

# **SDA Cross Country 2023**

## **2023 Coaching Staff**

Head Coach: Gordy Haskett

Assistant Coaches: Hank Glass and Christina Remmling

## **Coaches Expectations**

All team members will be expected to represent themselves, their families, their high school, and their team in a proud and positive manner while attempting to do the very best that they are capable of doing.

Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury. Team members are expected to be at practice each day and fully participate in that day's workouts.

## **Synchronize Your Watches**

Practices are held Monday through Friday and begin exactly at 3:45 pm and end at approximately 5:30 pm. On Wednesdays, practice will begin at 2:40 pm and end at 5:30 pm. You will be allowed to leave practice after all core, drill and stretching exercises have been completed, not before. Leaving before will be considered an unexcused missed practice

## **What Should I Bring?**

1. All athletes are required to provide for themselves the following equipment:
2. Appropriate running apparel
3. Proper running shoes. Any athlete coming to practice without appropriate running footwear will not be allowed to run that day (skate shoes are for skating)
4. Water bottle
5. Running watch

## **What not bring?**

ELECTRONIC DEVICES during practice.

This is team time, not your phone time. This is team time, not text time. This is team time, not listen to music time. This is Coach's time with you!

## **The Point System and what that means...**

Everyone starts the season with 100 points and a place on the Team. Finish the Season with less than 50 points and you will not receive a Varsity Letter. Less than 25 points and you are off the team. It takes a lot to lose these points. This is how it works:

- ⇒ Miss one practice with a legitimate excuse (must be received by Gordy) -5 points
- ⇒ Miss practice with no excuse -10 points
- ⇒ Coming to practice with no way to run (forgotten shoes or running clothes) - 10 pts

- ⇒ Additional missed excused practices -5 pts each day missed, unexcused -10 pts for each day missed
- ⇒ Miss two or more practices in a week and you will not run in that week's competition
- ⇒ Missed Competition with legitimate excuse -25 pts, unexcused -50 pts

If you miss 10 or more total practices due to injury or illness you will be removed from the roster.

For safety reasons you must run with others and never alone. If you are running by yourself by choice or can't stay with another runner on the team during a workout, you will be asked to leave the team. If you are seen violating rules of the road (not looking both ways before crossing the street, darting in front of moving vehicles...etc.) besides getting seriously hurt, you run the risk of being removed from the team.

### **Ways to inform Coach Gordy you will be missing practice**

Do not assume your parents have done it for you! Do it yourself.

1. Tell him in person.
2. Leave a note in the Cross Country mailbox in the Athletic Office or have one delivered to him at practice by a teammate.

### **Unexcused absences include but are not limited to (Keeping in mind that you chose to be a part of this team.)**

- I have friends and/or relatives in town and we have to show them around. (Show them around after practice or invite them to come run with us!)
- My parents are making me go to my Aunt Edna's house for dinner. (Go after practice and make sure to invite Aunt Edna to your next meet!)
- I'm really tired, sore and don't feel good. (There will be days we all feel this way. Smile, focus on your goals and be proud you compete in the toughest sport around...remember our sport is other sports' punishment).
- I'm going to the America's Got Talent Air Band concert tonight. (Go after practice)

### **Excused absences would include: (Provided you clear this with Coach before practice!)**

- Family emergency
- Religious observances
- School work and homework with valid documentation from teacher (no clearance -10pts)
- Have to meet with a teacher for extra help (Come to practice as soon as you can after or arrange to get extra help at lunch) with valid documentation from teacher (no documentation -10pts)
- Injury or Illness. Our Trainer or a doctor will be involved in determining proper course of treatment.
- College Visitations (Bring me back a bobble head for the bakery)

- Doctor/Dentist appointment. Please try to make these appointments for non-practice time.

### **What we need to know**

Each student-athlete is expected to report **any** and **all** injuries or illnesses **immediately** to Coaches. Allergies, asthmatic condition, etc. must also be made known to the coaching staff. All injured athletes are required to check in with the coaching staff for an update on injury and rehab before missing a practice.

### **Club Sports**

Club sports are a wonderful thing and I wholeheartedly support them as long as they don't take the athlete away from their chosen school sport or their academic studies.

Club practices – Go after cross country practice. We finish at 5:30pm, if we have to modify your workout on certain days, we can discuss this option, but this cannot be an ongoing conflict.

### **Staying on the Team**

Team members will be immediately removed from the XC team if any of the following violations occur:

1. Failure to maintain those academic standards established by SDAHS: 2.0 GPA
2. Violation of SDAHS drug, tobacco, alcohol policy
3. Failure to meet the team's attendance policy
4. A continually demonstrated inability to adhere to the team's philosophy and team's goals regardless of attempted and documented interventions
5. Any student-athlete who is disqualified from a competition for unsportsmanlike conduct (bad language, intentional physical contact with another competitor, taunting, etc.) will be removed from the roster
6. Any student-athlete suspended from school will be ineligible to return to practice and competition until he or she returns to school. Any administrator assigned detention or teacher-assigned detention must be served before reporting to practice/meet.

### **Uniforms**

Competition Shorts, Singlets, Warm-up Jackets, Pants and Carrier bag will be issued to every member of the Team with the understanding that this equipment will be maintained and returned washed in proper condition. Any and all tears, stains or excessive wear and tear must be reported immediately to Coach Gordy. Accountability will be assessed for lost or damaged equipment.

### **Earning a Varsity Letter**

- Finish the season with no less than 50 points and in good standing with the team
- Finish the season scholastically eligible
- Turn in all equipment checked out to them
- Pay for any lost or damaged equipment

No Varsity Letter, end of season patches, certificates and team posters will be given to an athlete until uniform is returned clean and in its entirety.

**Transportation – Very Important...read carefully**

The SDUHSD provides a bus to home and away meets. Riding the bus is mandatory. If your child will not be riding the bus home from the meet with the team, we will need a note from the parent or guardian of that athlete 24 hours in advance of the meet. Unfortunately, we do not have the school district's permission to release your child to another parent, teammate, or friend. This is to ensure the safety of your child. After the meet, it is imperative that we attend to the post-race needs of our athletes and program. As coaches, we do not have time to assess who is riding home with whom.

**Coach's Statement**

It is my hope that San Dieguito Academy Cross Country will become a wonderful component of the overall high school experience. I believe it will provide every student, regardless of ability, the opportunity to experience inter-scholastic athletics with success evaluated on a self-determining basis consistent with each student-athlete's individual goals. Since competition by its nature carries significant inherent pressures, it is my belief that a minimum of external pressures and expectations be applied by the coaching staff.

It is my contention that individuals perform at their best when properly motivated, soundly trained, and placed in a happy and emotionally safe environment. Therefore, developing a proper team attitude and personality becomes paramount. I like to believe that helping develop character with as much emphasis as trying to develop runners will separate our program from the rest of the field.

Please read over these rules with your student-athlete. If you have any questions, concerns or comments, please feel free to contact me.

Thank you for giving me the opportunity to coach your child,

Gordy Haskett

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