

CONROE BOYS CROSS-COUNTRY POLICY

Grooming

Wear issued clothing (Warm-up, uniform etc.). Dress Neatly.

Cross-Country Time Trial Tryouts

Time Trials 5K cut-off times to be in Cross-Country Class

9th Grade: No cut-off
10th Grade: 18:00 and under
11th Grade: 17:30 and under
12th Grade: 17:00 and under

OR

Athlete has done 90% of summer running total mileage. All mileage must be uploaded into the Garmin Clipboard app to be counted. No exceptions.

Practices

1. Late for practice: Extra Conditioning
2. Miss Practice unexcused: Extra conditioning and subject to suspension from competition
3. 5 unexcused absences from practice: Extra conditioning, suspension from competition and subject to suspension from Team
4. Leaving practice without permission. Extra conditioning and subject to suspension from competition.
5. Injuries. All injuries must be reported to coaches and trainers. Must see trainers and bring return to play note from doctor or trainers. Failure to do so will result in suspension from practice and competition.

Locker Room and Weight Room

1. Horse playing in locker room or weight room. Extra conditioning and subject to suspension from competition
2. Misuse of Equipment: Extra conditioning and subject to suspension from competition

Cross-Country Class Grading Policy

1. Weekly grade is determined by percentage of assigned mileage completed. For example, assigned miles for the week were 50 miles. Athlete completed 40 miles. Weekly Grade would be $40/50 \times 100 = 80\%$. So, the athletes' grade would be an 80.
2. Any semester grade below 75 would be cause for removal from the cross-country class.

Grades

1. Grades will be checked every week.
2. An athlete who has a grade below 75 must attend tutorials.
3. Failing at UIL checkpoints. Per UIL No Pass No Play

Behavior

1. ISS or OSS for misbehaving in class or tutorials or fighting: Extra conditioning and subject to suspension from competition.
2. Stealing: Make amends plus extra conditioning and suspension from competition or Suspended from the Team

Alcohol, Tobacco, and Drugs

Use or possession of illegal drugs- Student Handbook Discipline Guidelines plus extra condition.

Not responsible for any electronics brought to practice or competitions.

Do not do anything that will embarrass your team, your school, your family, or yourself.

I have read the above policy and understand that issues or situations may occur that are not specifically stated above. I understand those issues or situations will be addressed on a case-by-case basis. I understand I must abide by the Conroe Boys Cross Country Policy to be a member of the Conroe Boys Cross Country Team.

Athlete: _____ Date: _____

Parent/Guardian _____ Date _____