



**Cross Country
High School
2021**

PARENTS INFORMATION DOCUMENT

The objective of this document is to provide you with all the information about your child's upcoming season and to make all expectations clear for everyone. Communication between parents and the coaching staff will be very important for everyone to enjoy a successful Cross Country season.

Coach Introduction

-This will be Erin Murray's 5th year as the Head Coach for the High School Cross Country Team! Running has always been a passion of Erin's, she even got to be a founding member of the Telluride Cross Country Team back in 2008.

-This will be Sara Lopez's 4th year as the Assistant Coach. She is excited to continue watching the team develop their skills and passion for running.

“Winning at the professional level is required. Winning at the collegiate level has become expected. Winning at the high school level should be a pleasant by-product to what you're really supposed to be doing, which is developing young people into productive citizens.”

- Robert Kanaby, NFHS Executive Director (1993-2010)

MISSION OF TELLURIDE ATHLETICS

Telluride Athletics is committed to excellence in athletics while supporting the educational objectives of Telluride Middle/High School. We meet student-athletes at their individual skill levels and educational needs and provide an opportunity for each student-athlete to challenge themselves every day and to learn life lessons that will optimize their overall development. We focus on creating opportunities for all student-athletes to develop skills through individual instruction, peer interaction and competition. While winning is not an end in itself, we believe that our student-athletes' efforts to be their best will lead them to succeed. Our mission is that all individuals associated with Telluride Athletics (coaches, staff, student-athletes, alumni and parents) will value character traits developed through athletic participation. We expect all participants to respect themselves and others, demonstrate loyalty, be good teammates and put the team before themselves, handle failure like they handle success, have school pride, have a strong work ethic, be honest, and show up and be prepared.

Coaching Philosophy

Throughout the season, we hope to expose and teach student athletes the fundamentals and joys of Cross Country. Cross Country is a very different sport because the athletes are competing as individuals and as part of a team. It is our goal that our team focuses on working together and taking care of their teammates. Throughout the season we will focus on character development and what it means to be a good teammate, a role model, and a respectful citizen. Our overall goal for the season though, is for the kids to have fun!

Our Key Values

- Be Respectful
- Care for your teammates, your coaches, and yourself.
- Be On-Time
- Demonstrate Good Work Ethic

Team Expectations/ Goals

- For the students to develop a passion for running and to have fun.
- Maintain excellent academic standings
- Maintain excellent school/ community wide behavior and be a role model
- Have a good attitude and be a productive team member
- Make a commitment to the team and coaches.
- For the students to improve their personal running times.

Time Commitment

- Practice will run Monday-Friday from 3:30-5:00 with the exception of holidays, half days, and meet days. Some days practices will end earlier depending on what skill we are working on that day. Tuesday practices will be independent distance runs that can be completed during Early Release times. THS students will be required to check-in and check-out with Coach Murray on these days.

Meet Participation

- Participation in Meets depends upon practice attendance, attitude, and school performance.
- Students must attend practice the day before a meet.
- IF for any reason we are only allowed to bring a limited number of runners, we will use attendance and times to determine which runners will participate.
- If a student is going to miss practice they must have their parents contact the coach 24 hours in advance. If the coach is not given notice the student will be marked with an unexcused absence. Parents will be notified. *If this becomes a problem, the runner will not be allowed to participate in the meets.
- If students are going to miss practices to work on schoolwork, they must schedule an appointment to work with a teacher during the practice time, otherwise they will be marked unexcused.

ACADEMIC/ DISCIPLINE ELIGIBILITY RULES

In addition to CHSAA and league regulations, all Telluride Middle/High School rules and regulations shall be in effect while a student participates in interscholastic athletic programs. The following should be given special attention:

On the day of an athletic contest, student athletes who arrive late in the day (3 periods) or miss the entire day are INELIGIBLE to compete that day unless they obtain permission from the Principal and Athletic Director due to extenuating circumstances.

Students on either in-school or out-of-school suspensions are not permitted to attend any day, evening, or weekend activities (practices, contests, extra-curricular events). A student's suspension will end at 12:00 midnight on the final day of suspension. If suspended (in or out-of-school), a one-week ineligibility penalty will automatically be imposed.

High school students must be enrolled in at least 2.5 Carnegie Units (5 classes) and must pass at least 2.0 Carnegie Units (4 classes) in order to be eligible by CHSAA standards (in other words, they cannot be failing more than one class). This standard must be met during the present quarter and during the previous semester. In addition to CHSAA standards, Telluride requires weekly eligibility. Eligibility for school-sanctioned activities is recognized as a privilege awarded to a student who has a passing grade in both academic and conduct areas. Eligibility will be based on a student's passing grade in academics on a week-to-week basis regardless of whether the student is passing on a cumulative basis. Any student receiving two or more failing marks in any class for academics will be ineligible for one week starting the following Monday. The student will not be able to participate in the activity for one week, Monday through Monday. Ineligible students may continue to practice with the team, subject to their coach's discretion. Students who are able to improve their grades to passing will be reinstated as eligible members of their team, provided all CHSAA guidelines are met. Any suspension for discipline automatically results in ineligibility from the day of suspension for a week. Discipline/ inappropriate conduct that is not a direct violation of the code of conduct and does not result in suspension will be taken on a case by case basis and coach/athletic director/ principal will determine if any game suspensions are necessary. *Coaches may hold team academic/ discipline eligibility rules to a higher standard

Team Rules

If a student is going to miss practice they must have their parent contact the coach 24 hours in advance. If the coach is not given notice the student will be marked with an unexcused absence. Parents will be notified. *If this becomes a problem, the runner will not be allowed to participate in the meets.

Transportation

Once runners have finished participating, students, after parents/guardians have signed out with the coach, may leave with their parents/guardians. If leaving with another family a letter/email must be provided from the child's parents 24 hours prior to the meet. Students may not ride with other students or drive themselves.

Important Dates

- Regionals: October 23rd at Confluence Park in Delta. More information to come.
- States: October 30th at Colorado Springs, so we will have an overnight stay on the 29th. More information to come.

Varsity/JV Information

- Students will be competing at the Varsity level.
- Student Athletes will be awarded a Varsity Letter/Pin if they compete in at least 3 of the meets and will be marked as JV if they compete in less than 3 meets.

PARENT CODE OF CONDUCT

1. Be encouraging and supportive towards my respective student and his or her team.
2. Exemplify good sportsmanship towards the visiting team, its coaching staff, fans, school and community.
3. Exhibit a positive attitude and good behavior at all athletic contests, both home and away.
4. Show respect and exhibit good behavior towards all contest officials.
5. Will refrain from using profanity or demonstrating any other negative behavior.
6. Avoid criticism of any student, coach or contest official.
7. Refrain from interfering with the coaching staff and their responsibilities.
8. Acknowledges that the coaching staff is responsible for my respective student during practices, games, and any other team-related functions.
9. Will promote a safe, positive and fair environment.
10. Will provide and sign all necessary forms, with accurate information, to the school's Athletic Department.
11. Will respect the rules and regulations of the team, school and respective state association.
12. Attends pre-season parent meeting so they are properly informed.

Coach Contact Information

Head Coach: Erin Murray - emurray@telluride.k12.co.us – (970)708-7746

Assistant Coach: Sara Lopez – slopez@telluride.k12.co.us

Communication with Athletes

All of our information can be found on www.tellurideathletics.com

Communication with Parents

Please visit our teams' section regularly on www.tellurideathletics.com for any updates. Weekly Newsletters will be posted in the "news" section of our site on Sunday evenings or Monday mornings. You can expect to find information on upcoming games, practice schedule for the week, travel information, and other important information for the week. Please feel free to contact the coach directly if there is any confusion with the weekly newsletter.

**Telluride Middle/High School
Parent/Coach Communication Guide**

Parent-Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents whose children are involved in our athletic program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication Parents Expect from their Child's Coach

1. The coach's philosophy
2. Expectations the coach has for your child, as well as all the players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e., fees, special equipment, off-season conditioning
5. Weekly Newsletter with any important information
6. Disciplinary procedures that results in denial of your child's participation

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance of the practice or event
3. Specific concern in regard to a coach's philosophy and expectations

As your children become involved in the programs at their middle and high school, they will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, we encourage discussion with the coach.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues NOT Appropriate to Discuss with Coaches

1. Team strategy
2. Play calling
3. Other student participants

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Discussing Concerns with Coaches

1. Encourage your child to speak with the coach directly and discuss his/her concern. Many times, the matter can be taken care of at that time.
2. Call the coach to set up an appointment where the parent(s)/Guardian(s) and child can speak with the coach directly.
3. If the coach cannot be reached, call the Athletic Director to set up the meeting for you (970)-369-1210
4. Please do not attempt to confront a coach immediately before or after a contest or a practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution (24 hour rule).

What can the parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation (970)-369-1210. Please note: The Athletic Director will not meet until after a meeting was held with the coach.
2. A meeting with the Athletic Director/Coach/ and or Athlete may be appropriate
3. At this meeting, the appropriate next step can be determined
4. If a meeting with the Athletic Director did not provide a satisfactory resolution, an appointment with the building principal may be requested.

Research indicates that a student involved in sport activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided in these guidelines make your child's and your experience with the high school athletic program less stressful and more enjoyable.