

OHS Girls Cross-Country Team Guidelines & Expectations

We believe that these rules will allow for a successful cross-country season. Following these policies and procedures will be the first step to creating a positive environment. Remember, we win as a team and we lose as a team. If you have questions please ask any of your coaches.

I. Attendance

- A. All practices must be attended.
- B. If you miss practice due to in-school misconduct, or lack of communication with the coaching staff your absence will be **unexcused**. **Unexcused** absences will result in a suspension or removal from the team per Article III and IV.
- C. **Excused** absences will be determined on a case-to-case basis. Excused absences must be communicated prior to the absence or the absence will be considered unexcused.
 - Disciplinary action will be taken for more than 5 **excused** absences
 - Be mindful of appointments, clubs, etc.
 - Commitment to the team is a priority
 - See Article III and IV for potential disciplinary action
- D. Once school begins practice begins at 3:10. Do not be late. Excessive tardies will result in suspension or removal per Article III.
- E. Once school begins practice will end *no later than* 5:00 p.m. A weekly schedule will be submitted each Thursday evening via e-mail.

II. The Bottom Line

- A. If you miss practice your performance, position on the team and respect of your teammates is in jeopardy. You have made a commitment to yourself, your teammates and your school. Keep your commitment!

III. Disciplinary Action for violation of the OHS Girls XC Student-Athlete Team Guidelines and Expectations

- A. First Offense - Apology letter to coaching staff & offended parties and a one-week suspension from ALL team activities
- B. Second Offense – Dismissal from the team

These actions are up to coach's discretion in all cases.

IV. Cross-Country Meets

- A. Athletes must provide notice if alternative transportation to a cross-country meet is necessary. Athlete must arrive before warm-up for first race.
- B. Athletes who miss the bus without notice may be transported by a parent or guardian. Multiple offenses will result in suspension or removal per Article III and IV.
- C. You need to be on time. A meet announcement will be handed out and emailed out to parents on the Thursday before each meet.
- D. 45 minutes before a race, the tent and surrounding area is a no contact area outside of the team members for the athletes to concentrate on their warm-up, stretching, and mental preparation for the race.
- E. Once a race has been completed report directly to the cross-country camp. The tent and surrounding area outside the tent will serve as our locker room. There will be no contact outside of the team until your cool-down has been completed.
- F. Always remember to sign out your athletes if you are taking them home following the meet.

V. Lettering Requirements

- A. The lettering requirements will remain the same this year with the time to reach of 23:30.

VI. Uniforms

- A. The new uniforms were purchased through an anonymous donation and the incredibly hard work of the parents working on the boosters. They are much nicer than those in the past and I expect them to last for the next five years. Please wash them in cold water only! Also, allow them to hang dry. Do not place them in the dryer! If we are running in muddy conditions, please treat and wash them as soon as you get home. The fine for losing a uniform or damaging the uniform is \$75.

VII. Coach's Contact Information

- A. Please feel free to contact me by email (dwight_dewese@olsd.us), phone or text at (614) 561-4907. Please do not text or call me after 8:30 pm. My wife's alarm goes off at 4:30 am and we are usually in bed by 8:30 pm. If it is that important, call or text in the morning or send an email.