



Willowcreek Middle School 2023 Cross Country Rules and Policies

First Practice August 28

Each participant must have one physical each year to participate in school-sponsored athletics. A release form and physical must be turned in to Coach Vincent **before they can practice or compete**. No one will be allowed to participate without a physical.

It is Alpine School District's policy that students must have personal health care insurance to participate on a team. If you do not have insurance, very inexpensive school activity coverage is available. See a coach for an insurance packet if you need one.

Each team member must have a **2.0 GPA and no more than one F grade**, and to keep participating at meets. In terms of citizenship, an athlete cannot receive more than one unsatisfactory citizenship mark in first term, or any negative reports from teachers. The coaches will check athletes' grades before every meet. If grades do not meet the above listed standards the student will not be allowed on the bus. Students must be passing all classes to participate in the cross country meets.

Each member must attend and complete the assigned workout. We need to know where our athletes are at all times between 3:00 and 4:15 p.m. (or end of practice).; we will take attendance at the beginning of each practice. Students need to arrange to work with other teachers in the morning, pride time, or during lunch. Eighty percent (80%) attendance, performance, attitude, and coachability will determine which students will compete at the meets. Practices will be held **Mondays, Tuesdays, and Thursdays**, with meets being held on **Wednesdays**. Cross Country practice **starts at 3:00**. If the weather is bad practice will be held in the gym. Our practices will last until approximately **4:15-4:30p.m.** Please arrange to pick your students up by 4:30. We recognize there may be conflict with other sports or activities, we just ask that athletes let us know of scheduling issues so we can work around it to the best of our abilities. During practice we will take the participants off campus to run at Willow Park and on the Jordan River Trail. They will never run without a coach and without a partner. Athletes will not cross the road without a coach stopping traffic first.

Dismissal from the Cross Country team: Students may face immediate dismissal from the team for a variety of violations; remember it is a privilege to participate in sports Willowcreek. Some reasons an athlete may be immediately dismissed from the team are: an athlete leaves a meet without telling a coach, unsportsmanlike conduct to team members or opponents, vandalism, inappropriate conduct, harassment, and bullying to name a few.

It is team policy that ALL participants ride the school bus to the meets. If an athlete needs to leave early and not return on the bus with the team, students have to leave with their own parents/ guardians, and check out with a coach or administrator. Athletes CANNOT leave with another athlete's parents. Generally cross-country is an individual sport, but you are still part of a team. It is important to stay for the whole team to stay together at the meet and cheer and show support for your school and teammates.

There will be a **\$25 participation fee to cover transportation and equipment**. We appreciate your help with this matter. This fee needs to be paid to Ms. Broadhead in the office or online by **September 8**.

All athletes need to have a UHSAA physical completed and submitted to coach Vincent before practicing. Physicals have to be less than 1 year old to be approved.

A uniform will be issued to each participant. There is no rental fee. We expect each participant to take care of his or her uniform with pride. PE shorts or approved running shorts (black) are acceptable for meets. No Hawaiian or Bermuda shorts are allowed. **Please do not dry uniforms in the dryer! They will melt and are expensive to replace! Drip dry only!** If a uniform is returned damaged, a **replacement fee of \$50** will be charged to the student. Uniforms will be turned in the day after the **last meet**. Yearbooks and students' refunds will **NOT** be issued to you until your uniform is returned.

Running shoes are required. Athletes will be running on a variety of surfaces so good running shoes are all that is needed. The cost of a good running shoes starts at \$30 and go up. Get what fits you and feels the best on you. A good training and racing shoe will improve performance. **Basketball or regular school shoes are not beneficial and can injure a runner.**

Alpine District Championships: Top athletes per gender and per grade will qualify to represent WillowCreek at the Alpine District Championships. Not all runners will qualify but all runners can attend to support their fellow athletes.

Parent Permission Form

I have read the "Cross Country Rules and Policies", "Heads up Concussion" document and give permission for my child/student to participate in the WillowCreek Middle School Track program.

Student's signature _____

Parent's signature _____

When we host, we need parents to help the meet run successfully. Coaches can handle the event, but we are also coaching the athletes. Meets start at 5:00 and last to about 6:00-6:30. Please write your name and email if you would be willing to help with our home meet—we are only hosting one this season. We need help with timers, officials, etc.

Parent Name: _____

Phone number to reach you: _____

E-mail: _____

Cross Country Athlete information:

1. Student full name (print neatly): _____
2. Gender: _____
3. Grade: _____