

# Centreville High School Cross Country

## Team Rules and Policies - 2021

Welcome to Cross Country! We are looking forward to an exciting season! Please make sure you join the Facebook group (Centreville High School Cross Country) and Google Classroom and follow us on Twitter and Instagram!

### Tryouts

The tryout period will be from August 2 - 6. All roster spots will be finalized by that date. A 2-mile time trial will be held August 2, the first day of practice. Make-ups will be held on a TBD basis.

You will need to turn in the following items: **VHSL physical (conducted after May 1, 2021 and turned into the activities office or ATC; all 4 pages must be filled out), emergency care card, concussion education, and FCPS transportation form.** All forms can be found on the registration site at <https://centreville-ar.rschoolday.com/>. Step-by-step directions are right here <https://www.training.rschoolday.com/sites/training.rschoolday.com/files/files/Jacob/AR%20Parent%20QSG%20%202018.pdf>.

### Making the Team/Roster Standards

- ★ Cross country is an all-inclusive sport! Everyone makes the team and will compete, regardless of ability level!
- ★ A 2-mile time trial will be held on the track during the tryout period to ensure athletes are physically able to handle the training demands of the sport and to initially divide athletes into training groups.
- ★ An athlete will NOT be entered into a meet until they have run the 2-mile time trial.
- ★ Times athletes should strive for: Boys under 14:00, girls under 16:00

### Practice

- ★ Practices are after school from 3:30 to 5:30 each week day! Practices may be held in the morning before the school year starts.
- ★ Athletes will check-in to practice by scanning a QR code and completing the corresponding Google Form.
- ★ Athletes are expected to be at every practice and should plan their schedule to attend each meet!
- ★ Each athlete is expected to display a positive attitude and a desire to work hard and be successful.
- ★ If an athlete can't attend practice, they must submit an absence form (CVHS XC 2021 Absence Google Form) located on the "Team Links" section of the athletics website.
- ★ Excused absences include meeting with a teacher for academic help, doctor's appointment, or family/religious gathering.
  - Other excused absences can be arranged by communicating with Coach Fanale.

- ★ Absences not submitted through the Google Form will be counted as unexcused.
- ★ Excessive absences, whether excused or unexcused, may result in not being entered in a meet and possible removal from the team.

### Things to Bring to Practice

- ★ Water bottle (32 oz.), running watch, towel
- ★ Clothing - Shirt, shorts, socks, and running shoes plus extra clean clothes to change into at the conclusion of a workout to ensure cleanliness.
  - Sweatpants and long sleeves will be required after Columbus Day!
- ★ Appropriate running shoes purchased from a specialty running store like Potomac River Running and be fit to your specific gait. IT MAKES A DIFFERENCE!

### Transportation

- ★ Athletes are responsible for providing their own transportation to and from practice, especially if practice is off-campus (i.e. - Burke Lake).
- ★ FCPS Transportation forms must be filled out by all athletes!
- ★ Buses will be provided for all meets.
- ★ All competing athletes are expected to ride the bus to and from meets unless pre-approved by Coach Fanale.
- ★ Athletes may leave meets when they're over with THEIR parents only after checking out with one of the coaches. A coach must visually see parents before approving the request.
- ★ Athletes are expected to stay for the entirety of the meet!
  - A pitcher doesn't leave the venue if they've been taken out after the 5th inning!
  - Exceptions may be made if parents/athletes email in advance about an extenuating circumstance.

### Lettering

A varsity letter may be awarded if one of the following requirements are met:

- ★ Participation in at least 50% of varsity-level competitions.
- ★ Participation in district, regional, or state competitions.
- ★ Senior who has been a member of the team for all four years.
- ★ Being an outstanding member of the team as determined by the coaches.

### Injuries

- ★ Like in all sports, injuries (unfortunately) can be a part of distance running.
- ★ If an athlete suspects they're injured, they must notify Coach Fanale and visit the certified athletic trainer (ATC) - NO EXCEPTIONS!
- ★ An athlete will only be directed to see a doctor only at the discretion of the ATC!
- ★ Coach Fanale will consult with the ATC to check on the athlete's return-to-run status.

## Violations

All actions listed are potential consequences based on the severity of the offense.

- ★ **1st offense/warning** - An athlete may be removed from practice. The offense will be discussed with the athlete. Parent/guardian may be notified. Athlete may be suspended for a meet.
- ★ **2nd offense** - May result in dismissal from the team.

## Parent Volunteers Needed!

Parent help is very important to the success of any program! Parent helpers may be needed for the following tasks:

- ★ Weekday district meet helpers to assist in timing, course marshaling, help with finish line management, etc.
- ★ Fundraising - Help coordinate Runathon with Coach and help set-up any team nights at local restaurants.
- ★ Help coordinate team pasta dinners
- ★ Snack/water coordinators for meets
- ★ Banquet coordinator
- ★ Booster club representative

## Meets

Centreville High School competes in the Concorde District, which includes Westfield, Chantilly, Oakton, James Madison, and South Lakes. We compete in the Northern Region (a.k.a. Region D) which includes all of the aforementioned Concorde teams and the Liberty District schools of Herndon, Langley, McLean, George C. Marshall, Washington-Liberty, Wakefield, and Yorktown. We compete at the state level in VHSL Class 6A.

Meets on Wednesday afternoons are after school, against members of our district and are primarily at either Burke Lake Park in Fairfax Station or Lake Fairfax Park in Reston. These meets are mainly for underclassmen and JV runners. Meets on weekends are invitationals. All varsity-level athletes should expect to compete at these meets. Most of these meets are large enough to accommodate JV runners AND freshmen! Therefore, all team members should expect to compete at these meets. If unable to compete, please email Coach Fanale as far in advance as possible! Below is a prospective version of our schedule. Please note that this schedule is subject to change!

## Miscellaneous

- ★ Detailed scheduling information is on the team website and the Facebook group.
- ★ Any scheduling conflicts should be emailed to Coach Fanale ([jmfanale@fcps.edu](mailto:jmfanale@fcps.edu)) IMMEDIATELY!
- ★ Uniforms and spirit wear will be purchased and kept by all team members.
- ★ You MUST have a uniform to compete at a meet, no exceptions!
- ★ The purchase of a uniform and spirit wear is one of our fundraisers!

# Team Rules Signature Sheet

1. All of the rules and consequences set forth by Fairfax County Public Schools and Centreville High School will be followed.
2. The head coach will be notified prior to any missed practices , excused or unexcused. Excessive absences may result in dismissal from the team.
3. The coaching staff reserves the right to discipline any athlete for actions or attitudes which hurt the morale of the team or school and do not adhere to the philosophy of the program.

I have read, understand, and agree to the rules and regulations of this program.

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Student Signature

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Parent/Guardian Signature

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Student Name (Print)

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Parent/Guardian Name (Print)

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Date