

Racine Lutheran High School Cross Country Season Expectations

Practices: Practice will begin at 3:00 p.m. daily and end at about 5 p.m. On some Mondays, practice will begin at 2:45 p.m. Athletes not working with a teacher between school and practice should change for practice and report to Coach Tuskowski's room after school. This time is to work on homework and relax before practice begins. Because of the nature of Cross Country practices, athletes must communicate with a coach before practice begins if there is an academic commitment causing them to arrive to practice late. We will have practice on non-race Saturday mornings beginning at 9:00 a.m. and concluding at 10:30 a.m. A few practices throughout the season will be away from school. These will be announced in advance.

Practices are mandatory: Any athlete with an unexcused absence from practice will not be allowed to compete in that week's meet. Notification of an excused absence for a legitimate reason must be given to Coach Tuskowski **prior** to the absence **in person**. **YOU** must contact Coach Tuskowski, not your teammate. Athletes excused from practice may be given a workout to complete at home.

Expectations:

1. It is a privilege (not a right) to be a part of the team. Treat it as such.
2. Maintain a focus on academic achievement throughout the season. Academics are most important. Learning to balance commitments and manage time are an important part of co-curricular athletic participation, as well.
3. Co-curricular athletic participation is an avenue to strengthen character traits of hard work, dedication, and respect. Athletes are expected to:
 - Give their best effort daily.
 - Show dedication to their team by lifting up, encouraging, and cheering for teammates and doing their individual best to benefit the team. Everyone has an impact.
 - Exhibit respect towards coaches, teammates, officials, and spectators at all times. You are representing the Cross Country team and Racine Lutheran High School. Language and actions both in and out of Cross Country should reflect this.
4. Focus on making healthy decisions on and off the Cross Country course. Eat healthy well-balanced meals, get enough sleep, and limit technology use.
5. Be on time for every practice and meet. We will begin practice without you and the starting gun will go off without you in a race. You must arrive one hour before each meet.
6. Athletes will train under the guidance of RLHS coaches and cannot be coached by any outside coaches. This is in order to prevent injury and keep the athletes on a healthy and positive training plan for the season. If parents/guardians have questions regarding training, they should contact Coach Tuskowski in order to assist in injury prevention and to maintain a positive parent/guardian-child-coach relationship.
7. Any injuries must be reported to the head coach so appropriate rehab can occur during practice with our licensed athletic trainer.
8. Athletes must communicate clearly if chronic pain occurs so workouts can be modified to keep them healthy and on a successful training plan.

Varsity Letter Winner Expectations: Athletes will earn a Varsity letter by finishing in the top seven runners at a minimum of 50% of the meets the team competes in.

- Automatic Varsity letter earned for the following:
 - Placing at Conference and/or advancing to the State meet
 - Breaking 17:00 (Boys) and 22:00 (Girls)
- Athletes cannot have more than one unexcused absence during the season.

****Any athlete discontinuing participation before the end of their competitive season for any reason, except injury, may forfeit all awards, season statistics, and participation in any further team activities.**

General Participation Information:

• Team Placement/Absences: All athletes will participate in weekly competitions at a JV or Varsity level. Varsity participants are usually limited to seven. Varsity participants will be selected based on their performance in the previous week's meet and overall consistency. Unexcused absences will result in the athlete sitting out that week's meet.

• Uniform: Athletes will be issued a school-owned uniform, warmup top, and warmup bottom. Any undergarments worn beneath the uniform must be solid black, with no more than one logo no greater than 2 1/4 inches square per WIAA rules. If you have questions, please speak to a coach before purchasing any undergarments. Training shoes are required for practice and meets. Competition spikes are optional for competition, but will benefit athletes during races. Athletes must bring their training shoes to meets for warming up, regardless if they have spikes.

****Additionally, athletes are expected to have a reusable water bottle.**

• Forfeiture Possible From WIAA: Any participation in a running competition outside of the competitions sanctioned by the WIAA is a direct violation of participation rules, unless it is done with full consent of the Racine Lutheran High School athletic program. Also, there is a strict limitation for athletes stating they cannot walk/run the Sectional or State Cross Country courses unless they are at a sanctioned meet where they are a participant. Doing so can forfeit the team's ability to compete at the Sectional race and qualify for State competition.

READ & REVIEW: These expectations must be followed. Violations of these team expectations can result in not being able to run in a meet to removal from the team.

By signing we acknowledge that we have read, understood, and agree to abide by all the policies and expectations listed above.

Athlete Signature: _____ Date: ____/____/____

Parent/Guardian Signature: _____ Date: ____/____/____

Parent/Guardian Email: _____@_____

Parent/Guardian Phone #: (____) _____ - _____