

## Lake Forest Boys Cross Country Expectations and Attendance Policies

Our program's first priority is to the improvement and development of the athlete as a member of the team. This refers to the athlete's ability to be more successful in races, maintain a positive attitude and the ability to be a leader. This is achieved through dedication, commitment, and a focus on sportsmanship, respect, and honor as it relates to the sport of cross country, the team, Lake Forest High School, and the communities of Lake Bluff and Lake Forest. Runners are expected to improve in all areas as they progress from the beginning to the end of the season and (most importantly) from year to year throughout their career.

### 1. Athletes are expected to:

- Attend ALL practices, meets and team activities / dinners (unless advised by the staff).
- Inform the coaching staff when he will miss a practice or meet.
- Be prepared to participate (proper running shoes and clothes) regardless of weather (we run rain or shine).
- 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. Once the daily study session has concluded the athlete **IS required** to then attend practice.
- 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 his equipment and uniform.
- Maintain good physical health by eating properly and getting enough sleep.
- Treat his teammates, competitors and coaches with respect.
- Based on IHSA rules, athletes **CAN NOT** participate in **ANY** race that is not school sponsored.

### 2. Selection of Varsity Runners:

- Adherence to team expectations as stated above
- Race or practice (Time Trial) performances
- Year in school
- # of years on the team

### 3. Attainment of an end of the season award:

- Participation in at least 8 meets of which one **MUST** be the NSC meet (unless injured and have doctor orders not to run).
- **AND** be in good academic standing.

### 4. Attainment of Varsity Letter:

- Score 10 varsity points during the season
  1. Points scored: 10 points (1<sup>st</sup> place) through 1 point (10<sup>th</sup> place) in dual meets
  2. Points scored: 20 points (1<sup>st</sup> place) through 1 point (20<sup>th</sup> place) in Invitational, Conference and IHSA series meets.

3. 1 point given to any athlete not in top 10 places (duals) or 20 places (invites) but in our team's top 7 runners based on place and or times over the same distance during the same meet regardless of race participated in.
4. 1 point given to any athlete that runs a course "PR" at a course that that athlete has already established a best time.
  - **AND** participation in at least 8 meets of which one **MUST** be the NSC meet (unless injured and have doctor orders not to run).
  - **AND** be in good academic standing.
  - **OR** be one of the seven varsity runners at the Conference and / or IHSA series races.
  - **OR** a senior athlete finishing the season in good order (participation in at least 8 meets including the NSC meet).

5. **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. 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 and staff that can almost always resolve the issue. 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 athlete becomes injured, it is ultimately the athlete'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 athlete will be unable to participate in normal activities. Injured athletes are expected to attend practice meeting and directions and then follow the coaches, Dr's, or trainers' recovery plan. More serious injuries would be dealt with on a case by case basis with the coaching staff.

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 athlete must visit with the trainer during their **lunch hour** in order to get rehab work done and so the trainer can determine how much activity is appropriate for that day's training session. 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 and the amount of time estimated to be missed.
- Injured athletes **ARE** expected to be at all practices unless advised by trainers, doctors, or coaches in order to hear the team meetings and directions. Then the athlete is required to do appropriate rehab work for that day.

- Injured runners **WILL NOT** attend away meets but **WILL** be expected to attend all home meets.
- Any injured runner who can not participate in a practice may not, through coaches' discretion, be allowed to participate in the next meet, nor attend if the next meet is away.
- Any runner who misses a total of 5 days (non consecutive) due to injury may be suspended from the team and assigned to wellness/study hall until which time the athlete is fully healthy and capable of participating in full practice **or** be permanently removed from the team and placed back into a wellness/study hall.

#### 6. Practice and Meet participation (Attendance and Practice Behavior)

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 in order to 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.

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

##### **Attendance**

- If an athlete misses two team activities (practice and / or meets), that athlete will not participate in the next meet.
- After the first missed meet any additional missed practice or meet will result in a second missed meet.
- Once an athlete misses two (2) meets **ANY** future absence will result in removal from the team.

##### **Practice Behavior**

- If an athlete is found to not be participating in practice in a manner that does not meet the standards of the team (i.e. walking on a run or other actions unbecoming a LFHS Cross Country member) two or more times\*\*, the athlete will not participate in the next meet.
- After the first missed meet **any** additional practice violation will result in a second missed meet\*\*.
- Once an athlete misses two (2) meets **ANY** future violation will result in removal from the team.

**\*\*Some situations may require Code of Conduct consequences or immediate removal from the team. Code of Conduct = 15% - 20% for first offense, 40% for second offense.**

Nathan Sweet; Head Cross Country Coach  
David Brandes; Asst Coach  
Ben Zollo; Asst Coach

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, as a team.

Absences should not be considered "free" days that an athlete may use as he feels. Athletes have made a commitment to the team and program. A big part of that commitment is attendance.

Exceptions to this policy include a death in the immediate family and school sponsored events, that are REQUIRED (such as field trips), and would not be counted against the athlete. All other prearranged absences will be treated on a case by case basis and may or may not lead to attendance issues and missed meets as stated above.

Please remember that the intent of this policy is to emphasize the importance of daily practice to our sport. Cross Country requires a serious and dedicated commitment and it may not be for everyone. If you are an athlete looking to participate in cross country because you enjoy running and want to better yourself as a person and athlete and are willing to put forth the necessary work to allow that improvement to happen, then WELCOME. The coaches are looking forward to a great season and want you to be a part of it.

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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 Varsity Coach) no later than Friday August 21, 2009.

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Athlete Signature \_\_\_\_\_ Year in School \_\_\_\_\_ Date \_\_\_\_\_

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Print Athlete's Name \_\_\_\_\_

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Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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Print Parent / Guardian Name \_\_\_\_\_