

Saline Cross Country Team Rules - 2012

Latest Start Date & Family Vacation

- Leniency regarding these start-date rules may be allowed for students new to Saline, freshmen, and athletes cut from other sports
- To join the team, an athlete must attend practice and complete the online forms on or before August 10
 - o Because school begins several weeks after the start of the cross country season, it has become necessary to create special exceptions for athletes on family vacations
 - o Special rules are applied to family vacations because vacation dates/locations are not controlled by the athlete
 - o That being said, our official start date for practice is already set for the next few years. Returning athletes can find this information on the team website in early November of the preceding year. It is expected that athletes share this information with their parents.
- If an athlete misses practice because of family vacation, it will be excused with the following stipulations
 - o The athlete must be on a family vacation and not involved in other extra-curricular activities
 - o The athlete must notify Coach Spina by email of the expected dates of absence well in advance
 - o The athlete must complete the online forms by August 10
 - o The athlete must attend at least 4 of the first 14 practices/team events
 - o While away, the athlete must maintain basic fitness
 - The athlete will keep a training log while away
 - The athlete will average 3+ miles for each day of practice missed
 - o Upon return, the athlete must submit his training log showing that he has met the requirements
 - o Upon return, an athlete may be required to complete 9 practices with the team before he is allowed to participate in any competition, time trial, or scrimmage

Practice Schedule & Location

- Official Mandatory Practice begins on August 8. Practice times and locations vary during the weeks before school. Please use the calendar to find the location and time for practice.
- When school begins, we will meet each day at 3:00. On Tuesday, Wednesday, and Thursday, the team meets in the "Varsity Team Rooms" between the locker rooms. On Fridays, the team meets in the "Wrestling Room" next to the commons area. Monday's meeting location is TBA.
- Practice ends sometime between 4:30 and 6:00. The day before a competition, practice will end around 4:30. Most practices end around 5:00. Runners in the top groups will on occasion practice beyond 6:00.

Time Limits

- The boys' cross country team can have an unlimited number of athletes
- In order to be on the team, an athlete must run a two mile time trial in 15:30
- The two mile time trial will be run on the track on or about August 10

Absences

All practices, team events, and competitions are mandatory

- Athletes arriving more than five minutes late, leaving early, and missing practice are considered "absent"
- All absences for doctor's appointments, illness, family emergencies, test make-ups, college visits and college admissions testing are considered excused
 - o If possible, it is expected that the athlete notify the coaches at least 24 hours in advance if they will be missing practice for one of the reasons above
- Pasta Dinners, Team Night at Tortoise & Hare, Middle School Team Night, Freshmen/Sophomore Night, and the Junior/Senior Outing are not mandatory team events
- The Three Mile Time Trial and Run-A-Thon are mandatory team events

Absences from Practices

- Each athlete is permitted one “free-pass,” where he may miss practice because of conflicts with other extra-curricular activities, without consequence.
 - o The athlete must notify Coach Spina at least 24 hours in advance that they will be absent from practice.
 - o This “free-pass” is intended to resolve an unavoidable conflict that may arise between the cross country practice schedule and the other school-related extra-curricular schedules that an athlete must balance.
- With one unexcused absence from practice, an athlete will complete 2 hours of administrative duty.
- With two unexcused absences from practice, an athlete will sit the next competition in which he was scheduled to compete
- With three unexcused absences from practice, an athlete may be removed from the team.

Absences from Competitions & Team Events

- All competitions and some team events (3 Mile Time Trial and Run-A-Thon) are mandatory
- While doctor’s appointments, test make-ups, college visits, etc... are considered excusable reasons to miss competition and mandatory team events, even excusable conflicts should be minimized
- With one unexcused absence from competition or team event, an athlete will sit the next race in which he would compete. Instead of missing a race, the athlete may request to complete two hours of administrative duty, which must be scheduled or completed before the athlete is allowed to compete.
- With two unexcused absences from competitions or team events, an athlete may be removed from the team