

Quincy Notre Dame Cross Country 2013 Season Rules

QND Cross Country success begins with commitment to a guiding principle:

1. *Gentleman or Lady first.*
2. *Scholar second.*
3. *Athlete third.*

1. Practices start promptly at 3:35pm with a full upper-loop warm-up jog, followed by stretching as a group. Captains will lead warm-ups. All are to be ready for coaches at 4:00pm. Allow until 5:30pm M-TH. Friday practices will be run by the Captains once the season begins. M-T-TH practices will typically be at South Park. Wednesday practices may be held at the QU pool.
2. Practices are mandatory. If you have to miss practice, I expect a telephone call from you (563-299-7917) before 2:45pm. I have voicemail. Please leave me a message. I do not consider a verbal message from a teammate acceptable as I am unaware of anyone without access to a telephone. Unexcused misses may lead to dismissal from the team.
3. Be humble in victory and complementary in defeat. We have no enemies, only fellow respected competitors. We are a well-mannered team! Expect and exhibit nothing less than this!
4. Scholastics are the prime reason you are at QND. I will be periodically checking with your teachers to ensure that cross country is not interfering with your studies.
5. Always run on sidewalks where practical and single file against traffic when sidewalks are absent. Headsets are not allowed during practices. Obey all traffic lights and road signs and be aware of vehicles. They might not be paying attention or see you. Safety First!
6. Curfew the night before a race is 11:00pm. Don't let your teammates down by not being at your best.
7. Parent/school transportation must be used for all meets outside of Quincy. No exceptions.
8. Report all injuries and nagging pains to the coaching staff and team physical therapist. Advance Physical Therapy is our assigned trainer and can be accessed after school in the gym. Waiting too long could jeopardize a runner's entire season.
9. Runners, particularly females, are encouraged to have their blood tested in the spring for ferritin iron levels.
10. Runners who are injured and unable to run are still to attend practices. Runners unable to practice or compete will not travel with the team during the school week. We will do alternative workouts when possible.
11. Once the season officially begins, runners may only compete in IHSA sanctioned races. No exceptions.
12. Regular season Varsity status is routinely based on the previous meet's performance. The top seven performances (Varsity/JV collectively) will usually run varsity the next race. The coaching staff reserves the right to exercise their discretion regarding race entrants as necessary.
13. Any thought of competing in more than one sport shall be discussed with both coaches prior to the summer before the upcoming season.
14. Post Season Roster. When determining the post season traveling roster (9-10 runners) the following criteria will be used. 1) Race performance during last 4 meets with emphasis on final meets 2) Attendance and effort at all practices 3) Attitude displayed during meets and practices. 4) Injured runners will be evaluated on a case-by-case basis. The intent is to run the fastest team possible during the post season while still rewarding season efforts. Only the post season roster team members and statisticians will travel to the sectional and state meets. All other team members are encouraged to come to these meets but will be responsible for their own travel, meals and lodging. The coaching staff will not be responsible for anyone not on the post season roster.
15. Schedule all routine doctors' appointments around practices and meets whenever possible.
16. Work schedules are never an excuse to miss practice or meets.
17. We will work with periodic conflicts arising from participation in other school-related activities.
18. The following activities are very important or worthwhile, but please plan ahead to avoid conflicts. **Do not give blood during the season**. Do not schedule ACT/SAT testing during Regionals, Sectionals, or State if you run Varsity. Let me know if you are signed up at any other time during the season so that I may plan accordingly. ACT's this fall are on 9-21 and 10-26. Do not schedule service hours during practice times or meets. I fully support participation in TECs and QUESTs but I discourage participation during the season for Varsity runners. Other non-school activities which require more than a week of practice during the evenings are strongly discouraged.
19. Varsity Letter criteria: Must average one varsity point per scheduled regular season meet as a varsity performer. Points awarded as follows: 3 points for top third finish, 2 points for middle third finish and 1 point for bottom third finish. The coaching staff will review junior and senior runners failing to earn the required number of varsity points. In addition to the number of varsity points earned, participation at practices and meets, effort displayed and leadership exhibited will be used to determine if a varsity letter has been earned by upper class members.
20. Captains: There will be one to three Captains selected for each team prior to the start of each season based upon the size of the squad. Upper class status does not guarantee eligibility; however, priority will be given to upperclassmen when identifying potential captain candidates. A candidate must have exhibited the following characteristics the preceding season: near or perfect attendance at all practices and meets, an ability to follow directions and to give and expect 100% effort at all times, serve as a leader through actions and communications when working with peers and younger runners, and conducts oneself in a manner which gains the respect of teammates, competitors and other members of the community. **Regular attendance at the 2013 summer's Captain's Practices will also be used as a criteria point when considering Captains for 2014.**
21. Alcohol, tobacco and substance abuse: Any athlete guilty of violating the school's substance abuse policies during the season will serve the published, school established, discipline and be dropped to JV upon their return for the remainder of the season and lose eligibility to participate in the post season. Anyone found in violation of the substance abuse policy while with the team will be dismissed from the team for the remainder of the season. **Drugs, alcohol and tobacco have no place in an athlete's life.** Make the right choices.

Additional team-specific rules may evolve as situations warrant. Use good judgment or ask a coach when in doubt. These rules are in addition to those published in the 2013-2014 Student Handbook.