2017 Girls Cross Country Team Policies

Dear Parents, August 2017

On behalf of the Glenbard West coaching staff we would like to welcome you to the 2017 cross country season! As a coaching staff, we aim to complement your work as parents by using athletics to teach the value of hard work, goal-setting, commitment, and integrity, both on and off the course. Aristotle claimed that "excellence ...is not an act, but a habit." As a coaching staff, we believe that Aristotle had it right, and intend to train your daughters toward that end each day – always in pursuit of having each member of the team achieve excellence, relative to that athlete's ability. As a parent whose daughter has now committed to fulfilling her potential as an athlete in our program, we ask that you, too, become equally committed to this goal through your encouragement, volunteerism, and willingness to adjust family schedules to team practices and competitions. Only with your assistance and understanding can your daughter(s) truly attain their goals for the season, and the coaching staff thanks you in advance for all that you do in support of the program this year.

ATTENDANCE: All athletes are expected to be at practice every day. If an athlete must miss practice due to illness or was sent home from school by our nurse, a phone call to Mr. Hass / a call from the nurse is required so that we have an idea regarding the whereabouts of your daughter. Athletes who do not feel well during school must see either a coach before leaving school, or have the nurse notify us. The athletic department is committed to teaching responsibility to our girls and we would like them to communicate with their coaches; excessive absences (excused or unexcused) may result in dismissal from the team. Sequential absences should also be communicated to coaches each day of the absence. Athletes who are absent from school for more than half a school day are NOT allowed to practice or compete in a meet; this is a District 87 policy. Athletes who are sick and will miss a Saturday practice or meet MUST call Mr. Hass at least 30 minutes BEFORE the practice time, or time the bus is scheduled to leave; my cell number is 630-664-7074 but PLEASE use this number for this purpose & emergencies only. For all other concerns, please call me at my office number during the school day (942-7561) or email me at **paul_hass@glenbard.org**.

TEXTS: On occasion throughout the season coaches may send and receive texts to/from your daughter(s) in general team texts or, when appropriate, individually. These texts are utilized to communicate, for instance, information regarding practice times & locations, updates on doctors' appointments/illness, or motivation; all texts sent by coaches to your daughters are intended to be transparent and parents are invited to read any and all. Athletes should refrain from texting coaches for non-urgent issues or issues that senior leaders can address.

PRACTICES: We practice every day after school and on Saturdays, rain or shine. Practices will be held over the long weekends that occur during the season and athletes are expected to be at all practices. Due to the brevity of the season and nature of our training, we strongly urge families to plan vacations or long-weekend-getaways around the practice/meet schedule to avoid conflicts. Students are excused from practice for illness, family emergencies, and doctor appointments. However, we ask that doctor appointments be scheduled later in the day whenever possible so that your daughter may complete all or a significant portion of the workout for that day. Students are NOT excused from practice or meets for jobs, club sports, club activities or meetings, non-school sponsored activities, hair appointments, shopping for dresses, trips to the city babysitting, or birthdays. Please feel free to email or call if you have any questions regarding whether or not an absence is excused. Unexcused absences will result in missing a meet; **any *varsity* athlete in the top seven who misses practice or a meet for reasons other than illness, doctor appointment, or family emergency may be scratched from varsity competition in subsequent meets. PLEASE PLAN AHEAD!!!**

INJURIES: It is not uncommon for athletes to have minor injuries. At home, injuries should be handled with ICE. Any injury should be reported to the coach immediately or, at least, the very next day. We have trainers on school staff and encourage athletes to work with them to improve conditions resulting from minor injuries. Athletes who are injured and require a doctor's visit are strongly encouraged to see a *sports* doctor. **A Doctor's note is *required* to clear an athlete to practice after a Dr. visit**. *All injured athletes are required to attend practices and contribute in another manner unless otherwise cleared by Mr. Hass.*

UNIFORMS: Every athlete is issued several hundreds of dollars in school equipment. Each issued equipment piece is assigned a number and athletes are expected to return the same set of numbered apparel at the end of the season. Uniforms that are lost or damaged must be replaced, resulting in a fine. The sweats and uniforms issued are the ones to be worn at meets. NO VARIATIONS. Athletes are representing their school team and individual statements have no place, and may violate IHSA rules.

MEETS: Athletes are expected to attend meets whether they compete or not. Those athletes not competing may be given a workout to do before the meet begins and / or duties to perform for the team during competition. ALL athletes are expected to stay until the end of each meet and are dismissed only upon checking out with a coach.

TRANSPORTATION: Glenbard West supplies transportation to and from meets. All athletes are expected to ride the bus with the team. After a meet, athletes wishing not to ride on the team bus must check out with a coach, and may only travel with parents / legal guardians or relatives over the age of 21 *only* after a parent / legal guardian completes the appropriate District 87 form and presents it to a coach; this is a District 87 policy. Athletes wishing to ride home from a meet with a nonrelative over 21 years old will only be allowed to do so, again, after completing the appropriate District 87 form and presenting it to a coach.

ACADEMICS: All athletes are expected to organize their time so that extra help from teachers is taken care of during study halls or before school. It is now an IHSA rule that athletes must maintain passing grades in FIVE academic classes; this will be monitored by the coaching staff. If an athlete is having difficulty in a class it should be communicated to the head coach and attended to immediately! Behavior should be appropriate so that athletes do not get detentions nor violate the athletic code. Detentions/ Suspensions are NOT excuses to miss practice.

Please review these policies with your daughter. Thank you for your time and we hope to see you at our meets.

Paul Hass, head coach — office phone: 942-7561
Dan Kim, assistant coach — office phone: 942-7765

I reviewed the 2017 Glenbard West girls cross country team policies with my daughter and we agree to comply with these policies.

_____
date

_____ _____
athlete`s signature parent/guardian signature