

Copley Cross Country Team Rules

GENERAL CONDUCT

Student-athletes at Copley must keep in mind that they are always in the public's eye. Their personal conduct, on and off the field, is always subject to scrutiny of fellow teammates, fellow students, teachers, administrators, parents/guardians, fans, opponents, and the media. Student athletes have a responsibility to serve as positive role models and representatives of the Copley-Fairlawn School District. To achieve success in that role a student athlete should:

1. Show respect for authority, property, and peers always.
2. Maintain academic eligibility throughout the season.
3. Follow ALL team rules
4. Practice the ideals of sportsmanship, team loyalty, and fair play.

***THE DISTRICT CODE OF CONDUCT IS ALWAYS IN EFFECT.

ATTENDANCE

Attendance is mandatory at ALL practices and meets. Attendance will be checked daily at ALL practices and competitions. Athletes are expected to be in proper apparel, and ready to go at the stated times. If there are changes to the practice schedule, the coaching staff will inform all athletes in advance.

Athletes must provide an email or written excuse from a parent, doctor, or other responsible adult to be excused from practices or competitions. Written excuses must include:

1. The date of the practice or meet you will be missing
2. Reason you will be absent

If it is not possible to contact the coaching staff before the absence, the athlete must provide an email or written excuse from a parent upon returning to practice. If an athlete is absent from school on a day when there is a regularly scheduled practice or meet, that athlete is NOT eligible to practice or participate in a meet on that day. The coaching staff understands that situations may arise that prevent athletes from attending practices or meets. In those events, the coaching staff appreciates as much advance notice as possible so that they adjust team rosters, as needed.

Three (3) unexcused absences will result in a suspension from a meet.

More than three unexcused absences may result in removal from the TEAM.

Missing District, Regional or State meets if assigned as a competitor or alternate with an Unexcused absence will result in the athlete **NOT** receiving a letter for that season.

EXAMPLES OF EXCUSED ABSENCES ARE:

1. Death of a family member or close friend
2. Funeral
3. Doctor appointments
4. Family Emergency
5. School related functions
6. Religious holidays
7. Illness
8. College Visit

* If you are unsure whether an absence will be considered as excused, please check with the coaching staff.

EXAMPLES OF UNEXCUSED ABSENCES ARE:

1. Work (you can have a job, but you cannot miss practice to go to work. Arrange your work schedule so that it does not interfere with practices and meets. Refer to the practice and meet schedule)
2. Other school activities without prior consent from the coaching staff
3. Concert and dinner excursions
4. Being "tired"
5. Vacation

DRESS CODE

Students are and will be representing the Copley High School Cross Country Team at ALL meets. Athletes are expected to show up on the team bus wearing their team issued uniforms and warmups.

Practice Apparel

Each athlete is required to wear RUNNING SHOES, SHORTS, OR SWEAT PANTS, AND TOPS. Athletes are encouraged to get or create shirts that permit air to flow through.

Competition Apparel

Team uniforms are to be worn at all competitions. Athletes are expected to wear Copley branded clothing, both in logo and color scheme. Spikes can be worn during competitions. Longer spikes should be purchased for rough, muddy terrain.

BEHAVIOR

Disruptive and disrespectful behavior will NOT be tolerated. Any athlete that becomes a negative influence/distraction on the team through their behavior, will be dealt with in the following manner:

1. Verbal warnings will be given to athletes, asking for improvements in their behavior.
2. Athletes will be given a separate activity until approval by coaching staff.
3. Conferences will be held with the athletes, coaching staff, parents, and others, as needed, to evaluate the problem, as well as the athlete's future role with the team.
4. Athletes can be suspended from the team for inappropriate behavior or dismissed from the team. Length of suspension will be the coach's discretion.
5. Each incident will be handled on an individual basis.

SELECTION AND PARTICIPATION

- ALL grade levels (9-12) are eligible to compete for a varsity position.
- Varsity Status can vary from Week to Week
- Athletes can always talk to the coaching staff about Varsity placement
- Parents should NOT come to the coach to question race placement.
- The coaching staff has the final authority over the participation of each athlete.

Factors that coaching staff will consider when adjusting race placement are as follows:

1. Meeting the time requirement (Varsity)
2. Attendance and performance at practice and meets
3. Attitude and sportsmanship at practice and meets
4. Interaction with the team and coaching staff
5. Time trials

Varsity Letter Requirements

1. Break the time of 19:00 (twice) Boys and 22:30 (twice) Girls.
2. A senior who has actively participated in cross country for two or more years.
3. Run in the varsity race at an invitational (THREE TIMES)
4. Run in the varsity race at conference championship or post season.
5. A student athlete that earned a letter the previous year but was forced to sit out due to injury.
6. In addition, an athlete must regularly attend practice, exhibit a positive attitude, and display a strong work ethic. All student athletes must be present at the awards banquet to receive their letter. The Coaching Staff reserves the right to make the final determination on athlete letterman status in the interest of preserving the integrity of the letterman award.

We have read and agreed to the Cross Country Athletic Code of Conduct.

Parent's Name (print): _____

Parent's Signature: _____

Date: _____

Athlete's Name (print): _____

Athletes Signature: _____

Date: _____