

2022 Falls Church Cross Country Team Information

Please both athlete and parent read this entire document and fill out the following web form that you have read this information.

<https://forms.gle/duYvavAJUKkFmMc66>

Coaches

Matt Smith-Head Coach, msmith@fcps.edu and Craig Day-Assistant Coach, bhryan@fcps.edu

Workouts posted at <https://www.strava.com/clubs/jaguarsrun>

Team news at: <https://fallschurchsports.org/main/teamnews/id/28369/seasonId/4713041>

Athletes must be registered and submit physical before beginning to practice with the team. No exceptions.

Sports registration site: [Fallschurch-ar.rschoolday.com](https://fallschurch-ar.rschoolday.com)

Student Physical form can be handed in at the first practice. Physical form can be found at: <https://fallschurchsports.org/main/filesLinks/>

Physical Appointments at: <https://fallschurchsports.org/main/adnews/ID/53602635>

Practice

Key dates: **August 1st official practice starts at 7:30am-9:30am at the Falls Church HS Stadium.** Athletes must complete 20 days of practice before their first competition. On the first day of school on August 22nd practice will switch to FCHS Mon-Friday from 3:30-5:30pm. An August practice schedule will come out later with alternative practice venues.

Equipment Needed

You must purchase a school cross country uniform (cost approx \$35) to be worn at all competitions. The uniform can be used in cross country, indoor and outdoor track. Order link below will be given at a later time. You need a singlet and green shorts.

Good running shoes, racing spikes, socks, shorts, t-shirts, black warm-up pants, 32 oz water bottle with name on it, cold weather gear-long sleeves, wind/rain resistant jacket, gloves, winter hat, and tights. A running watch is helpful. **Dress for the weather!**

Here are the names and addresses of two excellent, local running stores to help with shoes/spikes:

Road Runner Sports, 1120 W Broad St, Falls Church, VA 22046

Potomac River Running Store, 111 Maple Ave W, Vienna, VA 22180

Eligibility

To be eligible to participate in Cross Country: You must adhere to the Individual Eligibility Rules found on the Athletic Department website.

- Must be cleared on the eligibility list to participate. All paperwork must be submitted to the activities office

- You must turn in all required paperwork including this form. (**Student Athlete Info google Form**) The **Student Athlete Info Form** is filled out electronically through the computer. If an athlete does not have access to the internet please see Coach with correct student emails, parent emails, and parent phone numbers.
- You must be academically eligible according to VHSL rules (pass 5 classes in the semester prior and pass 5 classes during the first semester of this year.

Team Rules

A violation or repeated violation of the rules below will result in dismissal from the team.

Attendance

- Attendance by 3:30PM. Do Not be Late!
- It is **your** responsibility to check out with a coach when you leave.
- If you are absent from school, you may not come to practice. (Let your event coach know via email asap)
- If you know you must miss a practice, you must clear it with the head coach in advance. Please produce a note in writing and/or email notifying the coaching staff of the absence in advance.
- Accumulated unexcused absences will result in non-participation at meets or dismissal from the team.
- Excused absences must be given to the coach prior to a missed practice (Examples of excused absences: school events, absence from school.) Emails regarding missing practice or coming late should be emailed to the head coach.
- Please schedule all appointments outside practice hours, if you must schedule an appointment during a practice please provide coaches with advanced notice.

Other Rules

- Follow all return to play COVID Guidelines.
- Lying, cheating, stealing, and skipping practice is inexcusable. This will result in dismissal from the team.
- Cutting run courses or misbehavior while running off of school grounds may result in the team not being allowed to run off of campus. Running off of campus is a privilege.
- Distance runners must follow all safety protocols when running off campus such as running on sidewalks, using crosswalks, stopping at light signals, looking both ways, wearing bright colors, running with a partner, staying on route, no headphones, and other verbal commands the coach gives.
- All athletes are expected to show respect to their coaches, captains, and teammates at all times. **THEY MUST ALSO SHOW RESPECT FOR ALL EQUIPMENT.**
- Athletes are expected to come prepared each day with all required clothing and equipment. You must be prepared to run outdoors in the cold and/or wet weather.
- **Your education is paramount.** If you're struggling in school please talk with the head coach. Generally speaking homework, papers, projects, etc. are not considered excused absences but please communicate so we can work a plan out so you can be successful in track and school.
- IN A NORMAL YEAR athletes would ride the bus to and from meets. THIS YEAR it is not possible for all of us to ride the bus due to COVID regulations. Some athletes will have to provide their own transportation. Athletes must be ready to run with uniforms and warm ups on **prior** to getting on the bus. No one may leave a meet without having consulted the Head Coach **PRIOR** to the meet.
- All Athletes are expected to attend all meets if entered in an event. This year there are event registration limits so stay tuned to each week's meet entries.
- Athletes must conduct themselves respectfully at meets.
- Athletes are to take care of themselves both mentally and physically. That means they are to eat well balanced meals, **HYDRATE**, get plenty of rest and not jeopardize their ability to perform on the team. Athletes are expected to present themselves in a manner that represents the team and the school in a positive way.
- **All injuries must be reported to a Coach and to the Athletic Trainer immediately.**

Lettering Requirements

In order to earn your Varsity Letter on the Cross Country Team, you must:

- Adhere to the FCHS participation and eligibility requirements.
- Compete in all weekly cross-country meets unless injured or excused by a Coach. If you miss a meet after saying that you would be there to participate, **you will put yourself in jeopardy to be able to compete at other meets..**
- Athletes who **VOLUNTEER!** Volunteering to run unpopular events shows character and willingness to improve! Athletes who volunteer to help the team show commitment to the program!
- Participating in our district championship qualifies you.
- Attend practice every day unless sick, injured or otherwise excused by a coach or trainer. If sent home **early** from school just let the head coach know via email.
- Follow all team rules.
- Show team spirit, dedication, and commitment to making themselves and the team a success both at practice and at meets.
- Finish the season as a Junior or Senior with few unexcused absences.
- Participate in all **team and athletic department fundraisers.**

Team captains

- Team captains will be chosen with all coaches input and athlete input after a few weeks of practicing.
- Captains should show leadership, be punctual, follow all rules, show inclusivity, and generally be outstanding role models for the other athletes.

Coaching philosophy

- Success on our team is not defined by wins, loses, medals, records, etc.
- Success is defined by the character of the athlete we help to mold.
- If you work hard, be a good teammate, show respect to each other, show sportsmanship, and compassion we will be successful!
- We hope to also learn from our athletes. So communicate, ask questions, lead, and learn to be a better athlete.
- If we work together we will have a successful season.

Communication!!!

- The Official communication between student-athletes/parents and coaches is email. All coaches' emails are listed above. I will obtain all emails entered in **the Track Info Form at the link at the top.**
- You may also obtain basic team information from

<https://fallschurchsports.org/main/teamnews/id/28369/seasonId/4713041>

Falls Church Cross Country Team

2022-23

Contract/Contact Info

By signing this contract, the student-athlete and parent or guardian affirms they have read and understand all of the rules, regulations, and expectations listed in the Falls Church Indoor Track team rules. Further, it is agreed that all athletes must abide by these rules.

Our signatures below indicate that we have read and agree to comply with the contents of the FCHS Indoor Track Team conduct, philosophy, and eligibility expectations herein. We agree that the athlete will attend all practices and meets in which his or her Falls Church High School athletic team participates.

PRINTED NAME OF STUDENT/ATHLETE: _____ **use link** _____

SIGNATURE OF STUDENT/ATHLETE: _____ **use link** _____

Student Contact Information:

*Please type in the following web address and fill out **Student Athlete Info Form** completely!

PRINTED NAME OF PARENT/GUARDIAN: _____ **use link**
link _____

SIGNATURE OF PARENT/GUARDIAN: _____ **use link** _____

Parent Contact Information:

DATE: _____ **use link** _____

Please both athlete and parent read this entire document and fill out this track web form that you have read and agree to this information.

<https://forms.gle/duYvavAJUKkFmMc66>