

2021 Girls Cross Country Team Policies

Dear Parents,

August 2021

On behalf of the Glenbard West coaching staff we would like to welcome you to the 2021 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 and willingness to adjust family schedules to team practices and competitions. In this era of COVID, only with your assistance, flexibility, 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 and/or is symptomatic/ tested positive for COVID, an immediate text, email or phone call to Mr. Hass is required so that we are able to take appropriate precautions as soon as possible, and have an idea regarding their whereabouts. The athletic department is committed to teaching your daughters responsibility and we would like them to communicate with their coaches; excessive absences (excused or unexcused) may result in dismissal from the team. Unless previously communicated, coaches should also be notified of sequential absences each day of the absence. 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 of scheduled departure; 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 athletes in general team texts through Remind 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 you 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 or upperclassmen can address** (e.g., practice times).

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, 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 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 may 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 athlete will be issued equipment with a specific requested apparel size (girls will purchase their shorts); athletes are expected to return the same set of apparel at the end of the season, with the exception of their purchased shorts. Uniforms that are lost or damaged must be replaced, resulting in a fine. **The sweats and uniforms are also to be worn only at meets, not socially**, and the issued gear is to be worn without variation. 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. Athletes not competing may be given a workout to do before the meet begins and / or duties to perform for their training group during competition. **ALL** athletes are expected to stay at the meet until they are dismissed by checking out with a coach.

TRANSPORTATION: Glenbard West supplies transportation to and from meets. Unless precluded by COVID safety concerns (which are fluid and may change at any time), all athletes are expected to ride the team bus, & **wear a mask**. 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 academic hours. It is 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! Exceptional behavior, allegiance to the athletic code, and academic diligence is expected of our athletes.

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
Dan Kim, assistant coach
Mark Staron, assistant coach
Kelly Hass, volunteer coach
Annie Klusak, volunteer coach

office phone: (630) 942-7561
office phone: (630) 942-7765
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I reviewed the 2021 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