

# Welcome

Your son has joined the Esperanza Cross Country team.

Cross Country? This fall sport differs from the sport of track and field in that the running is done on a variety of terrains, most often parks and trails, rather than on a measured track.

These pages are specifically for you the parent of a boy who is participating on our high school cross country team. In addition, all athletes should read this as it gives you a good insight as to the expectations of our team.

It is the coaches hope that you the parent will help to accentuate the total cross country program and experience at the school by working with the coaches. In doing so, your runner will hopefully be able to better reach his full potential and enjoy our cross country team and their high school experience to the fullest.

## **Routes to the Sport**

As a student progresses through high school, there may be a desire to participate in interscholastic sports on an individual level. Cross country provides an opportunity for students to become involved and experience personal success in interscholastic sports. Runners come to us here at Esperanza through many routes. Success in middle school, perhaps an older brother or sister ran, being recruited out of physical education classes, some success in our track program, or maybe just coming out because a friend is on the team. Whatever the method, we welcome them and hope that they get involved.

As a result of being a participant on an interscholastic team, a student can become more qualified in terms of college acceptance. Team members often have the opportunity to come in contact with college coaches or representatives and become familiar with college programs, both academic and athletic. Some colleges and universities offer some form of financial assistance to students who are above average both in their running ability and academics. We take great pride in the academic achievements of our team members as well as their athletic ones. One of our coaching goals is to try and encourage them on to higher education.

## **Give Us a Hand--Be a Parent Booster**

An organized parent group can be a great asset to any cross country program. In addition to being at meets as spectators and having an active involvement with the team can increase the feeling of unity and support amongst parents.

The goals of the parent group in cross country are as a morale group as well as a supplemental financial support group to the team. This group can also assist in the publicity and promotion of the sport. It is important that the boosters organization works in conjunction with the coaching staff, athletic director, and the school.

Due to the current way that money is budgeted for athletics in school, we are not even able to provide for all the basic needs of our program. Every sport in our school, including football has to fundraise to have basic equipment. Parent help is really needed within our program to help promote our sport.

### **Uses of Fundraising Money:**

1. Provides for the basic needs of the program that the school district is unable to fund for, among these needs are enough uniforms and sweats for all athletes.
2. Provides the team with equipment that isn't mandatory, but can enhance the total program.
3. Provides opportunities to travel distances to participate in invitationals. (Out of county, overnight stays, out of state.)
4. End of season awards where athletes are honored for their achievements during the season.

### **Our Methods of Fundraising Are:**

1. **Garage Sales**—We try and have a few of these through the summer and fall.
2. **Parent Boosters** -- We will have T-shirts, Meet Day Shirts and sweatshirts available to purchase. Hopefully you will wear them to the meets when you come to support the team and your son at the races.
3. **Car Wash**- We hold an annual car wash every year off of Yorba Linda Blvd. Parents and all athletes are expected to help this fundraiser run smoothly.
4. **Any ideas**-- Please let the booster president know.

### **Our Commitment to You:**

We try and work to make sure that your son is a credit to you, our school, and our program. If you need assistance or information regarding how your son is doing, feel free to give us a call or email. A coach in today's high school wears many hats with young people, and every one of them is worn with the hope that maybe we can bring out the best in them and teach them valuable lessons that they may use in later life.

## Equipment

### The Cost of the Right Style

**Snail's Pace or Road Runner Sports are the best places to go to learn about proper equipment. It doesn't necessarily mean they have the best prices. They just have the best knowledge. As of now, sizing in the store and purchasing online seems to be the best option price-wise. Email coach if you have any questions about shoes.**

**Shoes**--If possible, go to a store that deals primarily with running equipment or to a specific salesperson who is a experienced runner. Dick's Sporting Goods is a good place to get the right shoe. A knowledgeable salesperson can help you make a good decision based on size, width, running style, and type of running (training vs. racing). For a beginning runner, these are shoes that can serve both for training and racing. Be sure that the salesman understands that the shoe will be used for daily training. Five good hints on purchasing a new shoe:

1. A good shoe fit will usually feel the best on your feet.
2. It helps to buy a good shoe. It doesn't have to be the most expensive, but sometimes the cheap shoe causes more problems than it saves. Remember shoes are on sale many times because they are not selling. They usually do not sell because they don't feel good for a majority of runners.
3. Make sure that you have some room in the toe-box of the shoe for your feet. A good general rule is the width of your thumb. This allows for both growth, and your feet swelling, and will help prevent you from losing your toenails.
4. Also don't wear your running shoes as play shoes. This is one of the quickest ways to wear them out.
5. Freshmen can get away with 2-3 pairs a shoe a year. Sophomores, juniors and seniors are expected to go through 3-4 pairs every year. This is natural. Shoes wear down. We run a lot of mileage.

**Clothing**--It is not necessary to purchase specific running clothing for meets. Uniforms will be checked out for meets and invitationals, loose fitting t-shirts and shorts are adequate for daily practice. Clean, dry socks for each practice will help prevent blisters, fungus, and other foot problems. Students will have either running suits or sweat tops and bottoms checked out to them as part of their uniform for colder weather. Please be aware that these are for practice, not to be wearing around as casual clothing. **If they lose them they will be required to pay to replace them.** As an athlete becomes more experienced and involved, he may wish to purchase additional equipment and clothing.

**Watches**--All runners should purchase a runners watch for practice and meets. Usually these can be purchase at stores for as little as \$10. We want all runners to have one of these.

## Scoring

**Low Score Wins:** As in golf, the object in cross country is to compete for the lowest score possible. In other words, a team that scores 35 points places ahead of a team that scores 40 points. This means that when two or more teams are competing, the first place team has the lowest score, the second place team has the second lowest score, the third place team has the third lowest score and so on.

**Scores Are Based on the Top Five Finishers --** Although seven to 10 athletes from each team compete at the varsity level and as many athletes as a team has can compete at lower levels--e.g., girls junior varsity, boys junior varsity-- only the first five finishers are counted in determining a teams' score. For instance, let's say Esperanza's first five finishers place 1, 3, 4, 5, and 8 in a meet against Edison. Edison's first five finishers, in turn, place 2, 6, 7, 9, 11. This will illustrate 2 points:

(A) low score wins, and (B) what is called displacement. Let's take a look.

### A. Low Score Wins:

Esperanza	Canyon
1	2
3	6
4	7
5	9
8	11
<b>21</b>	<b>35</b>

### Esperanza Wins!

**B. Displacement --** In looking at the scoring above, it may have occurred to you that the 10th finisher does not show up in the scoring. What happened to him? First, it is clear that he was an Esperanza runner because if he ran for Edison, he would have been their 5th finisher and earned them 10 points instead of 11. Second, it logically follows that although he does not figure directly in the scoring, he does figure indirectly in that he caused Edison to lose by 1 point more than it would have without him, i.e., he has displaced an Edison runner. Obviously, in close meets displacing can make the difference between winning and losing; hence the 6th and 7th athletes on the same team are just as important as the 1st. While it is exciting and helpful to have a star or two on a cross country team, cross country is still a team sport. **Coaches Note:** In the event a race ends in a tie the winner is determined by the position of the #6 runner from both teams. The team with the better sixth runner wins.

**What About Invitationals? --** In an invitational and similar cross country competitions--e.g., CIF finals--a great many teams run against each other in a given race. All but one of our races is scored in this format. Once again, however, it's still low score that wins, and only the first five finishers for a given team count in

the scoring. Further, at the varsity level, each team may still enter only its top seven runners in a varsity race. Therefore, at the varsity level, scoring in an invitational is exactly like scoring in a dual. Some invitational run their races on a grade level format--seniors vs. seniors, juniors vs. juniors, etc.

**Preview Meet and League Finals--** These are the only two races that count towards a league championship or league placing. The top three teams in league will continue to race in CIF. Only the varsity teams have an opportunity to race in CIF. Each race is scored differently. In the preview meet all teams compete against each other at the same time, however as noted above in scoring, each team scores against each individual team. Each win against an opposing team counts as 1 point. Invitational scoring is used for League Finals and each win is worth 2 points.

**Results--** Most results will be on the internet and we will post information on the website under “results” with (hopefully) a race review.

**Awards--**No awards are given at the preview meet, only at an invitational. At invitational award is usually given for individuals and team performances. Individual awards may be given in a finish chute, after each race is completed, or at the end of the meet.

**Our Competition:**

**CIF Southern Section Div. 3**

**Century Conference**

**Schools in the two Leagues**

**North Hills**

1. El Modena
2. Yorba Linda
3. Villa Park
4. El Dorado

**Crestview League**

1. Brea
2. Canyon
3. Esperanza
4. Foothill

## Questions before the Season Starts

We as coaches strongly encourage our runners to be on a self-training program out of season, especially during the summer. (you can see some of those training programs in another part of this website) Summer training is a must for the cross country athlete as it helps to build a training base for later intensive in-season workouts and also helps to prevent injuries. Additionally, we offer a high altitude training camp that has turned out to be quite a positive experience for the runners that have gone.

As the young aspiring athlete is beginning his first few weeks of training, there are a number of areas that may be of concern to you as a parent. How can you assist them? What should you expect? How should a young athlete prepare and deal with training and competition in terms of eating habits, sleep, and mental attitude?

As a rule, don't change any aspect of the normal daily routine. Everything should remain the same in terms of home responsibilities, appropriate rest, eating, and social habits.

You should also be aware as a parent that a common result of beginning training may be muscle soreness that should soon go away. If your young athlete does not have much background in running, some of this soreness may persist up to two weeks. Hopefully they tell us about this and do not hide it, as coaches we will adjust their workout to help them recover quicker. However, any athlete in intensive training could be subject to an injury. All concerns regarding problems such as this can be helped by contacting the coaches, our trainer, or team physician.

A well-balanced diet is an asset for any individual and especially an athlete. Any nutritional changes should occur gradually. On meet days, high fat and fried foods, eggs, and both carbonated and acidic beverages should be avoided. Take advantage of easily digestible foods in low quantities. Water intake should not be limited. Generally the last time a runner eats should be 2 to 3 hours prior to the start of a race. However, each athlete will learn their own eating routines before races. Gradually you will see your young athlete progress toward a diet that is high in carbohydrates as this is an extremely good source of fuel for their body. While we recognize that each individual has different nutritional needs it is usually better to go into a race on the hungry side. (The opposite can be detrimental.)

Also be aware that high school sports teams (unlike middle school) practice every day after school. We even practice on days off from school. Our workouts usually start at 2 PM (during 6<sup>th</sup> period) and run approximately 2 hours. Your son is expected to be at **every** workout if they are on the team. If your son is involved in a club sport outside school you will probably have quite a few conflicts with overlapping times. As per our school athletic guidelines, if there is a conflict the school activity would come first. While we do our best to try and work things out, please keep in mind that my first responsibility comes with making sure that the athlete in question will end up competing for us.

An athlete who misses a practice unexcused might find that he may not be running in the meet the next week.

## How to Greet Your First Meet

**Pre-Race**--Get acquainted with the race course and look for strategic spectator points, as well as the start and finish points. It is also helpful to identify the Esperanza team uniforms.

Be aware that numerous races will be run during the course of the meet. A cross country meet may last anywhere from two hours to a full day. Races will be organized by either the numbers of schools entered, grade levels of the runners, or school sizes. You can find out beforehand what time your son is racing and in which particular race.

You should not expect or demand the attention of your son once they have joined their team at the race site. They need time to jog the course beforehand, and to mentally and physically prepare for the race with the coach and the rest of the team.

**During the Race**--Cross country is not a sport that is observed from a stationary point (i.e. Bleachers) There are many ways for a spectator to enjoy watching a race. While good areas to watch are always the start and finish, you may move from point to point along the course to cheer on the runners as they pass by. However, spectators should always be aware of where the race course is and take caution to stay off the course and out of the runner's way. Also be aware that it is against the rules of the sport to run alongside a runner and pace them while encouraging them on. You also cannot give them water either.

**Post-Race**--After a runner comes through the finish chute and receives a place card, it is their responsibility to report directly to the coach and turn in the place card so that team results may be figured out.

Be aware that runners have certain responsibilities after they finish a race. We require runners to cool down as a team after the race as well as actively support teammates who are still running or have yet to race. This cool down can be expected to be anywhere from two to even six miles, depending on the level of athlete.

**It is important to note:** after a race, a runner will possibly be more spent than you would anticipate. Symptoms may include rubbery knees, general weakness, an appearance of fainting, glassy eyes, nausea, and salivating. These symptoms usually pass quickly. A mistake parents often make at a race is to take their son off by themselves and try to take care of them. Please don't do this. All of our coaches are trained in first aid, are aware of these physical reactions, and have both the responsibility and ability to help take care of them. If you have concerns for you son after a race and feel he is not well it is best to bring this to the attention of a trainer or one of the coaches immediately.

It is also important to note that immediately after a race (0-15 minutes) it is best to let your son drink water. Products like Gatorade are sweet and sometimes can induce nausea for the athlete.

**Additionally** -- parents must understand that by state law we are responsible for your son after the meet. Please do not just take your son home after a meet without checking with me. We can release them only to you without prior written approval from the office. There is a release parents must sign in order for an athlete to ride separately from the bus, carpool, or even drive themselves if they're old enough.

## **Nutrition Guidelines**

### **Basic Food Types**

- **Proteins--build muscle for growth and strength, and provide long-term energy.**
- **Carbohydrates--provides energy for activity**
- **Simple sugars--are not beneficial**
- **Complex carbohydrates--best long-term energy fuel.**
- **Fats--energy storage.**

### **Foods to Emphasize in Your Diet**

- **Breads, cereals, grains, and pasta (complex carbohydrates)**
- **Fresh fruits and vegetables (a variety is the best)**
- **Poultry, lean red meats, nonfat or low fat dairy products (protein)**
- **Fluids--water and juices**
- **Foods rich in vitamins and minerals--fresh fruits, vegetables, meats, and dairy products.**

### **Foods to limit on your diet.**

- **High fat foods--fried foods, sweets.**
- **Simple sugars--highly sweetened foods such as candy, soda, etc.**
- **Salty foods--chips, etc.**
- **Caffeine--containing beverages - cola, coffee**

### **Ideal Pre-Competition Foods**

- **Complex carbohydrates--breads, grains, pasta, fruits**
- **Limit proteins and avoid fats because they are difficult to digest and not readily converted to useable energy.**
- **Plenty of fluids (juices and water, especially water)**

### **After Practice and Competition**

- **Complex carbohydrates to replenish energy stores.**
- **Protein to rebuild damaged muscle tissue and gain strength.**
- **Plenty of fluids (water and juices)**

## *The 10 Best and The 10 Worst Foods For Your Health*

*Our affluent culture has accustomed us to diets full of fat and protein. But-low-cost, low-calorie carbohydrates, fruits and vegetables are really better for us, The famous Jane Brody, author of the instant best-seller Jane Brody's Good Food Book, tells some of the very best-and some of the absolutely worst -foods you can eat.*

### **THE 10 BEST**

**1. Broccoli and carrots: Nutrient bargains.** The whole family of dark green and deep red vegetables is low in calories and loaded with vitamin A (a single carrot provides half a week's requirements). These vegetables are high in fiber and contain a natural cancer-preventive agent. (Cooked carrots are better absorbed by the body than raw ones.)

**2. Oats: The value of a Cadillac for the price of a Ford.** Oats is a rich source of protein, and the fiber in oats-the stuff that makes oatmeal gummy-helps reduce cholesterol and normalize blood sugar. If you prepare your oatmeal with skim milk rather than water, you got a protein and calcium bonus. Instant oatmeal is not as good as cooked oatmeal because it's made with lots of salt and sometimes lots of sugar.

**3. Cabbage and its family (cauliflower, Brussels sprouts, kale, kohlrabi):** Not just for cole slaw. A natural cancer-preventive substance reduces the risk of colon cancer, a major cancer killer in the US.

**4. Potatoes: Another super-nutrient bargain.** For 100 calories in a five-ounce potato (fewer than in many "diet" foods) you get a high percentage of vitamin C, protein, iron, riboflavin, thiamine, niacin, phosphorus and magnesium. Don't cook potatoes in fat or add sour cream or butter. Good addition: Yogurt flavored with dill, pepper or horseradish. Sometimes I just put my cooked vegetables on a potato-it's nutritious and attractive.

**5. Yogurt and skim milk. Versatility galore.** Milk contains protein, and the calcium helps to prevent weakening of the bones. Yogurt has some advantages over milk, although it's more expensive. Since it takes time to consume, you really feel that you've eaten something. You can eat it with fruit or vegetables and use it as the thickening agent in soups and other recipes. In desserts that traditionally are loaded with whipped cream or cream cheese, yogurt is a good, and unnoticeable, substitute. Yogurt is a perfect ingredient for dips and salad dressings, Preparation hint: Adding fresh fruit to plain yogurt is much better than eating pre-flavored yogurt. Even if you put sugar in the yogurt, you will probably use much less than is added

to commercial brands. Frozen yogurt is better than ice cream from a fat standpoint-but it still has quite a bit of sugar. (There are benefits to a non-dairy diet as well)

**6. Pasta Good for you. But watch out for the sauce! Pasta is not a fattening food. It contains protein, vitamins and minerals. Even white pasta is a good source of essential nutrients. You can make pasta sauces that are very low in fat and calories. A spaghetti dinner with a meat and tomato sauce has fewer calories than just the steak part of a steak dinner and offers two and a half times the amount of food. For the pasta gourmet: Try a foray into buckwheat pasta, a Japanese specialty.**

**7. Fish: Especially sardines and shellfish. All varieties of fish have an ingredient that protects against heart disease by helping to lower blood cholesterol levels and prevent blood clots. Sardines are among the easiest fish to buy and if eaten with the bones are very high in calcium (as good as milk). Shellfish is very low in calories and fat; the fat it does contain is one that protects you. Save the most expensive shellfish-lobster and crabmeat -for special occasions. Include mussels, oysters, and shrimp regularly in your diet. Do not add saturated animal fat in preparation in restaurants, order fish broiled without butter. Poached fish is a good no-fat choice-order the fatty, high-calorie sauce on the side.**

**8. Bread and whole grains: The staff of life. I think the reason that millions of Americans limp around all day is because they don't eat enough bread. Bread should be a pan of every meal, and it's a good snack food. Of course, I prefer whole-grain bread (it has 18 more nutrients than white bread). Beware: Bread that isn't white in color is not necessarily whole wheat. If the first ingredient on the label is enriched white flour; it is not a whole-grain bread. The first ingredient should be a whole grain such as oats or ( usually) whole wheat. For dieters. The latest studies have shown that about 30% of the calories in bread are not absorbed by the body if you eat a slice of bread with 100 calories, you absorb only 70 calories. You get something for nothing.**

**9. Lentils and family (dried peas and beans): Very nutritious and versatile. An excellent source of vegetable protein. the lentil family has a cholesterol-protective substance. Lentils are high in fiber (which is why dried beans leave a gassy legacy-a testimony to the fact that you are eating a health diet). Try them in soups, salads and casseroles. For the lentil novice, lentil soup is the best place to start.**

**10. Fresh fruit: A natural dessert. By calling fresh fruit natural, I don't mean to say that refined sugar is not natural-it is. What I mean is that the sugar in fresh fruit comes in a package loaded with things that are really good for you: Fiber, vitamins and minerals. Hint: A fruit is better than a juice because it is more slowly absorbed by the body and more substantive.**

## AND A BONUS

**10+. Popcorn:** Great for snackers and ex-smokers who want to put something healthful into their mouths Unbuttered, unsalted popcorn contains fiber and a lot of hot air (which is why it has only 23 calories per cup). You can eat an immense amount of popcorn before you reach the calorie equivalent of a single cookie. For variety: Try popcorn with herbs, Parmesan cheese or freshly ground black pepper.

## THE 10 WORST

- 1. Soda pop:** The epitome of nutritional bankruptcy. This includes all the soft drinks, carbonated or not. sugar sweetened or artificially sweetened. If you're desperate for something sweet, you're better off having fruit juice.
- 2. French fries** A travesty on the name potato. A wonderful, nutritious food acquires 200 calories of fat when fried (and in a fast-food restaurant you're probably getting dangerous beef fat). Added salt-ugh.
- 3. Potato chips:** You might as well eat butter; they contain a large amount of added fat, as well as lots of salt.
- 4. Bacon:** It's not really meat. As many as 95% of the calories in bacon come from fat. It's high in salt and full of nitrate's and nitrites, which may cause cancer. (Micro. waved bacon, which seems drier, is just as high in fat.)
- 5. Fettuccine Alfredo and pasta salads:** Drowning in a sea of fat. People order pasta thinking that it's healthful then destroy its benefit by ordering it in fatty sauces. And pasta salad requires a great deal of dressing
- 6. Fast-food super burgers:** Six hundred calories-and half of those calories are fat. Interestingly, the plain burgers are not particularly high in fat. But when you throw in the dressing, the cheese and the extra beef. It adds up.
- 7. Granola bars:** Whoever said they are healthful? Granola is high fat. High-sugar cereal. I use it only as a garnish sprinkling a little bit of it on an unsweetened cereal. Granola bars are simply high-calorie cookies. The latest version-the granola candies bars-are no better for you than a Milky Way or Snickers. And they cost more. Bottom line. There is no advantage to eating a granola bar.
- 8. S'Mores cereal:** Probably the worst cereal ever produced. If you went to camp, you know that s'mores are a campfire confection of graham crackers. Toasted marshmallows and chocolate bars. And that's exactly what is in S'Mores cereal More than half the calories come from sugar. You're really eating candy with milk on it.

**9. Doughnuts: Worse than no breakfast at all. Not only do doughnuts have the sugar and white flour that we should be cutting back on, but also they're fried. They give me heartburn. Doughnuts put your blood sugar out of whack and they don't stay with you. By the end of the morning, you'll be in bad shape**

**10. Cheese: Not at all a wonder food. Cheese has some redeeming features, and I do use it in my recipes, but in small amounts. Many people who have stopped eating meat (because of their concern with fat and cholesterol) are substituting a huge amount of cheese. They would be better off with the red meat. Reason: Cheese has the same amounts of fat and cholesterol as red meat-and far more salts. The worst cheeses: Brie and cream cheese. Cheese spreads have as much fat as hard cheese. Best cheeses: Cottage cheese, part-skim mozzarella, skim milk ricotta and feta cheese. Grated Parmesan goes a long way, and the best hard cheese is Swiss. Although there are also reduced-fat packaged cheeses, I'd rather just have small amounts of the real thing.**

*Bottom Line/Personal interviewed Jane E. Brody. A science and 'mod' writer for The New York Times. Her latest book Jane Brody's Good Food Book. W. Norton & Co., So Fifth Ave., New York 10 110. \$ 19.95.*

### **YOUR BODY AS A CAR By Bruce H. Wooley, Ph.D.**

**It might have been written in a lawyer-like tone, but a statement recently released by a subcommittee of experts on diet and athletic performance --- sanctioned by the International Olympic Committee itself --- put the importance of overall nutrition into very clear terms.**

**The statement said: ~An adequate diet, in terms of quantity and quality, before, during and after training and competition, will maximize performance." Most athletes, therefore, are very anxious to know what type of diet will maximize their performance. Can the well-conditioned athlete afford to ingest "junk food" such as a candy bar or a greasy hamburger?**

**To begin with, there is no such thing as a perfect food. Different foods contribute different nutrients in different quantities. Some foods, referred to in popular publications as "junk food," contribute far more calories than they do nutrients. The athlete in training, therefore, would be wise to emphasize those foods that contribute the greatest number and variety of nutrients, in addition to the calories they provide.**

**Your body is like a finely-tuned race car. Improper fuel (in the case of the body, calories with few nutrients) can be used for a time, but before long the performance**



## **The Two C's--Commitment and Communication**

Cross Country is a sport that takes quite a bit of time and dedication for students. We race on average once a week, and with the addition of daily workouts to this schedule, many of our athletes are busy all the time. As a staff we feel that the above two words are very important for any team member to abide by.

**Commitment means doing what is expected of you as a team member.** Practice every weekday is one of the commitments we expect. What we are eventually trying to accomplish is kids displaying a sense responsibility, consistency, and loyalty. We hope that you as parents understand this and support this. While I am aware that unplanned family problems come up, please keep in mind that we expect to see your son at practice Monday thru Friday plus all meets and if they are not there we expect that they will let us know why.

**Communication-We expect every team member to communicate with their coaches.** We have more problems when they do not do this. If a problem occurs and they must miss practice, we expect them to tell their coach about this, not relay the information through a friend who might not tell us. If a problem comes up regarding a scheduled invitational or meet, let us know when you find out, not minutes before or after the fact. A lot of problems can be solved with good attempts at communication.

Following the two C's takes work for all those concerned with our program, the athlete, the coach, and the parent. It is not a one sided issue, all of us need to keep working at it in order for both the athlete and program to be successful.

Coach's email: [esperanzaxc@gmail.com](mailto:esperanzaxc@gmail.com)

Coach Cummings (714) 745-1600

Coach Collins (714) 325-7885

Coach Enos (714) 906-0800

Esperanza Cross Country Grading Policy  
From Coach Cummings

We have practice every single day. You are expected to come to practice, ready to run, every single day. We run when it's hot. We run when it's rainy. We run through the sniffles. This is Esperanza Cross Country. We are training you to become men.

Roll Call

**Tardies**

You are expected to be in a seat precisely 15 minutes after 5<sup>th</sup> period ends on regular school days. This means that everybody should be in room 225 by 1:56 pm. You will be marked tardy if you are not in the classroom by 2 pm. (If there is an issue, such as you need to speak with a teacher, or do something in the office, come in directly after 5<sup>th</sup> period is over so that you can speak with a coach, and check in).

**Attendance**

If attendance begins to become an issue it hurts team morale and confidence. This is a team and you are preparing for competition. **Plan on coming to practice and staying until 4 pm. Doctor and dentist appt's need to be planned accordingly.** There is no way to build consistency in a program when members of the team are missing. Every four practices missed your grade will be marked down.

**Hours**

Being on the track or cross country team means that you are representing our program on and off the field. Your behavior in the classroom and on campus is a reflection of every one of us. If you miss practice due to hours your grade will be marked down one whole grade. For example one hour slip will result in an **A** being marked down to an **A-**.

**Non-Suit**

A non-suit will occur when an athlete chooses not to dress out for the period. No more forgetting! Be prepared for yourself and the team. One non-suit will result in a whole grade drop. For example an **A** will now become an **A-**.

**Notes from home**

This is not a PE class. You are participating on a highly competitive sporting team. Your coaches have extensive background with this sport and can help you make the best decision regarding your training. I have your best interest in mind. My goal is to help make you the best athlete that you can be. If you have an illness or a sore toe don't bring a note from home. Come to your coach and inform us of your situation. Give us the opportunity to assess your needs and come to some mutual conclusions on how to proceed.

**Missing Meets**

If you miss any league meet during the season that is an automatic drop of a FULL LETTER GRADE. An **A** grade would become a **B**. Note: There are only two league meets.

Being on a team means that the coach can depend on you to participate when needed. Invitational meets are an opportunity for you to race against better competition. Except for college entrance exams, there is no excuse for missing an invitational meet. Please plan accordingly.

Athlete Signature\_\_\_\_\_

Parent Signature\_\_\_\_\_

Date\_\_\_\_\_