

MESA VERDE HIGH SCHOOL GIRLS AND BOYS CROSS COUNTRY GUIDE

Coaching Staff

Head Coach:

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Assistant Coach:

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Official Website: www.mesaverdesports.com



The following guide summarizes the rules and awards system used for the Mesa Verde High School Girls and Boys Cross Country Program. It is important that you and your parents (or guardian) read and understand this information and that you and your parents sign the form on the last page of the guide and return it to the head coach.

Rules and Guidelines

These rules apply to all athletes participating in the Mesa Verde High School Girls and Boys Cross Country Program:

1. You must be at all practices on time, with proper equipment, and prepared to workout. Proper equipment includes: (a) running shoes; (b) running shorts; and (c) water bottle. If you are participating in other activities that conflict with cross country practice, you must notify the head coach in advance to discuss the conflict and receive approval to miss cross country practice.
2. If you are not able to attend practice, you must notify the head coach in advance of practice that day.
3. Absences from practice and/or meets must be excused by the head coach. It is preferred that athletes email the head coach at nguccini@sanjuan.edu. Absence from a meet must be cleared at least one week before the meet, unless it is an emergency.
4. Attendance at practice means completing the entire workout, including warm-up and cool down. Leaving early and not completing the workout is considered an absence.
5. Runs on the streets must be completed in compliance with the "Mesa Verde High School Cross Country - Rules of the Road" (see below).
6. Although attendance at all cross country meets is important, there are some competitions that are more critical to team goals and success. Therefore, it is important that athletes do everything they can do to avoid missing league meets and all post-season competitions (Sub-Sections, Sections and State meets). To get credit for participating in a meet, you must complete the entire cross country course, unless you are injured during the competition.
7. During a meet you cannot pull yourself out of a race unless you receive permission from the head coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head coach and prior alternate transportation approval from the athletic director. Please see the "Parent-Student Athletic Handbook" (www.mesaverdesports.com) for details on this requirement. We encourage athletes to stay and "cheer on" the other members of the team in their races.
8. Failure to show up for any meets without the prior approval of the head coach is unacceptable. You have a meet schedule (www.mesaverdesports.com), so make sure your work schedule, academics, appointments, etc. work around it. Please notify the head coach as soon as you know there is a possibility that you will miss a meet for any reason (see #3 above).
9. In order to maintain your eligibility on any athletic team at Mesa Verde High School, you must maintain certain academic standards. Please refer to the "Parent-Student Athletic Handbook" (www.mesaverdesports.com) for details on this requirement. The cross country program strives to be model Mavericks, thus, our requirements are slightly steeper. If you earn an academic grade lower than a C on a grade check you will be ineligible to compete in the next race until the grade is at least a C. You are also expected to be a model citizen in your classes, thus, earning a citizenship grade lower than a B

will make you ineligible for the next competition until it is raised to at least a B. Notify the head coach if you are having difficulty meeting this requirement so that academic assistance can be arranged before athletic eligibility is lost at the semester.

10. You must wear the complete Mesa Verde High School cross country uniform (singlet and shorts) at all meets. You may wear additional clothing underneath your uniform (such as under armor) for comfort and/or to keep warm, as necessary, but your undergarments worn in competition must match other members of the team. Please confirm the preferred color for the undergarments with the head coach.

11. You are responsible for any equipment assigned to you. If your uniform is lost, stolen, or damaged, you must reimburse the Mesa Verde High School cross country program the following amounts:

Item	Amount
Singlet (top)	\$46.00
Shorts	\$24.00

All uniforms must be returned to the head coach before or at the awards banquet (in order to receive your awards) or within five (5) days of the completion of the cross country season. Uniforms must be washed before they are returned. Be sure to wash and dry your uniforms and as per the "care instructions" contained in the uniform.

12. All injuries must be reported to the head coach. If it is serious enough you will be expected to see your family physician or a sports medicine physician. **Extended absences from practice due to an injury must be supported by a note from your physician and you will need a clearance from your physician before you can resume training or competing.**

13. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found involved in this activity.

14. No outside competitions (including road races, club age-group competitions, triathlons, etc) allowed during the season without the approval of the head coach.

15. Finally, no one person is above the **team**. Fighting, "trash talking", mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important - no matter how fast or slow they run - and deserves your respect and encouragement.

Rules of the Road

The following are the rules, which should be followed by all Mesa Verde High School cross country runners when participating in off-campus running workouts:

1. Each day a course will be set up for all athletes that minimizes the use of busy streets. You must not deviate from the designated course.

2. All Runners will run on the "buddy system". No runners run alone.

3. Earbuds will not be allowed during practice or team warmups at meets.

4. Athletes will not stop at stores or school campuses for water. Put your water bottle in one of the coach's vehicle (or run with it) and get it from her at the checkpoints or at the end of practice.
5. Cross streets only at controlled intersections with stoplights, stop signs, and crosswalks. Always look both ways when crossing at the intersection. Do not run against red lights or "jaywalk".
6. Run on the proper side of the street (against traffic) and where you minimize your exposure to traffic. When running along the bike path runners should stay on the shoulder of the trail as much as possible and face the flow of traffic.
7. All runners must be checked in by the coaches before going into the locker room or home.
8. If an athlete intentionally violates these safety regulations, they will be dismissed from the team.

Awards

All awards are presented at the fall sports banquet at the end of the season. The awards you receive at the banquet are determined by your: (1) participation at practice and meets; (2) race performance; and (3) team spirit.

Annual Awards:

All athletes are eligible to receive their participation award if they participate in at least 80% of the required practices throughout the season, all league meets and subsections. If an athlete misses a significant portion of the season due to illness or injury, they will still be eligible to receive a participation award at the end of the season as long as they have met the criteria listed below:

- 1) Competed in at least 25% of the season competitions. Plus, the athlete must make themselves available if possible, to assist the coaching staff throughout the season (i.e. timing practice, assisting with meets).

"MV" Varsity Letter Requirement:

To receive a "MV" varsity letter an athlete must exceed the participation requirements above. They must have no more than 3 unexcused absences throughout the season and have competed in all league meets, subsections, and at least one invitational.

Summary

The athletes and coaches are looking forward to another successful and enjoyable cross country season. By working together, we can all achieve our individual and team goals for the upcoming season. By developing the self-discipline and physical and mental toughness that is required to succeed in any sport (especially cross country), you "will succeed" as both an athlete and a person. *!!GO RUNNING MAVS!!*

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PLEASE FILL OUT THE PORTION OF THIS PAGE BELOW THE DOTTED LINE. MAKE SURE THAT YOU AND YOUR PARENTS OR GUARDIAN SIGN IT AND RETURN IT TO THE HEAD COACH IN ORDER TO RECEIVE YOUR UNIFORM. RETAIN THE REMAINDER OF THIS GUIDE FOR YOUR RECORDS. IF YOU MISPLACE THIS GUIDE YOU CAN FIND IT ON THE CROSS COUNTRY TEAM PAGE AT www.mesaverdesports.com.

We have read and agree to abide by the rules set forth for the Mesa Verde High School Girls and Boys Cross Country Program.

Date: _____

Athlete's Name: _____

Athlete's Signature: _____

Parent's or Guardian's Name: _____

Parent's or Guardian's Signature: _____