

Cross Country 2021

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Attendance at practice

- Excused absence: If an athlete has a legitimate excuse for missing practice such as an illness, family emergency/commitment, church, school event they will be allowed to participate in the next meet. All other reasons must be cleared ahead of time with the coach. (If you are leaving school ill or for a family emergency please stop by and let a coach know.)
- Unexcused absence: If an athlete has an unexcused absence they will not participate in the next meet but will be required to attend the meet. 3 unexcused absences may result in dismissal from the team.
- When the team is training off campus, each athlete is required to check with a coach before leaving after practice.

Attendance at School and Eligibility

- We will adhere to the Medford School Academic, substance abuse, and attendance policies. An ineligible student may NOT attend a meet if we leave before school dismisses for the day.
- MSHSL rules permit a maximum of 10 events during the cross country season. **You will not compete in one meet for each 5k you run outside of the scheduled team meets.** You may race other distances.

Captains

- The captains will be selected by the coach. Criteria will be positive attitude, work ethic, and leadership.

Meet Info

- At most meets we can run our entire roster between the 3 levels of competition. Our top 7 performers will be competing on the varsity roster, the 9-12 graders not on varsity will run JV (if available) and 7-8 graders can compete in Jr. High race. As often as possible, coaches will assign the team each athlete will be running the day before the meet. Changes can happen at any time.
- We will be dismissed early from school for some meets. Students must make sure that they talk to their teachers to make sure that assignments are understood before we leave.
- **NO STUDENT ON THE INELIGIBILITY LIST WILL BE DISMISSED FROM CLASS EARLY.**

Awards

- **All conference:** Is determined at the conference meet. Places 1-15 are All Conference 16-20 in Honorable Mention.
- **Golden shoe:** (MVP) The varsity runner (at least 6 meets) who accumulates the least points for our team during the year.
- **Hardest worker:** The runner the coaches feel gave 100% at all meets and practices.
- **Most improved:** The runner that improved the most for the beginning of the year to the end or from last season to this season. Determined by coaches.
- Awards may be added as needed!

Lettering

- An athlete can letter by placing in **our** top 5 at 3 meets during the season, being top 7 at 80% of our meets, being named all-conference, or qualifying for the state meet. A senior who has participated for 4 or more seasons, but did not meet the other criteria, will earn a letter. An athlete who quits the team will not letter. An athlete who fails to complete the season due to injury may letter at the coaches' discretion.

Practice Information

- Summer practices will be in the mornings from 8:00-10:00am (ending time may vary).
- School year practices will be from 3:20-5:00. If hot weather is predicted, we may run before school and lift for a short period after school.
- The weight room will be open before school. Attendance is encouraged.
- We may also be traveling to surrounding communities to use trails and golf courses as needed. Athletes will be asked to be on their best behavior when we are out in the communities.
- Runners may be responsible to complete a workout on their honor. It is expected that they work at 100% even out of the coach's eye.
- Headphones are not allowed during practice.
- Runners are required to wear a shirt and shorts during all practices.

Sportsmanship:

- At practice and meets students will show the highest level of sportsmanship. We are always representing Medford School. If there are any concerns, a meeting with the athlete, parents, coach, and athletic director/principal may be requested.
- We are a team. You succeed when others succeed. Please support all our athletes.

Uniforms:

- Uniforms and warm-ups are the property of Medford School and should be treated as such. They will need to be washed at home. Under no circumstance should uniforms be worn outside of a meet. MSHSL uniform rules will be in effect during meets.

Equipment:

- The only equipment an athlete is responsible for is running shoes and practice clothing. Be dressed for the weather. You may also want a long sleeve shirt or tights when the weather gets cold. Spikes may be used in meets. Track spikes work for Cross Country. You may also want to buy a stopwatch to be worn on your wrist during meets and practices.

Coach Dave Bon:

School Phone number (507) 214-6332

Cell Phone number (651) 347-8701 (emergency use only)

Email dbon@medfordtigers.org

Medford Cross Country Info 2021

Athlete's Name	
Parent's or Guardian's Name	
Parent's or Guardian's Phone	
Any personal or medical information coaches should know: (Allergies, diabetes, asthma, etc.)	