

# Lake Forest Scouts Cross Country

## Practice / Meet Participation

Cross Country is a demanding sport that presents both physical and mental challenges. Overcoming those challenges is at the heart of what we do and the LFHS coaching staff (men and women) is fully committed to helping you to find success in this sport. Success in Cross Country is ultimately very simple: work hard and get better. While we compete as a team, individuals have the opportunity to better their performances, and unlike other team sports, everyone has the opportunity to participate at most meets.

In order for the coaches to help you realize those goals, though, we need you at practice EVERY DAY! The staff has worked hard to plan out practices for the whole season and every day is an important part of that sequence.

### Policy:

- If an athlete misses two (2) practices during a given week or three (3) in a three week span, the athlete will not participate in the next meet. After the first missed meet two (2) additional missed practices will result in a second missed meet. Once an athlete misses two (2) meets ALL future absences will result in a missed meet. Athletes not participating will still be required to attend the meet in order to practice and help out their teammates, or that will count as a missed practice.
- Once an athlete has accumulated four (4) total meet absences, ¼ of the meet season, or a total of seven (7) missed practices the athlete will be removed from the team.
- The athlete and their family will be notified when they have accumulated two (2) meet absences to make sure that the consequences of continued absences are clear.

Please notice that this policy does not have an “excused” absence category. We feel that regardless of the reason, there is no way to “make up” work that has been missed and completed by the rest of the team.

Absences should not be considered “free” days that an athlete may use as he / she feels.

Obviously, school sponsored events that are REQUIRED (such as field trips) would not be counted against the athlete.

The staff recognizes that injuries are part of running and Cross Country. While we do what we can to avoid them, some people will still get hurt and will not be able to participate in practice. Lake Forest High School is fortunate to have a great training room staff and can almost always resolve the issue. Injured athletes are expected to attend practice and follow the trainers’ recovery plan. More serious injuries would be dealt with on a case by case basis with the coaching staff.

Please remember that the intent of this policy is to emphasize the importance that daily practice is to our sport. Cross Country requires a big commitment and it may not be for everyone. The coaches are looking forward to a great season and want you to be a part of it.

Nathan Sweet; Head Boys Cross Country Coach

Matt Dewar; Asst Boys

Denis Sheeran; Asst Boys

I have read and understand the policy and consequences associated with this policy as it pertains to the participation in the sport of Cross Country at Lake Forest High School. Please sign and return to Coach Sweet (Boys) no later than Friday August 15, 2008.

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Athlete Signature

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Year in School

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Date

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Print Athlete's Name

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Parent / Guardian Signature

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Date

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Print Parent / Guardian Name