

SVDP Cross Country Guidelines

(an addendum to Athletic Handbook)



ATHLETES

Practices:

- Please, be on time for practices.
- If you are participating in two SVDP sports - practices take SECOND to other sports games.
- If you are not going to be at a practice and/or you have to leave early you must let one of your coaches know as soon as possible
- Dress in layers. Be prepared by having both warm and cool clothes at each practice. Hats and mittens are essential as well.
- Bring water to every practice and a snack (1/2 turkey & cheese sandwich, granola bar, banana, peanut butter crackers, oranges, apples) if the practice is immediately after school.
- Please have proper running shoes for practice. This does not mean that you need new shoes just good shoes! If your feet / knees / hips hurt when running - time to buy new shoes.
- We advocate support, encouragement, personal growth, respect for self and respect for others, above ALL other things. Disrespectful behavior toward another or negative self-talk will not be tolerated.

Meets:

- Please, be on time for meets.
- If you are participating in two SVDP sports - MEETS TAKE priority over other sports practices.
- Most race distances for both Varsity (7th and 8th grades) and Junior Varsity (5th & 6th grades) are the same, 1 mile, some invitationals and community events may be as long as 3.1 miles.
- All runners are expected to stay throughout the entire meet
- Dress in layers.
- Listen closely to the announcements at the meets, so you do not miss your event. It is the runners' job to remain on top of this task.
- Please bring water and snacks to all meets, as the best time to refuel your taxed muscles is immediately upon completion of the running event (#1 preferred refuel is Chocolate Milk - excellent combo of both carbohydrate and protein)
- Remember at each meet, we represent St. Vincent de Paul School. Be respectful always in your words and actions.

PARENTS:

- Responsible for providing transportation to and from practice, meets & team building events

PLEASE READ OVER AND SIGN THE AGREEMENT. GUIDELINE AGREEMENTS ARE DUE WITH THE PERMISSION FORM AND PAYMENT TO THE SCHOOL OFFICE PRIOR TO FIRST PRACTICE



I have read and understood the following Cross Country guidelines:

Student Name: _____

Student Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____