



2018 Fall Creek Jr. High Cross Country

Coaches:

Haley Richter, Jim Ziino,



We hope to have a very successful 2018 season. To ensure success, we must work very hard and work together. We want athletes that have dedication, motivation, positive attitude, and a desire to be the very best. In order to provide fairness to all team members, the following rules and regulations have been established.

ELIGIBILITY

- A IHSAA physical, HS Athlete Authorization Form, FCJH Athlete Emergency Medical Info and Concussion acknowledgement forms must be on file before the season begins.
- Students must meet the requirements for athletic eligibility outlined in the student handbook.

ATTENDANCE

- All team members and managers are expected to attend **ALL** practices and meets
- Parents wishing to discuss attendance issues, please contact Coach Ziino and Coach Richter
- Students will not be allowed to leave practice early for non-school related activities without previous contact.
- Students absent the day prior to a meet will not be allowed to participate in the meet. This applies to excused and unexcused absences. **A student-athlete must be in school for 3 full periods to be able to participate in practice or a meet that day (SOAR does not count as a period).**
- A written excuse (or email or remind text) is needed for any missed practice. The note should be given to a coach **BEFORE** practice is missed, unless the student is absent from school or sent home by the nurse. An absence from school is an excused absence from track.
- **Athletes will be able to leave home meets and SIGN OUT of away meets after a cool down is completed. We prefer athletes stay the entire time of the meet to support their team.**
- **Multiple unexcused absences will result in disciplinary action with possible dismissal from the team.**

PRACTICE GEAR / UNIFORMS

- All students should have a pair of comfortable running shoes and appropriate practice attire.
- **Students will not be allowed to practice wearing attire representing other school systems.**
- All students should have t-shirt/shorts (No Wellness Uniforms Allowed), as well as sweatshirt/sweatpants for all practices (Always be prepared to run both inside and outside, even in unfavorable conditions). Failure to participate in practice due to forgetting items at home will result in an unexcused absence.
- Locks will be issued so personal items can be left in your assigned locker in the locker room. **LOCK UP YOUR BELONGINGS!** We will not be responsible for stolen or damaged items.
- Team uniforms are **NOT** to be worn during practice. If any portion is lost or ruined, you are responsible for the replacement cost.
- Inhalers – students requiring an inhaler will not be allowed to practice if an inhaler is not given to the coaches to keep in the first aid kit. Other arrangements will need to go through the coaches or the school nurse. Arriving at practice without an inhaler will result in an unexcused absence.
- All athletes will be required to purchase the practice pack. If you need assistance, talk to a coach.

Online Website for Practice Pack Order:

MEETS

- Athletes are to **STAY** after school on days of meets for study hall, team meeting and presenters.
- Athletes are to **BRING** a snack from home or have it delivered before the end of school day. NO ORDERING FOOD after school is let out.
- Parents must sign out with a coach if a team member will NOT be riding the bus home from an away meet. We will have an attendance sheet available at the meet. Do not leave without signing out. The whole bus will remain until we locate you.
- Athletes riding home with another parent from an away meet must present a note from their parents to the coaches. ****Must be written and signed by parent and also signed out on the Away Meet Sign Out Sheet.****
- **This is a team sport. We encourage** them to stay and support their team until the end of the meet.
- No phones, mp3 players, games, books, etc. are allowed out during meets or practices. Team members are always expected to support one another and keep a positive attitude.

DISCIPLINE

All athletes are expected to behave in school as well as on the track. As a member of the team, you are a representative of the school and your community. Behavior/attitude problems, both on and off the field, will not be tolerated as long as you are a member of the Fall Creek Track & Field Team.

*****Inappropriate Behavior in the Locker Room, on the Practice Field, at Meets, and on the Bus will NOT be tolerated and will be addressed accordingly based on situation.*****

1. The following will result in some form of disciplinary action (Coaches' discretion):

- Missing practice/leaving practice/arriving late without permission from a coach = Unexcused Absence
- Discipline issues relating to other team members and/or poor attitude toward coaches/practice
- Losing or leaving behind equipment
- First referral to assistant principal/front office

2. The following will result in meet suspension(s):

- Second referral to Assistant Principal/Front Office/Athletic Director = (One-Meet Suspension)
- Assignment of 1/2 to one full day of in-school reassignment, or Friday Extension will result in a one-contest suspension. In addition, students are not allowed to actively participate in practice or meets on a day they serve this.
- Reoccurrence of unsportsmanlike behavior and/or poor attitude (Coaches' Discretion)
- Any disciplinary action taken by the Assistant Principal/Principal (Mr. Rosenbaum/Ms. Lippe) for a major violation of school rules (See Handbook)
- Two unexcused absences (Missing practice/Leaving practice/Arriving late w/out permission)

3. The following will result in dismissal from the team:

- Consistent unsportsmanlike behavior and/or poor attitude (coaches' discretion)
- Continued disciplinary action taken by assistant principal/front office (third referral, etc.)
- **Third unexcused absence**

(FOR DETAILS, SEE THE EXTRACURRICULAR ELIGIBILITY POLICY, IN THE HANDBOOK.)

Contact Info: Fall Creek Junior High 317-594-4390

****TEXT REMIND SYSTEM:** Text 81010 (Phone Number) and in the Message @falconcc1 to get set up with the Text Reminders the coaching staff will send out throughout the season.

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