

Dunwoody Cross Country

2016 Rules and Procedures

We are excited to have so many new members to the Dunwoody XC family this season, however, with all of the new faces, we will need to incorporate team policies for the safety and benefit of all team members.

Practice Schedule

For most weeks our practice schedule will be as follows:

- **Monday and Friday from 6-7 AM on the DHS Track.**
- **Tuesday, Wednesday, and Thursday from 3:30 – 5:15/30 on the DHS Track.**

On most Mondays and Fridays we are conducting a track workout, and this will allow us to get in quality workouts in much cooler conditions. On Tuesdays, Wednesdays, and Thursdays we are often in the neighborhoods where we are doing less intensive workouts and the routes are more shaded.

All high school team members (with the exception of 9th graders involved in STT in the mornings) are expected to be at all practices. 8th graders are welcome to attend the morning practices, however this is not expected.

Students should not bring valuables and phones to practice. A full water bottle labeled with their name is all that should be brought to the track. Bookbags and other possessions should be left in their car, locker, or other secure place. All students should leave campus immediately following practice. Students must notify a coach ahead of time if they are going to miss practice for any reason.

Competing in Races

We are anticipating having about 185-195 team members in 2016, and there are no meets that we run that can accommodate this many runners, or can accommodate transportation for this many runners. The largest amount of runners that we can take to any meet this year is 80. We will base race rosters off of a combination of attendance, effort during practice, and race and practice times. We will do our best to ensure that all runners who are putting forth the effort will get to run at least one race, **however we cannot guarantee this!**

Please consider this information before paying your team dues or purchasing a uniform. The expectation is that athletes and parents are aware of this, as there will be no refunds granted.

We will announce and post the race rosters for meets several days prior to that scheduled meet date. All decisions for race rosters are at the coaches' discretion and are final.

When a bus is scheduled, all runners are expected to ride the bus to the meet; and stay for the duration of the meet. Following the completion of the meet, students may ride home with their parents if they have coach's approval.

"Championship Season" Runners

Following our final County Meet on September 20nd, we will announce our "Championship Season" runners. This will be approximately 20-30 members from each gender who will be eligible to participate in our remaining Championship races, including the JV and Varsity DeKalb County Championships, the Alexander and Coach Wood Invitationals, the Region 7-6A Championships, and the State Championships. This group will be narrowed down to 12 runners of each gender prior to the Region Championships, and any 7 of these 12 are eligible to run at the State Meet, should the team qualify.

Upon the announcement of the "Championship Season" members, the rest of the team members are welcome to attend practice, however it is not mandatory nor expected, as they will not be participating in any additional races for the season, and training will be geared to our "Championship Season" runners.

Varsity Letter Status

The Varsity Letter requirements will remain the same in 2016. If there is a runner who achieves the criteria set forth for a Varsity Letter and does not make the "Championship Season" team, the coaches will deal with this on an individual basis.

An athlete can earn a Varsity Letter in cross country by accomplishing two of the following three activities:

1. Be named to the Region Championship team toward the end of the season. This is typically the top 12 boys and girls on the team and is the decision of the coaches. These 12 individuals on each squad are eligible to run in the Varsity race at the Region Championships, as well as the State Championships, should the teams qualify.
2. Attend a minimum of 85% of team practices. This includes both excused and unexcused absences. Additionally, athletes are expected to participate in every meet in which they are eligible.

3. Achieve the minimum time requirement in a regulation cross country race. A regulation race does not include any two-mile races throughout the season, but all 5K (or similar distance) races.

a. Girls Minimum Time Requirement: 26:00

b. Boys Minimum Time Requirement: 22:30

In addition, ALL athletes must maintain passing grades throughout the season in order to participate and be eligible for a Varsity Letter. Grades will be monitored via weekly grade sheets. NOTE: The coaches have the right to award Varsity Letters in extraordinary cases or to reward especially strong efforts. All Varsity Letter decisions are at the discretion of the coaching staff. At the end of the season, the Varsity Letter list will be posted outside the coaches' classrooms prior to the banquet. Any concerns should be addressed with the coaches prior to the banquet and will not be addressed after the banquet. It is the athlete's responsibility to schedule a meeting with the coaches prior to the banquet.

PE Exemption

Students who complete 65 hours of a sport are eligible for 0.5 PE Credits. **Please be aware that there is no guarantee that athletes (especially those who are not on the "Championship Season" rosters) will complete 65 hours, and it is not the coaches' responsibility.** Each athlete receives 2 hours for each practice attended and 3 hours for each meet that they compete in. It is the athletes' responsibility to log the number of hours they have participated in cross country on the appropriate PE Exemption Log (obtained from the coaches), and the coaches will sign off on those hours at the end of the season.

Overnight Trip

Approximately 40 students will be invited to attend the Cross Country Overnight Trip. Details for this trip will be released later in the season. Students will be selected for this trip based upon attendance, seniority, and practice effort.

Thank you for your understanding and cooperation as we look forward to another great season! Let's Go Wildcats!

- Dunwoody HS Cross Country Coaching Staff