

**CASA ROBLE HIGH SCHOOL
CROSS COUNTRY HANDBOOK**



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This guide will cover the rules and awards system used for the Casa Roble High School Cross Country program. Student athletes and parents that are a part of this program shall read and understand this information. Any questions pertaining to any part of the topics covered shall be directed towards the Head Cross Country Coach.

Team Rules

1. Student athletes must be at all practices **on time** with the proper equipment necessary to workout. Proper equipment includes: running shoes, running shorts, and a water bottle. A digital stopwatch is recommended but not required.
2. If a student athlete is unable to attend practice for whatever reason, they must notify a member of the coaching staff in advance. All absences from practice must be excused by the Head Cross Country Coach before practice begins that day.
3. A student athlete may not leave practice before it's conclusion without approval from the Head Cross Country Coach **and** a parent or guardian.
4. Any running or training on the roads must be completed in compliance with the "Rules of the Road" agreement (see below).
5. Student athletes must do everything in their power to avoid missing meets. To get credit for participating in a meet, they must complete the entire cross country course unless they are injured during the competition.
6. Student athletes are not permitted to leave a meet before the completion of the final event that the school is partaking in. Athletes are encouraged to cheer on and support other members of the team.
7. Parents and student athletes shall notify the Head Cross Country coach as soon as possible if there is a possibility that a meet or team event will be missed for any reason. The meet schedule shall be posted on CASAROBLEXC.COM
8. Academic standards must be maintained throughout the entirety of the season. Please see the school website for details on this requirement.
9. The team issued uniform must be worn at all meets and competitions. Additional clothing can be worn underneath for comfort and/or to keep warm but if visible they must be black as to match other members of the team. This is to follow CIF uniform rules and regulations.
10. Student athletes are responsible for any equipment and uniform that has been assigned to them. If an article is lost or stolen, the team must be reimbursed by the student athlete.
11. All injuries must be reported immediately to the Head Cross Country Coach.
12. No indulging in the use of drugs or alcohol. Student athletes will be automatically dismissed from the team if they are discovered to be partaking in any such activity.
13. Any outside athletic competitions (including road races, triathlons, etc) shall be discussed ahead of time with the Head Coach.
14. Student athletes should always encourage and participate in a **team** atmosphere. Any lack of respect and sportsmanship to teammates, coaches, opposing competition or spectators will not be tolerated.

Rules of the Road

The following are rules which should be followed by all Casa Roble High School cross country runners when participating in workouts off-campus.

1. Before leaving the designated meeting area of any practice for a workout, it is the responsibility of the student athlete to make sure that they understand the course or route that has been explained by the coaches. Student athletes must not deviate from the designated route.
2. Streets must be crossed only at controlled intersections with stoplights, stop signs or crosswalks. Always look both ways and do not cross against a red light or “jaywalk”.
3. Student athletes must run on the proper side of the street where exposure to traffic will be minimized. Generally this means facing traffic so oncoming vehicles can be seen.
4. Runners must check in with coaches before leaving practice.
5. If an athlete intentionally violates any of these regulations, they may be dismissed from the team or withheld from competition or team events.

Team Awards

Team awards are presented at the end of the season. The awards presented are determined by: Participation at practice and at meets, ranking on the team, performances in competition.

Annual Awards

All student athletes will receive a participation award if they participate in at least 80% of the required practices and a minimum of 3 races. If a significant portion of the season is missed due to illness or injury, student athletes will still be eligible to receive a participation award as long as they make themselves available to assist the coaching staff throughout the season (i.e. timing, fundraising, support at meets, etc.)

Varsity Block Letter and Graduation Numeral Requirements

To receive a varsity letter, a student athlete must meet the following criteria:

1. Remain academically eligible throughout the season
2. Participate in **all** fundraising activities and team events
3. Exhibit good sportsmanship throughout the season
4. Demonstrate varsity standing by completing one of the varsity standards as listed below.

Varsity Standards

- Compete on the varsity team at Sub-Sections, Sections or State Finals
- Rank in the top 7 on the varsity team at the time of a season-ending injury or illness
- Receives a “4 Year Award” for participation with Casa Roble Cross Country all 4 years

Special Awards

A select number of special awards are also presented at the end of the season. Team captains will receive recognition (captain’s pins) and awards will be designated to the 1) Most Valuable 2) Most Improved for both boys and girls. Additionally, seniors who participated on the cross country team for at least 2 seasons will receive a senior award.

In the event that the team wins a league championship, each athlete who earned a participation award for the year will receive a league championship t-shirt.