

Lake Forest Boys Cross Country Expectations

I. Athletes are expected to:

- Attend all practices, meets and team dinners, as explained in the attendance policy.
- Inform the coaching staff when they will miss a practice or meet.
 - Parents should follow up to confirm absence (s).
- Be prepared to participate, i.e. proper running shoes and clothes.
- Adhere to the LFHS Athletic Code of Conduct.
- Maintain good academic standing. A mandatory study table requirement will be enforced should an athlete not remain academically eligible.
- Exemplify civility and team/school spirit and set a positive example for younger athletes and other teams.
- Conduct himself in a sportsmanship like manner.
- Be responsible for their equipment and uniform.
- Maintain good physical health by eating properly and getting enough sleep.
- Treat their teammates, competitors and coaches with respect.
- Based on IHSA rules, athletes CAN NOT participate in ANY race that is not school sponsored.

II. Selection of Varsity Runners:

- Attendance
- Attitude
- Race or practice (Time Trial) performances
- Year in school
- # of years on the team

III. Attainment of Varsity Letter:

- Score 10 varsity points during the regular season
 - Points scored 10 points (1st place) through 1 point (10th place) in dual meet
 - Points scored 20 points (1st place) through 1 point (20th place) in Invitational, Conference and IHSA series meets
 - 1 point given to any athlete not in top 10 places (duals) or 20 places (invites) but in our teams top 7 runners
- Be one of the seven varsity runners at the Conference and IHSA series races.
- A senior athlete finishing the season in good order.
- Be in good academic standing.

IV. Procedures for the Injured Runner:

Our hope as coaches is to reduce injuries using preventative measures such as graduated workouts, stretching, proper nutrition and sleep. However, injuries can and do occur. The problem that arises as coaches is that our training requires us to monitor our athletes on the streets and trails (open lands) of our community. We do not have the ability to monitor the injured athlete, who must remain at campus to heal and rehab. Therefore the best solution is for the athlete to remain healthy and participate at a normal level alongside the rest of his team. IF the inevitable happens and the runner becomes injured, it is ultimately the runner's responsibility to keep the coaches informed of 1) the progress of the healing, 2) the modified activity received from the trainer or doctor and 3) the amount of time the runner will not participate in normal activities.

Injured runners need to follow these procedures to remain in good standing with the team:

- Go to the trainer and get a written preliminary diagnosis that should be given to one of the coaches.
- EACH day the runner is injured, the trainer will determine how much activity is appropriate. The runner should inform the coaches as to what the trainers' modified workout requires.
- If a doctor's diagnosis is required a written note should be given to the coaches informing them as to what the doctor's modified workout requires.
- The amount of time missed by the runner is estimated by the trainer or doctor.
- Injured athletes ARE expected to be at all team events (practices, meets, dinners).
- Any runner who misses a total of 15 days due to injury may be removed from the team and assigned to wellness/study hall.

V. Our program's first priority is to the improvement and development of the athlete as a runner. This refers to the runner's ability to be more successful in races, attitude and the ability to be a leader. Runners are expected to improve in all areas as they progress from the beginning to the end of the season. If an athlete fails to demonstrate to the coaches an effort to make appropriate improvement, the coaches have the discretion to remove the athlete from the team roster and assign him to a wellness class.