

## Rules and Regulations

1. **Practice Report Time**
   1. 2:55 (Dressed and outside the high school gym)
   2. All late athletes will see Coach Cage

## Practice End Time

* 1. 4:30
     + There is NO activity bus.
  2. Fridays will dismiss at 4:00pm as noted on the schedule
  3. Please be aware that the coaches do not leave until ALL athletes have been picked up. Please do your best to be on time to pick up your child. If an emergency comes up, know that we will not leave your child alone, but please let your child or the coach know your approximate arrival so we can make arrangements.

\*Students are not permitted to wander the halls after practice. If practice ends early or athletes are waiting for a ride, they are required to stay outside the high school gym. If no students remain, the assumption is they all have been picked up from practice and are no longer our responsibility.

## Team Rules

* 1. Practice is mandatory unless excused BEFORE PRACTICE
     + If you are late you MUST provide a note from a teacher (an e-mail to Coach Cage is fine)
     + You must sign-in every day at practice.
  2. All coaches and officials will be addressed in a respectful manner
     + If Coach Cage is NOT at practice/meet etc, Coach Myers or any other assistant coach are 100% in charge
  3. All injuries must be reported to a coach
     + If you are injured you will have a weight room work-out approved by our athletic trainer. NO ONE is standing around at practice watching your teammates work hard unless you have a note from your doctor.
     + If you are sick during the school day, go home and bring a note from a parent the following day to be excused from the practice
     + If you are unable to practice for more than **three days** you will be required to provide a doctor’s excuse

\*This is for YOUR safety. We are NOT doctors and cannot diagnose you. If you are injured we need to know so that we do not ask you to do things that could further injure you.

* + - If you are deemed unable to practice by the athletic trainer or a physician, you are still a part of the team and are expected to attend all practices and meets and be in uniform.
  1. **No cell phone use during practice** (Unless pre-approved by coach for emergencies ONLY)
  2. Please invest in a stop watch and bring it to practice every day. I suggest a wrist watch so that you don’t have to hold it in your hand while running.
  3. All equipment and proper dress for the conditions are required.

(If you are not dressed appropriately for the weather you will be asked to leave and this will count as an unexcused practice)

* 1. You are financially responsible for all equipment used. (School uniforms will be issued at coaches’ discretion)
  2. Dress for practice in the locker room and arrive to practice ready to go, you should not have to return to the locker room during practice
  3. No spikes inside, EVER
  4. No foul language is tolerated –

\*Punishment for foul language will be given out at the coaches discretion. It may consist of extra core for the group at the end of practice or the individual. If foul language persists, parent contact will be made.

* 1. Treat all teammates with respect, all comments should be positive

\*leave constructive criticism to the coaches

* 1. You will not be asked to do something that you cannot do, do everything to the best of your abilities
  2. Absolutely no touching of other people’s property, this includes other peoples cell phones, food, water unless given permission
     + Bring your own water, do not share, this spreads germs!
  3. Stealing will be punished to the full extent of the law
  4. ALL ATHLETES ARE STUDENTS FIRST

If you are ineligible you are hurting not only yourself, but your team. Ineligible athletes will report to practice and receive a pass to the media center where they will complete their work or study. You will then report to your coach at the end of practice. If you are ineligible for three weeks you will be removed from the team.

* 1. Whether you are practicing, or at a meet remember you are a representative of Seneca High School, your sport, your coaches and your team. Represent your school with dignity and respect
  2. A meet or practice is not an excuse to show a lack of effort in school. Remember you are responsible for any and all work missed even if you are dismissed early for an athletic event

## Varsity Letter Requirements

* 1. Participate in all region meets (excluding valid injuries)
     + Valid injury is one confirmed by a physician or the athletic trainer
  2. Attend ALL practices and show up prepared and on time (you MUST sign in)
  3. Running for the varsity team for at least 1 race or being an alternate for the varsity team at District’s or States if applicable
  4. Being ineligible will restrict you from earning a varsity letter as will any poor representation of your team or school.

## Junior Varsity Letter Requirements

* 1. Participate in all region meets
  2. Attend ALL practices and show up prepared and on time to ALL
     + Being ineligible will restrict you from earning a Junior Varsity letter as will any poor representation of your team or school.

## Meet Day Rules

* 1. You may NOT listen to music during practice. I realize many people run with music, however, every practice is in preparation for a meet, therefore you are not permitted to listen to music while you practice.
  2. Report at designated times, if you are early you are on time, if you are on time you are late.
  3. Mentally prepare yourself for the meet, get proper sleep, eat a proper meal, and have the proper mindset

\*2 days prior to meet day is the most important day so pay attention to your food choices, water intake and sleep these days leading up to the race!

* 1. Drink lots of water before, during and after a race.
     + Carry water in a clear container during the school day
  2. All athletes will ride school transportation to and from meets unless prior approval has been attained from the principal

1. If you do not have this form turned in before the first you will ride the bus back to the school! **No exceptions!**

\*The form on the back of this handbook contains the permission slip required to ride home with a parent.

1. If you miss the bus you will not compete
2. If you leave without informing a coach you will be suspended from the next meet, which will also disqualify you from lettering. **This means direct contact, not a text message when you are half way home.**
   1. Ineligible athletes are not permitted to ride the bus and cannot participate in the meet, however, you will be expected to attend the meet and assist with anything needed
   2. All athletes are required to encourage and cheer for their team if available to do so at all competitions.

\*Phones will not be permitted once the races start for the day. Athletes should be UP, out of the tent walking around and cheering on their teammates while waiting for their race to start.

* 1. Buses will be silent on coach’s request.
  2. Always double check your equipment

i. If you are missing equipment and we do not have extra you will not compete.

* 1. Bring extra, socks, t-shirts, and undergarments
  2. NO ITEMS LEFT BEHIND – Any item you leave behind at a meet will result in a coaches debt. We are more than happy to bring it back to the school for you, but

it will cost you $1 per item to get it back. Money will be deposited into the cross country boosters account.

Example: Student A leaves behind a hoodie = $1

Student B leaves behind their spikes = $2 ($1 per shoe)

* 1. Again, please have rides ready and waiting at the school after all meets.

\*For meets further away, I will try to update remind with an estimated arrival time back to the school.

## Important PIAA rules

* 1. Jewelry is now permitted by PIAA, HOWEVER, wear jewelry sparingly or not at all. Stop watches, apple watches, and other fancy devices can mess with the timing systems at the races, please do not wear those and remove chips from all previous races.
  2. All teammates should match.
  3. Solid colors undergarments are required (black) with the exception of one 2 inch logo.

\*If you are wearing under armor, ensure that only one logo can be seen as this has come up in past meets due to under armors double logos.\*

## Drug testing

* 1. Any member of an athletic team can be tested and these tests are random.
  2. Possession of any drug, alcohol, or tobacco paraphernalia as well as observed use of any drug, alcohol, or tobacco product or refusing to take the test will result in the same outcome as having failed a drug test.

## Social Media

* 1. All pictures, comments, and information that are posted on the web are public information. Any student athlete who is seen on any social media site breaking any team rule, including alcohol and drug use will be subjected to all team and PIAA penalties.

## Discipline

* 1. Detention- All students who receive detention must report this issue to Coach Cage as soon as they are informed they have received a detention. If you miss practice because you have a detention and Coach Cage was not previously informed this will be counted as a skip, you will not participate in the next meet and you will not letter.
  2. Suspension: All students who receive ISS will not participate in the next meet, and will lose all possibility of lettering. ALL STUDENTS WHO ARE NOT ABLE TO PARTICIPATE DUE TO SUSPENSION ARE REQUIRED TO BE AT THE MEET; YOU

WILL HELP YOUR TEAM. Do not schedule something thinking you are free. Failure to follow this rule will result in suspension from the next meet.

i. OSS: removal from team for the current season

* 1. F and D list: Students who appear on the in-eligibility list but are still eligible will be spoken to on a one on one basis and expected to meet with their teachers on their own time until their name is removed.
  2. Late to practice: If you are late to practice without an excuse you will see Coach Cage. 3 Tardy’s = an unexcused absence in which case you will NOT letter.

i. Excuses: All valid excuses are cleared before practice. If you show up late with an explanation after the fact, you are still late. Plan ahead, and DO NOT send a friend.

* 1. Late to school: Athletes who arrive **unexcused** after 10:30 will be ineligible for the day. You will not be allowed to practice, which means you will miss the next meet which will cost you your letter.
  2. Walking out of practice or competition: Walking out of practice or competition is the same as quitting. Your items will be collected and you will no longer be a member of the team.
  3. Jobs: Working is no excuse to miss practice. If work is more important than the team, you are wasting your time and your team’s time. A calendar will be provided so you can schedule around practice, meets and invitationals.

## Other School Issues

* 1. Your teachers will be in direct contact with coaches, if you are not behaving, not doing your work, or acting out you will not practice, which could cost you a meet, letter, or your place on the team.
  2. Failure to comply with items outlined in handbook: Discipline for violating the outlined items will be determined by the coaches based on the severity of the offence. You may be required to write an apology letter, sit out the next meet etc.

## Eligibility (student handbook)

* 1. **Students can be ineligible for ACADEMICS/ATTENDANCE/OR DEBTS**

1. ACADEMICS- STUDENT ATHLETES MAKE SACRIFICES!

## 100% YOUR JOB TO BE ELIGIBLE- NO EXCUSES - IT IS ON YOU

* + Teachers will report grades every Thursday
  + Students who are failing five or more classes will not be permitted to compete the following week. (Sunday to the following Saturday)
  + Students are not permitted to have grades changed during the week of ineligibility (you will not be made eligible half way through the week).
  + When a student fails five courses they will be ineligible for the first 15 days of the next grading period.
    - Example:

1. ATTENDANCE
2. Student A fails five classes at the end of the 2nd nine weeks (aka end of first semester). They are now ineligible for the first 15 days of the 3rd nine weeks.
3. Student B fails five classes at the end of the 4th nine weeks (aka end of second semester). They are now ineligible for the first 15 days of the 1st nine weeks of the following school year.
   * If a student has been absent for 20 or more school days during a semester that student shall not be eligible until 45 days of school have been attended following the 20th day of absence. (aka attendance prior to the 20 days do not count)
4. DEBT
   * If a student owes the school money or materials they will not be able to participate until the debt is cleared. The student becomes eligible as soon as the debt is cleared.

## VII. Meet and Invitational Information

1. Report times are posted on the season calendar. It is the athletes job to pay attention to announcements .
2. Athletes and parents are both encouraged to join the Seneca Cross Country group to receive updates, communicate with one another, share photos and more.

**Text: @xcseneca To the number: 81010**

1. THINGS CHANGE! Unfortunately, because of Cross Country being in the Fall, not all of the information I have when I make the schedule stays the same through September. If anything changes on the original schedule, Coach Cage will make NEW schedules available to the students with the changes.
2. Please check the website: [www.wattsburg.org/crosscountry.aspx](http://www.wattsburg.org/crosscountry.aspx)

\*Anytime I make any changes to the calendar or anything else, I immediately upload the changes to the website!

Athletes Name: Grade:

# This signed paper is due to Coach Cage no later than AUGUST 25th, 2023.

If this form is not received by the previous date the student- athlete will not practice/compete until this paper is turned in.

By signing this document, I hereby acknowledge that I have received, read, and understand the team rules and regulations of the SENECA HIGH SCHOOL CROSS COUNTRY HANDBOOK.

Athlete Signature:

Parent-Guardian Signature:

Permission Slip

Riding Home with Parents at an Away Athletic Event

My son/daughter, , has permission to ride home for The entire 2023 Fall sport season (date of event or season) with his/her parents from

All Cross Country Meets and Invitationals (location of event or season).

Parent/Guardian Signature

This form must be turned in to the Main Office the day of the event or beginning of the season for approval by the Principal or Assistant Principal. This form does not require you to pick-up your child from every away event, it simply grants you permission should you choose to do so. As per the rules outlined in this handbook, students are required to sign out with a coach before leaving an event.

Principal/Assistant Principal Signature

# Parent Contact Info:

Name:

Cell Phone:

Home Phone:

Preferred E-mail: