**KENMORE EAST CROSS COUNTRY**

**2022**

In hopes of making this season a successful and enjoyable one, the coaching staff, with the input of the Athletic Director, has established the following guidelines. Please read the document with your parent or guardian to understand team policies. Then you and your parent or guardian must sign the accompanying sheet indicating that you have read and agree to follow these guidelines, and return that sheet to the coaching staff.

I. General Team Guidelines

A. **Eligibility** - **You are a Student First**

1. It is important that you stay on top of your learning while engaged in any extra-curricular activity.

2. You must be taking, and passing, four subjects and physical education in order be eligible to participate in Kenmore East athletics.

1. Kenmore East checks grades at the end of each marking period and at 5-week intervals within each marking period. If you are found to be academically ineligible for one of those checks, you will have one week to become eligible.
2. Take care of your academics, keep up with homework, study for tests and quizzes, etc. This is especially important for juniors and seniors who are thinking about colleges. The first thing college recruiters want to know are your grades and SAT scores.
3. Practice will start at 3:30 pm. This gives athletes plenty of time to make up work or get extra help after school. If you will be late for practice for this reason, please bring a note from your teacher. Saturday practice will start at 9:00 am.
4. If you are struggling academically, or have a block of tests/papers coming up that you feel you need extra time to complete, please talk to one of the coaches. WE ARE VERY LENIENT ON GRANTING LEAVE TO STUDENTS WHO ARE IN THESE KINDS OF SITUATIONS.

B. **Behavior - Protect Your Reputation in and out of School and Practice**

1. Team members are expected to treat ALL with respect. That includes: teammates, fellow students, coaches, teachers, and janitorial staff. Good behavior reflects well upon you, your teammates and your school.
2. We depend on the use of school district facilities. Treat school employees and school property with the same respect you would desire for yourself.
3. Use proper forms of address and follow the rules of common courtesy. You want people to remember you for positive reasons. You don’t get a second chance to make a good first impression.
4. Be understanding and respectful if someone requests identification. These days, school officials are very sensitive regarding people they don’t know or recognize.
5. Language is an issue these days. Your proper use of language will reflect well on you, your team, your school, and the coaching staff. Keep your language appropriate by school standards.
6. When we travel to meets, the same rules of conduct apply to your behavior towards other competitors, coaches, and officials. Athletes from our school and other schools work hard to be successful in their events. Respect their efforts.
7. We want all athletes to have an enjoyable and safe experience. Vandalism and horseplay will not be considered acceptable behavior in any location. Many athletes have lost a season due to an injury from accidents related to horseplay.
8. At school, we often have complaints about athletes hitting light fixtures, punching ceiling tiles, spitting, interfering with custodians, etc.
9. These types of inappropriate action could cost us the use of facilities, meaning loss of practice.
10. Vandalism is expensive. Our facilities are paid for by the entire community for members of the community to use. Be grateful for what we have and keep it in good working order.
11. Athletics is supposed to teach us is to keep our composure in pressure situations. Take a moment to think before you act. The athletes we admire most seem cool and composed, even in the most stressful situations.
12. Harassment—sexual, verbal and otherwise—and bullying are serious problems in today’s society. You should never try to make yourself feel better by making someone else feel worse. In addition, what may seem funny to you may be offensive to a teammate or a bystander. DO NOT put yourself in a position where your actions could be misinterpreted.

C. **Hazing**

1. Hazing is defined by the NCAA as ‘any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person.’
2. Another way to describe hazing would be ‘group bullying’, and it is usually initiated by veteran/older team members against new/younger team members.
3. Some examples of hazing include:
   1. Giving demeaning nicknames to new team members
   2. Excluding new team members from team activities
   3. Forcing new team members to wear certain clothes/say certain things/perform some kind of demeaning ‘initiation’ ritual
4. Some ways to know whether something might be hazing include:
   1. If the participating individuals would feel hesitant to describe the activity to parents, coaches, or administrators
   2. If the participating individuals would be reluctant to have the activity be photographed or recorded by school or local media
   3. If you have to ask whether or not an activity is hazing, IT PROBABLY IS
5. If you see/suspect that hazing may be going on, let the coaching staff know IMMEDIATELY. Incidences of hazing will be dealt with swiftly and harshly.

D. **Social Media**

1. Social media is a large part of many high schoolers’ lives. Sites like Facebook, Twitter, Instagram, etc. allow us to stay more connected than ever before. However, people often forget that information posted online is permanent. It is very easy to post something in the spur of the moment without realizing that it is inappropriate, and once it is posted it will stay online forever EVEN IF YOU DELETE YOUR ACCOUNT. Think before you post.
2. In general, do not post anything on social media that you would not want a coach/teacher/administrator/future employer to see.
3. We use a social media website called SportsYou which is specifically designed for athletics teams. It includes a calendar which will send you reminders regarding practice times and locations. Information on how to sign up is included within your packet. You will not be required to create an account; however, it is highly recommended, since we often practice off-site and it behooves you to know when the bus will leave on those days.
4. We have a team Instagram account to post pictures from practices and meets. When commenting, please follow appropriate rules of decorum. Remember, the coaching staff will see anything that you post. Inappropriate posts will lead to punishment for the athlete(s) involved and we will also shut down the team accounts.
   1. There is a release form in your packet granting permission for your image to be posted on team social media accounts. If you do not wish to be photographed for this purpose, check the appropriate box.
   2. The Instagram account is keneast\_xc\_tf

II. **Practice Guidelines**

1. Practice is the building block to success. It is required, not optional.
2. Practice is the foundation of any activity. It builds conditioning, muscle memory and improves concentration. Good practice habits build success. Your team needs you at your best.
3. Success also depends upon commitment. Team members are expected to attend all practices, just as with any other sport.

1. Days lost due to non-attendance have a detrimental effect on your training program.

2. If your conditioning suffers, this hurts the team as well as you.

3. If you do not take physical education, you cannot practice that day.

1. **Practice Schedules**
2. Practice will start at 3:30 pm during the week. Pay attention to announcements. Practice times may be adjusted due to weather conditions. When we practice over vacation, we will start at 9:00 am.
3. If you wish to remain on school grounds between the end of the school day and the beginning of practice, you must be either in a teacher’s room or in sports study hall. NO WANDERING THE HALLWAYS!
4. If you know you cannot attend a practice due to a prior commitment, such as medical appointments, work schedule, family event, or things of that nature, **LET THE COACH KNOW IN ADVANCE**. Communication is essential.
5. Practice plans are often designed and organized to incorporate all athletes in activities (relays, partner drills, etc.)
6. Cooperation of squad members is necessary for practice to be effective. Listen to the instructions of the coaches and captains.
7. Unexcused absences may result in being suspended from the next meet. Too many unexcused absences will result in suspension from the team.
8. All team members are responsible for their uniforms and team equipment. You are in charge of the equipment for your event: bringing it out, proper use and care of it, putting it away. You are expected to help with other equipment when necessary.
9. Once practice is over, athletes must leave Kenmore East school grounds. Loitering is not permitted.

E. **Workouts**

1. A workout consists of the warm up, specific exercises, drills and activities, and the cool down.
2. To receive credit for a practice, you must complete the designated phases of the practice, or receive permission from the coach.
3. Track and cross country have the highest incidence of injury of any high school sport.
4. These injuries are not usually serious, but tend to be overuse injuries like pulls, strains and tendonitis.
5. Many of these injuries can be prevented by proper warm up and cool down, which includes stretching, both dynamic and static.
6. When you have soreness or suspect an injury, see the coaches or the trainer to take care of it right away. Quick action can prevent further injury and get you back to practicing sooner. Make sure we fill out an accident report. If you are not sure whether to report it, ask one of the coaches.
7. If you need to see the trainer (for ice, tape, stretching, etc.), do so early enough so you are on time for practice. There is often a line to see the trainer; if you get there at 3:27 pm, you’re not going to be done in time for practice at 3:30 pm.

III. **Meets**

1. You will receive a meet schedule and are expected to be available on those dates. Try to resolve potential conflicts well in advance of the meets. An unexcused absence on meet day will result in suspension from the next meet.
2. Expected Behavior at Meets
3. At meets, police your team area at the conclusion. Many hands make lighter work. We will not leave the area until all garbage is cleaned up.
4. Unfortunately, uniforms and warm ups are an attractive temptation to some. When competing, be sure to have a teammate watch your uniform.
5. You must stay on the school campus/park for the duration of the meet. Athletes leaving early with an adult MUST give a note signed by their parent or guardian to a member of the coaching staff or have the parent or guardian sign them out.
6. Sound equipment (e.g. speakers) is not allowed at meets. MP3 players, iPods, etc. are acceptable outside the competitive area. Once an athlete enters the competitive area to warm up, they may not bring ANY electronic device with them (camera, cell phone, music player, etc.)
7. Federation rules for athletes
8. Jewelry, wristbands, earrings, etc. are allowed during competition. Be aware that large earrings or long necklaces can catch on something during a race and leave you in a painful situation. Heavy necklaces, bracelets, and other accessories are not recommended either. Please be sensible when it comes to wearing jewelry.
9. Athletes may not remove any part of the uniform in the competitive area. Leave your uniform shirt on until you are back in the team area, even if you have a sports bra or t-shirt on underneath your singlet.
10. You must compete in a school-issued uniform.
11. You must compete in SIX (6) meets to be eligible for Sectional Competition.

IV. **Health Issues and Concerns**

1. When you signed your consent card, you agreed to abstain from the use of alcohol, drugs, and tobacco products. This includes steroids and other performance-enhancing drugs. Recently, vaping has become a major concern at the high school level. These substances are detrimental to your health and well-being. Athletes caught using these products will be removed from the team. The district also requires athletes suspended for these reasons to participate in a counseling program. Those who violate this policy may also face disciplinary action at a school or district level.
   1. IMPORTANT: If you are in a situation where, for instance, underage students are drinking alcohol, you can face punishments even if you yourself were not drinking. This is a district-wide statute known as **Violation by Association.** If you find yourself in such a situation, remove yourself as quickly as possible.
2. Make sure you are getting enough sleep. Most high-school-aged athletes require 8 to 9 hours of sleep to fully recover and function at a high level. There is no substitute for sufficient sleep. If you are having trouble sleeping, consult a physician.
3. Athletes require proper nutrition and hydration. Be sure you are hydrating during the course of the day. Drink frequently and in small amounts. If your workout lasts less than an hour, water should be adequate for most athletes. If you exercise for more than an hour a sports drink with a 7% solution is appropriate (Gatorade, Powerade, etc). It will help your body to recover and stay hydrated.
4. Good nutrition involves a balance of fruits, vegetables, grains, carbohydrates, and proteins.
5. If you often feel weak/tired throughout the day, or experience other health problems such as nausea, lightheadedness, or dizziness, you may be deficient in one or more key nutrients. Vitamin C and iron are common deficiencies among athletes. However, MAKE SURE TO CONSULT A PHYSICIAN BEFORE TAKING ANY VITAMIN/MINERAL SUPPLEMENTS.
6. So-called ‘fitness supplements’ such as creatine are a multi-billion-dollar per year industry in the US. Some of them are specifically banned for athletes by the NFHS (National Federation of High Schools); others fall into a ‘grey area’ of legality. Regardless of their legality, long-term health effects of many of these products is not yet well-understood, and none should be taken without consulting a physician.
7. On a similar note, avoid so-called ‘energy drinks’ like Red Bull, Monster, etc. and ‘energy supplements’ like 5-Hour Energy. Flashy commercials obscure the fact that most of them contain very high levels of caffeine and sugar mixed with various ‘extra’ chemicals which provide little to no health benefit. As with the fitness supplements, some energy drinks may contain chemicals that are banned by the NFHS. In addition, excessive use can lead to heart problems and psychiatric conditions.
8. You need to consider what to eat and drink, and when. Your body needs fuel to perform. If you have an early lunch, you should consider a light snack before practice. Pretzels or crackers usually work well; French fries and chicken nuggets generally don’t.
9. On meet days you will need to plan your meals around your event schedule. Work with foods and drinks that you tolerate well. Some people have iron stomachs and can compete at a high level ten minutes after eating a chili cheese dog; others need to leave more time between eating and competing, and perform best on lighter foods. Know your body and what you are able to handle.

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