**2015 Klein Collins Cross Country**

**Policies and Procedures**



Cross-Country is a fun and exciting sport. We are glad you have chosen to participate on the team. Below is a list of policies and procedures that must be followed in order to achieve a successful season.

**Essentials:**

1.) Have Fun!

2.) Have a positive attitude!

3.) Drink plenty of water daily (recommended at least 80 oz).

4.) Communication is very important. The athlete should communicate issues, conflicts, etc. with the coach. The athlete should speak to the coach first before a parent contacts the coach.

5.) Logbook: You will be responsible for a running logbook. In the logbook you will record your workouts, personal and team goals, nutrition and hydration information. You will be required to bring your logbook to practice every day. You will continue to add additional information to your journal daily. Logbooks will be checked weekly.

**Equipment:**

1. Athletic clothes and lockers will be assigned to all team members. A fee of $6 will be required for lock fee and towel cleaning. This year you will have an option to buy your practice uniform. The practice uniform is a Nike running singlet and shorts. You can purchase this practice uniform for $40. Please make checks payable to KC Cross Country.
2. All competitive uniforms and school issued equipment that is checked out must be returned at the end of the season. If an athlete quits the team before the end of the season, the equipment must be turned in the next day. Athletes who fail to turn in equipment must pay for it.

**Practice:**

1. Practice will start before school at 6:00 AM on Tuesday and Wednesday, on Friday practice will start at 6:30AM. Monday practice will be after school until 5:30 and on Thursday practice will be after school until 4:30PM.
2. Showers will be available to use after practice.
3. Come to practice with appropriate attire and ready to workout.

Appropriate Attire Includes:

* + Cross Country practice uniform
  + Running shoes
  + Socks
  + Watch with split timing
  + Logbook and pen/pencil
  + Water bottle
  + Towel

**Attendance:**

You must contact me if you are going to miss practice for any reason. The school number is 832-484-5172, my cell is 832-250-3457 or e-mail me at [Jgegogeine1@kleinisd.net](mailto:Jgegogeine1@kleinisd.net).

1. Be on time!
2. Please make all Doctor/Dentist appointments after school; not during practice.
3. Any unexcused absence from practice will be handled as follows:
   * 1st unexcused practice: make up workout
   * 2nd unexcused practice: no participation in that week’s meet and parent contact
   * 3rd unexcused practice: can be removed from team; subject to coaches’ discretion

4.) You must attend half of the school day in order to participate in that evening’s meet. If the meet is on Saturday you must be at school on Friday at least half of the day.

**Academics:**

1. You must be passing with at least 70% in all your classes. If you fail at the end of six weeks you will have 3 weeks to bring that grade(s) up. If you do not bring the grade(s) up in the three week time period you could be removed from the team; subject to coaches’ discretion.
2. We strongly encourage you to use before and after school tutorials when needed. You will have different opportunities to utilize before and after school tutorials based on practice times.
3. Each athlete will be given four (4) tutorial passes to use per semester. This pass will grant you before/after school tutorials with teachers.

**Conduct:**

1. Athletes must adhere to the school’s student dress code. If athlete is called to the office for inappropriate clothing they will have an extra conditioning workout.
2. Any student placed in ISS may be dismissed from the team, subject to the coaches’ discretion and severity of the situation.
3. Athletes must report to class on time and have excellent behavior in the classroom. If your teacher reports poor behavior in their classroom then athlete will:
   * Have a meeting with the coach
   * Have an extra conditioning workout
4. Bullying of any kind will not be tolerated (cyber, cellular, verbal or physical). This type of act will be grounds for removal from the team at coaches’ discretion.
5. Klein Collins Tigers will exhibit Good Sportsmanship. You are expected to cheer and support your team and congratulate other teams at the meets as well.
6. All Cross-Country Meets are co-ed. Athletes need to act appropriately on the bus, as well as, at the facility where the meet is being held. Remember you are wearing a school uniform, carrying a school bag and riding the school bus. Represent the Tigers with Pride!

**Team Travel:**

1. Athletes must ride the team bus to and from all away meets, unless a family emergency occurs. If such an emergency occurs, a parent or guardian must sign the student out with a coach before leaving.
2. If you must leave a meet early due to a personal commitment (i.e. Wedding or Family Reunion), then you must turn in a note in writing from your parents a minimum of one week prior to the meet.

We look forward to coaching you this 2015 Cross Country Season. Cross Country is a very rewarding sport. What you put into this sport is what you will get out of it. You will not achieve success without hard work, dedication, desire and a positive attitude. Our job as your coach is to push you to your limits, help you accomplish your goals and create team unity.

**“Hard work given time beats talent.”**

If you have any questions regarding these policies and procedures, please call me at the high school at 832-484-5172 or e-mail me at Jgegogeine1@kleinisd.net.

Detach and return to Coach Gegogeine or Coach Troutman by Monday, Aug. 12th, 2015.

Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*I have read and fully understand the 2015 Klein Collins Cross Country Policies and Procedures. By signing below, I agree to adhere to these policies and procedures.*

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Student Signature Date

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Parent/Guardian Signature Date