

# FISHERS JUNIOR HIGH

# GIRLS CROSS COUNTRY



Cross Country is open to both grade levels. All students who are eligible and demonstrate the ability to meet all practice expectations will be kept on the team. Please read the following rules, expectations, and attached schedule times before joining the FJH Cross Country team.

## Physical

A physical, completed after May 1<sup>st</sup>, must be on file prior to the 1<sup>st</sup> practice.

(Forms are available in front office or to print off of the FJH athletics website)

## Attendance

Runners are expected to attend **meets and practices** until their completion.

\*Participation in other sports/activities is NOT a reason to miss cc practice or meets.

\*More than one unexcused absence or excessive excused absences may result in dismissal from the team

\*Absences are excused only if the runner is **not at** school or is **sent home** from school due to an illness/family emergency.

Anything else is considered an unexcused absence. (If the runner is at school, he/she is expected at practice)

\*Doctor and Dentist appointments are obviously excused, but try to schedule them around practice if possible, and please send a note/email to inform the coach.

## Behavior

Runners are to represent the school and team in a dignified manner at meets and practice.

\*Unsportsmanlike conduct or any misbehavior deemed inappropriate such as: the use of profanity, ignoring directions, etc... **will** result in dismissal from the team or meet suspension.

\*Any disciplinary action taken by the school or an individual teacher which results in the athlete missing practice will be counted as unexcused.

\*For other discipline related procedures regarding athletes see student handbook page 21.

## Equipment (clothing)

Runners are expected to come to practice prepared to run each day by having:

\*Socks and proper running shoes (no boots, high tops, sandals, etc...)

\*T-shirt and athletic shorts... Shirts must be worn at all times!

\*Sweats and stocking cap (in case of cool weather later on in the season)

\*A watch with a timer is permitted, but not required

*"Properly fitted running shoes are a must and are the single most important piece of equipment for optimal performance and injury prevention. I am going to try and set up a fitting with a local shoe store to assist with the shoe fitting/buying process."*

## Fees

\*There are NO participation fees this year. At all.

\*Uniforms are provided for the season, however, there will be a team t-shirt order soon (apx \$10)

## Practice Times

Practices will be conducted Mon– Fri after school until 4:30 w/ some AM practices (see attached schedule)

\*Students **MUST** have rides here no later than 4:30 please!

\*If your child will be walking home from meets/practice, he/she MUST have a

"Permission to Walk Home" form signed and filed with the school.

## Meets

CC Meet times and places (along with directions) can be found on the school calendar in the assignment notebook as well as on the attached calendar along with other special events and information.

## Distance

The junior high cross country course is 3000 meters = 1.86 miles.

## Email Distribution List

If you would like to get updates, reminders, cancellations, etc... from the coach via email please email Coach Broviak ([dbroviak@hse.k12.in.us](mailto:dbroviak@hse.k12.in.us)) with all addresses you'd like utilized.

***If you have the desire to become a better runner and can agree to the above rules and expectations of our program please fill out the necessary forms & return them with your child to the coach at the 1<sup>st</sup> practice. We'll look forward to seeing you run!***