

# **El Paso-Gridley Junior High Girls & Boys Cross Country**



**2014-2015**

Girls & Boys Head Coach: Mike Heffron

## **Welcome**

Welcome to the El Paso-Gridley Junior High Cross Country program. Your participation shows that you have made a commitment to your teammates, your school, and your coach. The following guidelines will help make your participation a positive experience.

## **Philosophy**

The opportunity to participate in EPGJH Cross Country is a chance to discover yourself, gain self-confidence, and realize your potential. The sport of Cross country focuses on both individual and team goal-setting. It is a sport where a consistent work ethic, dedication, and teamwork will guarantee success. Cross country develops an athlete's overall cardiovascular fitness and gives him/her a strong athletic foundation for other sports and activities. The EPGJH Cross Country program also stresses honesty, cooperation, dependability, and respect for others – contributing to each athlete's social and emotional development and providing benefits to participants which will reach far beyond this sport and this season.

## **Practices**

Runners are required to attend all regularly scheduled practices. Practice schedules will be handed out in advance. Practice times or locations might need to be canceled or altered on short notice. Practices held on Saturdays are not mandatory but are strongly encouraged. Runners not attending Saturday practices are expected to work with their coach to determine what running and/or training they should do on their own.

Runners should be present and ready for practice at the scheduled time. Runners should always be prepared to run outside and should dress appropriately. We will practice outdoors in many types of weather; practice will be canceled only if conditions threaten

runners' safety. When in doubt about cancellations or other changes to the practice schedule due to weather, please check the school website.

Practices will be in Gridley and sometimes El Paso, and will occasionally be held at our home meet course or elsewhere. Shuttles will generally be available for weekday practices depending on practice times and locations. Shuttles will NOT run for practices scheduled on Saturdays or non-school days. Refer to your practice schedule or check with your coach on shuttle availability.

### **Meets**

Runners are expected to attend all meets. All runners will have the opportunity to participate in each of our regular season meets.

Runners must be on time for the bus for meets.

Runners should wear their assigned uniform and bring their running shoes and spikes. Be prepared to be outside before and after your race. Bring sunscreen for sunny days and appropriate clothing (warm-up jacket, pants, hat, gloves, etc.) in case the weather is cool.

Bring water or a sports drink, and a healthy snack if desired.

Be respectful and friendly to fans and runners from other teams. Cheer for all runners in all races. Support and encourage your teammates while they are running.

Runners must have a parent or family member sign them out if they are not riding the bus home following a meet.

Meet cancellations will be posted on the school website. If an away meet is cancelled, practice may be held in Gridley after school if the weather is not severe.

### **Equipment**

Each player will be issued a race jersey and race shorts, as well as warm-up clothing. You are responsible for taking care of these clothing items and returning them at the end of the season.

### **Eligibility**

Prior to any practice, all participants must have evidence of a current physical exam by authorized medical personnel. Other required paperwork must be on file with the school in order to participate.

El Paso-Gridley Junior High has academic eligibility requirements for all extra-curricular activities. Coaches receive weekly progress reports from the Junior High School Principal. Runners not meeting academic requirements will be disqualified from participation according to the student handbook.

Runners receiving an unsatisfactory notice (grade of D) will be required to consult with the appropriate teacher and ask for assistance in that subject. The athlete must present the

coach with a signed slip from that teacher letting the coach know that the player consulted the teacher for help.

Students must be in attendance a ½ day minimum on the day of an extra-curricular activity in order to participate. This includes meets and practices. Pre-scheduled doctor or dental appointments may be exceptions.

### **Volunteering**

Becoming involved as a family helps to inspire the athletes and the team. It also helps the coach focus on coaching while also helping to keep costs of the program at a minimum. Please consider showing your support as a parent by not only attending meets, but volunteering as well.

Parents are encouraged to help at our two home meets. If you would like to become involved in other ways (timing, record keeping, website maintenance, etc.) please discuss with the coach. All assistance is greatly appreciated!

### **General Information**

Report all injuries, illnesses, and other conditions that may require medical treatment to the coach. There should be regular dialog between coach and athlete regarding a runner's health and fitness. Please be proactive in approaching your coach on any questions about soreness, pain, etc. Arrangements to see an athletic trainer can be made through the coach.

Strive to be a positive influence in the community at all times. Be thoughtful and kind with any comments about other runners or teams and use caution if you choose to share anything electronically (through texting, Facebook, etc.). Remember that you are representing your school, your coach, and your team.

If you have questions or concerns about anything, please see your coach.

### **Contact Information:**

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