

FALLS CHURCH HIGH SCHOOL
Cross Country Handbook
2015



Athlete Check List

The following is a list of things to take care of before the season begins on Monday February 23rd 2015

- 1.) **VHSL Athletic Physical.** Athletes will not be allowed to practice with the team until parent and doctor has completely filled out all the information on this form and obtained physician signature. Extra forms are available in the Activities Office. **MUST BE A VHSL PHYSICAL COMPLETED AFTER MAY 1st 2014.** If you completed a played another sport this should already be complete.
- 2.) [Link to Emergency Care Form.](#) **Please Type this form,** Athletes will not be allowed to practice with the team until a parent has completely filled out the information on this form. Please complete the form on-line. Extra forms are available in the Activities Office.
- 3.) **Athlete and Parent Concussion training.** You must complete the concussion training in order to be eligible to participate, follow the link below to get started.
[Parents Concussion Education](#) [Student Concussion Education](#)
- 4.) [Extracurricular Policy](#) :You must read the FCPS extra-curricular policy and return the last page signed by both the student-athlete and the parent.
- 5.) **Team “Spirit Wear” Order:** We will be using Potomac River Running for our team spirit wear order form once again this season. Use the link to order team spirit wear. You will pay for the clothing online, it will be delivered to Coach Krause at FCHS and he will distribute it at practice. All spirit wear is strictly optional but it is highly suggested you purchase 1 pair of competition shorts.
- 6.) **Team Uniform:** Each student athlete who will be competing in meets will be issued a team jersey. It is advised that athletes order a pair of shorts through the team “spirit wear” order form. If students do not order shorts on their own they may borrow shorts from the school. Any borrowed equipment must be returned at the end of the season.

Coaches Contact List

<u>Coach</u>	<u>Email</u>	<u>Title</u>
Bobby Krause	rlkrause@fcps.edu	Head Coach
Brandon Booth	bpbooth@fcps.edu	Assistant Coach(Sprints/Jumps)
Craig Day	cday59@verizon.net	Assistant Coach(throws)

Official Communication

All official communication between coaches, athletes and parents must be through email. If there is an emergency coaches may be reached at their cell phones however please refrain from calling. If you will be missing practice or have missed practice you must email Coach Krause at rlkrause@fcps.edu.

Practice

Due to facility limitations practice time will vary. We will try to keep practice from 4-6pm Monday through Thursday. Friday practices will be predominately from 315-515pm. A practice schedule will be posted on our team website www.fallschurchsports.org. Please be on time and please notify Coach Krause at rlkrause@fcps.edu if there any issues with attendance.

Team Rules

A violation or repeated violation of the rules below will result in dismissal from the team at the discretion of the coaching staff.

- Talking on cell phones at practice is not permitted. They may only be used once practice is over.
- Lying, cheating, stealing, and skipping practice without a valid excuse is inexcusable. This will result in immediate dismissal from the team.
- If you are absent from school you may not attend practice
- Athletes are expected to attend practice daily with all required equipment including proper footwear and clothing.
- Injured athletes are expected to check in with the athletic trainer and follow any treatment plans. Injured athletes are not excused from practices.
- All athletes will ride the bus **to** and **from** meets. Athletes must be ready to run with uniforms and warm ups on prior to getting on the bus. All athletes are expected to ride the bus if there is an extenuating circumstance that you must be driven to or from a meet then it must be cleared with the activities office at least 48 hours prior to the competition
- All injuries must be reported to a coach and to the athletic trainer immediately.
- All athletes will turn in grade sheets with acceptable grades signed by all teachers on the appropriate days. If you do not turn in your grade sheet you will not compete in the next meet.
- Any grade sheet turned in with a “D” or “F” mark will require study hall attendance on all days of study hall until mark is improved. Students who do not attend study hall may be suspended from practice or excused from the team.
- All uniforms and warm-ups must be turned in within 48 hours of athletes’ last competition.

Attendance Policy

All student-athletes are expected to attend **EVERY** practice as well as **EVERY** meet. Like any other team our success depends on our athletes being present. We understand that school work is everyone’s priority however by signing up to be a member of the track team you are agreeing that you can meet the demands of academics as well as athletics. Students outside work schedules are not to interfere with practice or meets. The following guidelines will be strictly enforced.

Conduct

Falls Church Cross Country Athletes are representatives of the school and the community. Each athlete is responsible for supporting their teammates, making a positive contribution to the team, and act responsibly in every situation. Problems must be handled in a mature and rational manner and demonstrate good sportsmanship at all times. Athletes who are unable to live up to these standards or violate these rules will deem themselves as un-coachable and or a distraction to the program resulting in disciplinary action by the coaching staff that may include suspension from practice, competition privileges, entry to races or dismissal from team.

Competitive Opportunities

As a team we will be competing at many different meets throughout the season. It is our policy to carry a large team in order to give the most students the ability to be on a team and gain the health benefits of a comprehensive cardiovascular and strength training program. When it comes to competition the coaches will decide who is running based on the competition, what is best for the individual's development and for the team's success.

Varsity Lettering Requirements

- Adhere to the FCHS participation and eligibility requirements
- Compete in all weekly track meets and invitationals unless injured or excused by a coach
- Be a member of the District Championship team or one of its alternates
- Have zero unexcused absences
- Turn in all equipment in good condition at the end of the season.

Coaching staff may award a varsity letter to an athlete that has shown exemplary dedication to the team despite not being a top runner.

Participation Award Requirements (Junior Varsity)

- Adhere to the FCHS participation and eligibility requirements
- Compete in all weekly track meets and invitationals unless injured or excused by a coach
- Complete the entire season
- Turn in all equipment in good condition at the end of the season.

Quitting Policy

If a student athlete can no longer meet the requirements for being on the track and field team he/she must notify Coach Krause in person. All school equipment including uniform will be due within 48 hours of being dismissed from the team. Students who do not return in uniforms will be assessed a \$100.00 fee after 48 hours of dismissal from the team.