

SCOTCH PLAINS-FANWOOD HIGH SCHOOL
RAIDERS CROSS COUNTRY
TEAM RULES, REGULATIONS, AND GUIDELINES
2005

- It is paramount that you come to the team with the proper attitude. There is no room for bad attitudes or personal agendas on this team. We have team goals that we are working to achieve. Make your contribution to this effort. Support and respect your teammates- you are in this together. Respect your coach. Most importantly, have respect for the sport.
- You must refrain from the use of drugs, alcohol, and tobacco products. Not only is the use of these products illegal, but it will also have a direct negative impact on your academics and your running. There will be no tolerance for the use of these substances.
- Maintain good eating and sleeping habits. In order to succeed as an athlete, you must take good care of your body's needs. Also, you must keep yourself well-hydrated, especially on hot, humid days.
- Be sure to check the weather report to see if you need to pack any special running gear for practice or meets. Check your bag before you leave to see if you have everything you need, especially your running shoes. Remember that it is better to have and not need, than need and not have.
- Get to every team obligation in a prompt fashion. This includes practices, team meetings, and bus departures for meets.
- Every workout is designed to make you a better runner. In order for this to be achieved, you must run each workout exactly as designed to the fullest of your ability.
- The post-workout cooldown run is an integral part of your workout and must be treated as such. It cannot be skipped and must be given the proper attention. You must stretch and re-hydrate before being dismissed from practice.
- Receiving outside coaching (personal running coaches and/or track clubs) is not permitted. Each workout is part of the total training plan. You will not develop properly by jumping back and forth between training plans.
- If you are injured, you are expected to inform the coach and see the athletic trainer for consultation. You are the only person who knows how badly you are hurt. If you are in need of treatment, you are to notify a coach and consult with the trainer. You are to return to practice after this consultation to report on your status.
- Injured athletes are required to check in every day with the coach and to attend all meets.

- Keep in mind that although we have unlimited entries in the dual and triangular meets, we are only allowed to run seven people in varsity competition in invitationals and championship meets. Your effort in practice as well as your performance in recent meets will determine whether or not you will be in the top seven. Seniors will not be entered in any sub-varsity competitions.
- You cannot compete in a weekday meet unless you have been in for a full day of school. In order to compete in a Saturday meet, you must be in for a full day of school the day before.
- In order to leave a meet with your parents, you must present a note from your parents to the coach. You must first have this note approved by the athletic director. No exceptions will be made.
- You must be a responsible school citizen, which includes acting in an appropriate manner at all times. Remember that your behavior reflects on yourself, your teammates, your coach, the distance program, and the school. The cross country team has an excellent reputation, and it is up to you to uphold it.
- You are expected to give your fullest effort in athletics. It is just as important that you do the same in the classroom. You are expected to meet or exceed all guidelines set forth by your classroom teachers. You will be disciplined if you are not fulfilling your academic requirements.
- Keep yourself out of trouble. Get to class on time. Detention will cut into practice time, and Saturday detention may prevent you from competing in a Saturday meet. Cross country is a team sport. If you cannot make a team obligation because you have detention, you are letting your teammates down. We have never had a problem with this in the past, and it is expected that it will stay that way. Again, you will be subject to additional sanctions if you have become a discipline problem in school.
- If you have a club meeting or an extra help or test make-up appointment after school, you are expected to come to practice with a pass from the supervising staff member. You are to let the coaches know before hand. A coach will always stay late with you to make sure you get the workout in as planned. The same goes for doctors' appointments. You cannot do that day's workout the next day. It was planned for that day for a reason and might actually impede your development or performance in the next meet if it is done the next day.
- Maintain a positive attitude. Do not do anything to disparage the opposition. There will be no unsportsmanlike displays. Respect your opposition, your teammates, and your coach. Give respect, and you will get respect. Work hard, and you will reach your potential.
- If you are not working your hardest in a particular workout, you will be kept after practice to do additional work. You are required to give your fullest effort in every workout. No less will be tolerated.

- We spend a significant amount of time running on public roadways and sidewalks. You are required to obey all traffic regulations and to stay off private property. Cutting road loops is unacceptable. If you are found to be cutting road loops, you will be doing all of your training on the track, under the watchful eye of a coach.
- You will not be entered in any meets until you have proven to the coaches that you can run the distance of the race without stopping and/or walking.
- The sub-varsity season ends after the Watchung Conference and Union County Championship meets. In addition to the top seven male and female runners, a number of other runners (composing our reserve squads) will be required to continue practicing. You must continue to come to practice until dismissed by a coach.
- Sharing lip balm and/or water bottles is not allowed. This is not hygienic, and quite frankly, is disgusting.
- Anyone participating in a club sport during the season will be ineligible to be named captain or MVP.

Dressing Appropriately to Run

- The most important thing is to have your running shoes at practice everyday. Going home after school because you forgot your running shoes is not acceptable and will be treated as an unexcused absence. If you forget something, make arrangements to have it brought to the school. Borrow clothes if you must, but try your best not to borrow running shoes. Wearing someone else's running shoes to run can lead to injury.
- Weather conditions will dictate the type of clothing and/or warm-ups to be worn. It is your responsibility to stay current with the weather report to know what to pack for practice. Check your bag before you leave home to see if you have everything you need, especially your running shoes. Remember that it is better to have and not need, than need and not have.
- Clothing with inappropriate text and/or graphics cannot be worn to practice or meets. This includes clothing that advertises products not for use by those under 21.
- Appropriate undergarments are to be worn to run. Girls must wear sports bras. Boys must not wear boxer shorts.
- No dangly jewelry. This includes hoop or large earrings, loose bracelets and anklets, and dangling necklaces. Fashion watches are not to be worn- only sports watches. No jewelry at all can be worn during races.
- Long hair must be tied up before we start warming up. Please do this in the locker room before you come to practice.
- You must wash your uniform after every meet. Also, please wear clean clothes to practice every day.