

Seymour ISD Cross Country Procedures and Organization 2020

Runner Responsibilities

- Always be on time.
- Give your best effort.
- Help take care of Seymour ISD facilities.
- Be committed to your teammates, coaches, and the Cross Country program.
- Run safely and responsibly on roads and trails.
- Treat teachers, administrators, teammates, and opponents with respect.

Scoring a Cross Country Meet

A Cross Country meet is scored by each team adding up the places of its top 5 finishers. As in golf, the low score wins. For example, a team that scores 26 points places ahead of a team that scores 29 points, as follows:

<u>Seymour</u>	<u>Poolville</u>
1	2
4	3
5	7
6	8
<u>10</u>	<u>9</u>
11	12
13	14
Score =26	Score =29

(Seymour Wins!)

A team's 6th and 7th place finishers can also figure in the scoring if they place ahead of the other teams' top 5 finishers. When that is the case, they become "pushers" by pushing up their opponents' scores. Only a team's 6th and 7th finishers can be "pushers", regardless of how many of its runners may finish ahead of an opposing team's top 5 finishers. The 6th and 7th runners are also used when breaking a tie. If two teams are tied with the same score after 5 runners, you go to the 6th runner. If two teams are tied after 6 runners, you go to the 7th runner.

Travel Procedures

All athletes will depart and return on school approved transportation.

EXCEPTIONS:

- If the athlete makes Coach Hardin aware that he/she is riding home with a PARENT before the meet and the parent signs the athlete out at the meet.
- Emergency situation – accident or injury

Athletes are responsible for helping keep the bus clean, and will help clean the bus after each meet once we return to Seymour High School.

Practice Attendance

All runners are expected to attend every practice, unless an individualized practice plan has been created by Coach Hardin, for that runner. The only reasons to miss practice would be illness, emergency, or an unforeseen family circumstance. Being tired, not finishing your homework, having a test that day, etc. are not valid reasons to miss practice. Practice will start at 5:50 A.M.

Excused Absence: an excused absence is one where the runner has given prior notification that he/she will not be able to attend practice. The runner may have to make up the previous day's workout upon his/her return. Excused absences that are not made up when needed or become habitual will cause a loss in meet opportunities.

Unexcused Absence: an unexcused absence is one where a runner misses practice and has NOT given notification concerning the missed practice. Unexcused absences will result in the runner doing conditioning drills in addition to any make-up workout. Unexcused absences that are not made up or become habitual will result in a parent conference, not being allowed to race at meets, and possible dismissal from the team.

Family Vacation

Please do not schedule a family vacation during the season. Scheduling a trip that results in loss of practice time and/or competition may result in dismissal from the team for the current season.

Practice on School Holidays

A school holiday is not an excuse to miss practice. Coach Hunt will make every attempt to schedule practice time that is convenient for families to spend holidays together. (Labor Day / September 7th / 6:30 A.M. workout)

Injured Runners

Injured runners will be required to attend all practices and meets while undergoing rehabilitation treatment. An injury is not an excuse to miss practice unless it is an injury such as a concussion. There are plenty of things to do at practice if an athlete is prohibited from running. All runners who experience illness or pain must report it to Coach Hunt and to Mr. Woodward, our full-time athletic trainer. If a runner must stay home due to illness, he/she should call or text Coach Hardin. (Coach Woodward – cell # (940) 781-8812)

Lockers & Showers

All runners will be issued a locker with a lock. Runners are encouraged to lock up their valuables every day. The athletic department is not responsible for the loss of valuables that are not secured in a locker. All runners will have access to a shower after completing early morning workouts. Early morning workouts will end no later than 7:10 A.M. Athletes are expected to be on time to attend first period. Being tardy to class is unacceptable.

Alcohol & Drugs

The possession or use of alcohol and illegal drugs is a serious offense. Any occurrences of this nature will be handled in accordance with the Seymour ISD Student Handbook/SISD Code of Conduct.

Photography

Athletic photography that is posted on Seymour ISD property must be taken by Wuthrich Photography & Design. Seymour ISD has a working contract with Wuthrich Photography. Any breach of contract on this matter could result in a lawsuit. Individual and/or group photos can be taken by another company or parent, as long as the product is not posted on Seymour ISD property.

Runner Conduct

Cross Country Runners need to conduct themselves in a manner that will bring pride and honor to Seymour ISD, the Seymour community, and to the athletic program. No athlete, involved in the Cross Country program has the right to do or say anything that might hurt, embarrass, or degrade Seymour ISD. Conduct that does not reflect the values of the Seymour ISD will be handled with the appropriate disciplinary action.

Penalties For Inappropriate Runner Conduct

- Meet Suspension
- Dismissal from team

Meet Day Procedures

- All runners will wear Seymour Cross Country attire at the meet.
- There will be no contact with parents, friends, boyfriends, girlfriends, etc. starting 40 minutes from the start of the race.
- If you aren't preparing for a race, racing, or cooling down then you should be supporting your teammates who are.
- All trash will be picked up at the conclusion of the meet.

Conflicts With Policy Or Personnel

This section is included for conflict resolution purposes between RUNNER and COACH or PARENT and COACH. Any conflict with the Cross Country policy or Coach Hunt, should be handled in accordance to the following protocol:

1. Meet with Coach Hardin directly at a mutually appointed time (not after a meet or practice).
2. Meet with the Seymour ISD Athletic Director (Coach Farmer) and Coach Hardin at a mutually appointed time.

Head Coach: Beka Hardin

School Email: beka.hardin@seymour-isd.net

School Phone: (940) 889-2947

Cell Phone: (940) 636-4830

Assistant Coach: Doug Hunt

School Email: doug.hunt@seymour-isd.net

School Phone: (940) 889-2947

Cell Phone: (254) 563-9227

Communication: Coach Hardin will communicate with parents via email and Remind 101. Please accept her invite so we create and maintain great communication throughout the season.

Seymour Cross Country Parent & Student Athlete Acknowledgement

I/we have read and understand the procedures governing the Seymour ISD Cross Country program. I/we will adhere to the rules and regulations as stated in this document.

Parent Signature

Date

Athlete Name

Parent Phone Contact (Printed Name & Number):
