

# FALCONS CROSS COUNTRY

## TEAM EXPECTATIONS

1. Each runner must attend every practice from beginning to end unless excused by the coach.
2. The practice entails stretching before practice through stretching after practice. The stretching will be done as a team.
3. In order to be excused from a practice or meet, the coach must receive a signed note, in advance where possible, from the runner's parent or guardian explaining the situation. It is still the coach's discretion on whether to excuse the runner from the meet or practice or not.
4. If a runner misses practice and is unexcused from it then that individual may not participate in the next cross country meet. However, that individual is still expected to attend the meet and support his/her teammates.
5. Runners must attend all meets even if not participating in that particular meet. The runners must remain for the entire meet in order to support his/her teammates until the coach releases the team.
6. If a runner misses a meet and is unexcused from it then that individual may be removed from the team for the rest of the season.
7. In order to earn letters for participating in cross country, a runner must earn at least five points in addition to attending practices and meets and meeting team expectations. Points are earned as follows:
  - a. 3 points for finishing in the top 1/3 of the race.
  - b. 2 points for finishing in the next 1/3 of the race.
  - c. 1 point for finishing in the next 1/3 of the race.
8. If a runner receives 3 or more detentions in a season, then that individual may be removed from the team for the rest of the season. Detention is not an excuse to miss practice. The runner is expected to report to practice immediately following dismissal from detention.