. After your race, immediately put on your warm-ups and cool-down run with the rest of your team. **No exceptions!**

Stay off the course during a race; never run alongside, or in the same direction, with a teammate or competitor. It's illegal and can result in a disqualification.

The only jewelry that is allowed to be worn in a race is your watch. Earrings, rings, bracelets, and hair jewelry are not allowed, and can lead to **disqualification.**

When you are not warming or cooling down, you will cheer on your team. **Your teammates can hear you and it makes a difference!**

You must have signed permission to travel to or from a meet with your parent/guardian. IF YOU DO NOT, YOU MUST TRAVEL TO & FROM PVPHS ON THE BUS WITH THE TEAM. In addition, a coach must see you with your parent(s)/ guardian(s), in order to release you from the meet. NO EXCEPTIONS!

You are part of Peninsula High's award-winning athletics program; Cross Country is a competitive team, not a social club or a fitness class. You are expected to represent your team and school accordingly.

Thank you for your support of PenHi XC,
Coaches Piersol , Foster, Slattery, and Fukuwa

PENHI XC ROAD RULES

Road/Trail Running Safety Agreement

1. Obey all traffic laws. Do not cross a street against a red light. If you are running in a large pack, traffic signals may change after the front runners have started across the road, runners in the middle or back may have to stop for the light.
2. Be especially careful as you step off a curb when crossing a road. Be aware of stopped or slow cars waiting to make a turn (especially a right turn) – do not assume that they have seen you. Also, do not assume that a “walk” sign insures it is safe to cross – always look both ways first.
3. If you are running on a road or street in a bike path, run against traffic so that you can see the oncoming vehicles approaching.
4. Know the route for your run. Listen carefully when the run is explained. Ask for clarification from a coach or captain if you are unclear about the route.
5. On team runs, there will be *at least* one coach & captain along on the run. Find them when you have questions/problems. At least one coach will have a cell phone.
6. Do not run alone. You should be with the team at all times. Run with at least 2 others at all times.
7. Share the path. Run on the right side of a sidewalk or bike path and allow room for bikes to pass in both directions.
8. Be courteous to other runners, walkers, bikers, and drivers. Ignore any verbal harassment.
9. Do NOT wear earphones/use Ipods during runs.
10. Stay alert at all times. Do not stop to talk to strangers.
11. Even in pack or group running, leave enough space in front of you so you can see where your foot will land. Lead runners should call out to the pack when a biker is coming or when there is an obstacle ahead (example: hydrant).
12. When on long runs (especially in hot weather), stay hydrated. Bring a bottle of water. Drink before, during & after runs.
13. If possible, carry some identification or write your name, emergency contact (ex: Mom’s cell phone number), and blood type on the inside of your running shoes with a Sharpie.*
14. Dress appropriately for the weather: when cold, wear layers; when hot, avoid cotton fabrics – wear clothing that carries sweat away from the body (dry-fit, etc.); wear sun screen.
15. When running **trails**, be especially careful to know your route, run with at least 2 others, watch your footing, be alert for mountain bikes, and always stay on the trail.
16. Always yield to horses on horse trails and roads.
17. Always listen to the advice and directions of your coaches, and when on a run – use common sense!

*Write date of purchase on heel of new shoes; for example, mid-Sep, so you know when to replace worn shoes.

Peninsula Cross Country VARSITY STRIPES & CIF COMPETITION

How Do I Earn Varsity Stripes?

Finish in the top 7 overall fastest times among all 3 teams—V, JV, Frosh/Soph—in a qualifying race.

NOTE: The 8th and 9th places will be Varsity Alternates. Varsity Alternates will run as Varsity in the event one or more top 7 Varsity runners is/are unable or ineligible to run.

Does Being a Varsity Alternate Mean I Earn My Varsity ‘Letter’?

A Varsity ‘Letter’ can only be earned by running a Varsity Race. A Varsity ‘Letter’ can only be earned by running Varsity in a League meet.

How Can I Lose My Varsity Stripes?

- Finish out of the top 7 overall fastest times among all 3 teams in a qualifying race.
- Miss or arrive late, unexcused, for the bus/van to an away meet or a Varsity Team Meeting.
- Not complete (includes walking any portion of) a varsity workout
- Miss a meet or leave a meet early without a verified excuse: prescheduled (before season) SAT or ACT, doctor’s note, or family emergency communicated to Coach by parent/guardian.
- Unsportsmanlike conduct toward a coach, teammate, or opponent.
- Engage in behavior unbecoming of a student-athlete representative of PVPHS; violate the policies & procedures of PVPHS and PVPUSD
- A quarter grade lower than ‘C’ and/or a Citizenship grade of ‘U’ in ANY class.

How Can I Earn Back My Stripes?

- Finish in the top 7 overall fastest times at the LHHS Invite, a Bay League Meet, or Mt. SAC
- Not miss, arrive late to, or not complete a meet and/or Varsity workout (other than for the reasons stated above)
- Never repeat unsportsmanlike conduct
- Bring up a grade lower than ‘C’ by the 6 week interim report following the quarter grading period.

CIF PRELIMS, CIF FINALS, & STATE CHAMPIONSHIP MEETS

Nine athletes will be chosen to represent PenHi XC at CIF & State: the top 7 & 2 alternates.

How Are the Top 7 & 2 Alternates for CIF & State Chosen?

The 9 athletes chosen to represent PenHi XC in CIF & State will be chosen based on their overall contribution to the team: athletic participation & performance at meets, sportsmanlike conduct at all times, & leadership on and off the race course. Attitude is everything.

Athlete and Parent Signature Page
Please sign & return to Coach Slattery or Coach Nate

The coaches and I have reviewed the **Policy, Guidelines, and Team Rules**, and fully understand and will abide by the requirements & obligations of the Peninsula Cross Country Team.

Athlete Signature

Athlete Name (Please Print)

Date

I have reviewed the **Policy and Guidelines and Team Rules** with my child. I fully understand the requirements, obligations, and rules that my child must abide by to be a member of the Peninsula Cross Country Team.

Parent /Guardian Signature

Parent/Guardian Name (Please Print)

Date

I have read and understand the **Road Rules** for running Peninsula Cross Country.

Athlete Signature

Athlete Name (Please Print)

Date

I have read and understand the **Road Rules** for running Peninsula Cross Country. I have also discussed these rules with my child.

Parent /Guardian Signature

Parent/Guardian Name (Please Print)

Date

I have read and understand the **PenHi XC team policy regarding Varsity Stripes, CIF, & State Championship**

Athlete Signature

Athlete Name (Please Print)

Date

I have read and understand the **PenHi XC team policy regarding Varsity Stripes, CIF, & State Championship**. I have also discussed this policy with my child.

Parent /Guardian Signature

Parent/Guardian Name (Please Print)

Date