

Tippecaone Cross Country Team Rules and Expectations

Practices

- 1) Practices will begin at 3:15 p.m.
- 2) Practices will be held at one of the following locations: Kyle Part, Tipp Park, Taylorsville Metropark, or Charleston Falls Reserve.
- 3) The length of practice will be determined by the workout schedule. A typical practice will last 90 minutes.
- 4) If it is raining, we will more than likely still practice. If it is lightning, we will cancel. Check email, website, twitter
- 5) Tardiness to practice on a continuous basis will resort in implementation of Discipline Policy.
- 6) We will work on making sure all team members have rides to practice.

Discipline Policy

- 1) First Infraction extra work
- 2) Second Infraction one meet suspension
- 3) Third Infraction removal from team

Infractions include: missing practice without coaching staff approval, inappropriate behavior at practice or bus rides, and detentions issued at school.

*Coaching staff reserves any right to apply situational discipline or skip levels on the policy.

Attendance

- 1) Practices are mandatory: if a runner misses a practice without a valid excuse it will fall under disciplinary action. It is the ATHLETE'S responsibility to communicate any future absences with the members of the coaching staff.
- 2) Missing practice to study for a test is NOT an acceptable reason. If the athlete wishes to attend a teacher scheduled study session, the coaching staff will work with the athlete to attend the session.
- 3) Leaving practice early to work a job or attend a non-school affiliated activity (dance team, club swim, Lacrosse) will not be accepted and will be handled as an unexcused absence.
- 4) Band members will work out a schedule with the coaching staff.
- 5) Athletes playing multiple school-sponsored sports will work out a schedule with the coaching staff.
- 6) Athletes wishing to try out for the Fall play or Quiz Bowl will need to work out a schedule with the coaching staff.

Bus Rides

- 1) Athletes should arrive at least 10 minutes before scheduled time of departure.
- 2) Follow the athletic policy when an athlete wishes to ride to a meet.
- 3) An athlete may ride home from a meet with a parent. The coaching staff only required a bus release form to keep record of athlete's dismissal. Forms can be found online on the startline page.
- 4) Cell phones will be permitted.
- 5) Athletes may bring food and drink on the bus, but they are not permitted to eat or drink it on the bus.

Meets

- 1) Athletes will know the day before their next race what time they will run.
- 2) Make sure each runner has a water bottle and a snack on race day. Some meets can take up most of the morning and afternoon.
- 3) Runners are expected to cheer for their teammates when they are not racing.

Varsity Letter

- 1) Earning a letter will be based on the team adopted point system.

Uniforms

- 1) Uniforms are the property of the cross country program and are not to be kept. Athletes will not receive post-season awards if uniforms are not turned in a timely fashion.

Nutrition

- 1) There is a nutrition guide on our website posted on the startline

Website

The cross country program's website is www.tippxc.com PLEASE CHECK THE SITE REGULARLY FOR ANNOUNCEMENTS.

TIPPECANOE CROSS COUNTRY ATTENDANCE POLICY

1) LEAVING OR MISSING PRACTICE FOR WORK IS NOT A VALID EXCUSE DURING THE REGULAR AND POSTSEASON

The coaching staff for Tipp XC has a challenging task of managing 80-90 athletes and their busy schedules. Therefore, the staff will not excuse an athlete or except a job obligation as an excused missed practice.

The coaching staff may choose to excuse an athlete a "little" early to make it to a job obligation. However, it will not be a consistent practice or be tolerated on a frequent basis.

2) MISSING PRACTICE OR A MEET FOR ANY NON-SCHOOL SPONSORED ACTIVITY IS IN VIOLATION OF THE ATTENDANCE POLICY

This includes dance team and any non-school sponsored drama productions or athletic team.

3) ATHLETES MAKE A COMMITMENT

Becoming a student athlete is a choice and a commitment. It is not a loose commitment. The coaching staff expects athletes to honor the commitment to the team and upholding attendance policies. It comes down to a decision. "Do you want to run cross country or work all the time?" You cannot do both effectively.

However, it is possible to work an evening job a few days a week without interrupting the commitment involved in cross country. A good rule of thumb is to look for employment that offers shifts that are flexible and do not begin before 6:00 p.m. Saturday's are meet days or long runs and not good options unless they are evening options. Obviously, Sunday's are open for the athlete.

4) MEET ATTENDANCE

Athletes that have not participated in at least **3** weekly practices will only attend meets with permission from the coaching staff. Over the past few years, the program has experienced an increase in athletes sitting out all week and magically being able to race on Saturday or at least attend the meet. We have experienced some injured athletes becoming very distractive during meets. This will not be tolerated; therefore, athletes may be asked to return to action on Monday and not attend the meet.