

College Station Cross Country Philosophy, Rules, and Procedures  
(Keep This Paper in Your Logbook)



### **Philosophy**

Our goal is to provide a challenging, individualized, self-motivated, and safe program that promotes the development of academic, social, and athletic skills. Because of this, we expect modeling of the Cougar Way. We will ask four things of our student-athletes each day... Character, Commitment, Sacrifice, and Effort. We will strive for perfection in all that we do, and in the pursuit of perfection we will achieve excellence.

### **Basic Rules and Regulations**

Each student-athlete is expected to dress out and train each day. On school days we will meet each morning outside the cross country locker room, with practice beginning at 6:30am. Don't be late, or it will cut into your time to get dressed for school. It is also the expectation that athletes attend ALL meets. So, please plan all family activities, appointments, tutorials/make-ups accordingly. Please contact Coach Munson (979-574-5543) if you are going to miss practice for any reason (illness, emergencies, etc.). Attendance at meets and practices is expected for all athletes, and the inability to adhere to this policy can affect travel and participation on this team.

### **Supplies**

Students will be expected to have their school issued training top, shorts, shoes, a timing watch, a logbook (3 ring binder), and pen/pencil/paper each day.

### **Grading Procedures**

Each student-athlete will be graded on commitment to their individualized training, their teammates, and their logbook. The logbook should be a three ring binder with dividers. We will be doing daily logbook sessions covering topics such as motivation, goal setting, diet, training, racing, injury prevention, etc. All information in the logbook should be kept, labeled, completed, and filed neatly and properly. This logbook will be checked periodically and will constitute a grade for students in the 7<sup>th</sup> period cross country class. Student-athletes will lose credit for missing meets and unexcused practice absences. Arriving late to practice could result in additional strengthening exercises before the workout. If tardies and absences become an issue, we will need to schedule a parent conference.

### **Meet Days**

Each student-athlete will be expected to be on time and properly dressed (school issued/team attire) for each meet. An itinerary for each meet will be passed out in logbook sessions during the week of a race. Departure times, meet schedules, and any special instructions will be included. Additional information, including maps, can be found on the CSHS XC Website <https://sites.google.com/a/csisd.org/cshsxc/>. The bus WILL leave at the designated time on the itinerary. If the bus is missed, then you are responsible for securing transportation to the meet to support your team, but you will not be allowed to participate. If you do not choose to support your teammates, then the above grading procedures come into effect, and you jeopardize future travel with the team. Meet days begin the instant a runner enters the bus, and continues until the runner steps off the bus after the trip home. No one will be allowed to be taken to or from any meet unless it has been approved by the coach at least a week before the meet. *Parents, your attendance is vital to the growth of your daughter as a runner. We strongly encourage your participation at races and with our Cougar Club. I do ask that you limit your interaction with your daughter prior to her race. Our runners need to remain focused on racing and not be distracted from our pre-race agenda. This will occur in our camp area, so if you could stay 100 ft. from our campsite, it will allow us coaches to prepare the girls to race. If you need to speak with them, please do so quickly and discretely away from the camp.*

Please see the safety plan on the back.

If you ever have any questions or concerns, then please call Coach Munson @ 979-574-5543

## Safety Procedures

Safety is the number one priority for all runners. Below is a list of safety procedures taught in our cross country curriculum

- Stay on the sidewalk when possible
- Wear your reflective armband while out on the routes
- Make eye contact with drivers before venturing into an intersection
- Look both ways twice before crossing a road, or turning back
- Run in a single file line if possible
- Headphones are not permitted while running
- Never approach a stranger in or out of a car
- Don't run in parking lots
- Stay on approved courses unless you have been granted permission to run elsewhere
- If you see lightning, return to school IMMEDIATELY
- Wear light colors of light clothes for best body temperature control and visibility
- Drink water throughout the day/night to stay hydrated
- If you feel dizzy, get chill bumps, etc., stop, seek aid and/or return to school

I have read, understand, and agree to the College Station Rules and Procedures.

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Parent Signature

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Date

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Athlete Signature

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Date

College Station XC is...

Character

Commitment

Sacrifice

Effort

“To give anything less than your best, is to sacrifice the gift.”

-Steve Prefontaine