

# Centreville High School Cross Country

## Team Rules and Policies - 2022

Welcome to the Centreville High School Cross Country Team! We are looking forward to an exciting season! Please make sure you join the Schoology group, Facebook group (Centreville High School Cross Country), and follow us on Instagram (@centrevillexcnfnf)!

### Tryouts

The first day of practice will be August 1, at 7 AM, on the track. A 2-mile time trial will be held by the end of the first week. Any make-up time trial will be held on a TBD basis.

You will need to turn in the following: **VHSL physical (conducted after May 1, 2022 and turned into the activities office or ATC; all 4 pages must be filled out), emergency care card, concussion education, and FCPS transportation forms.** All forms can be found and submitted through R-School (<https://centreville-ar.rschooldtoday.com/>).

Step-by-step directions are located here:

<https://www.training.rschooldtoday.com/sites/training.rschooldtoday.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 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

- ★ ***Athletes are expected to be at every practice and should plan their schedule to attend each meet!***
- ★ Practices are after school from 3:30 to 5:30 each weekday! Practices may be held in the morning before the school year starts.
- ★ 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 email Coach Fanale at [jmfanale@fcps.edu](mailto:jmfanale@fcps.edu).
- ★ 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.
- ★ Excessive absences, whether excused or unexcused, may result in not being entered in a meet and possible removal from the team.

## 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.

***All team members must commit to competing at any and all meets!*** 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! Below is a prospective version of our schedule. Please note that this schedule is subject to change!

<b>Date</b>	<b>Meet Name</b>	<b>Location</b>
September 10, 2022	Monroe Parker Invitational	Burke Lake Park; Fairfax Station, VA
September 15, 2022	Concorde Meet #1	Lake Fairfax Park; Reston, VA
September 17, 2022	Braddock Relays	Lake Braddock Secondary School; Burke, VA
September 21, 2022	Concorde Meet #2	Lake Fairfax Park; Reston, VA
September 24, 2022	Oatlands Invitational	Oatlands Plantation; Leesburg, VA
September 29, 2022	Concorde Meet #3	Burke Lake Park; Fairfax Station, VA
October 6, 2022	Concorde Meet Rain Date	Lake Fairfax Park; Reston, VA
October 8, 2022	Glory Days Grill Invitational	Bull Run Regional Park; Centreville, VA
October 11, 2022	Concorde Meet #4	Burke Lake Park; Fairfax Station, VA
October 15, 2022	Milestat.Com Invitational	Pole Green Park; Mechanicsville, VA
October 19, 2022	FCPS JV Invitational	Burke Lake Park; Fairfax Station, VA
October 27, 2022	Concorde District Championship	Burke Lake Park; Fairfax Station, VA
November 3, 2022	Northern Region Championship	Burke Lake Park; Fairfax Station VA
November 12, 2022	VHSL 6A State Championship	Oatlands Plantation; Leesburg, VA

### 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 every day after Columbus Day!
  - Check the weather forecast the day before so that you can proactively plan what you will bring to practice!
- ★ 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 most meets. Any meet during the week after school will have a bus. Certain invitationals (i.e. - Monroe Parker & Glory Days) won't have a bus due to the close proximity to CVHS.
- ★ 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 an athlete leaves.
- ★ 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.

### Uniforms

- ★ 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!
- ★ Information on how to purchase uniforms and spirit wear will be available on the first day of practice.

### Fundraising

- ★ We have two fundraisers this year - the car wash and the Runathon.
- ★ Car wash: July 16 & August 13
- ★ Runathon date: August 19
- ★ All team members are expected to participate in all team fundraisers.
- ★ We may have several more fundraisers through local restaurants and businesses.
- ★ Proceeds from our fundraisers may pay for senior gifts, the banquet, and for travel/lodging expenses for the Milestat.Com Invitational.

## 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.

## 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.

## 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 dinners
- ★ Snack/water coordinators for meets
- ★ Banquet coordinator
- ★ Booster club representative

## Communication

- ★ Please direct any questions or concerns to Coach Fanale at [jmfanale@fcps.edu](mailto:jmfanale@fcps.edu).
- ★ All team information will be posted on the school athletic website ([www.wearecville.com](http://www.wearecville.com)) and on the team Schoology page (access code is **7SG6-GB88-XVHX9**).
- ★ Parents! Make sure you are on our email list so that you can receive up-to-date information and reminders about practices, meets, and team events!
- ★ Follow us on Facebook at "Centreville High School Cross Country" and on Instagram @centrevillexctf!

# 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