Pleasant Valley

Girls Cross Country

PVGXC • 2019

Welcome to the start of what will be an exciting, successful season of Cross Country! The success of the Cross Country Team depends on the attitude each individual on the team brings to school, practice, meets, and their life. The attitude you have is based on the goals you have established for your life.

You MUST set goals to be successful during this Cross Country season! My #1 goal for each of you is to reach your competitive potential while having an enjoyable, team experience! What are your goals? How will you judge your success this season? What will be the driving force that takes you beyond being just a runner to being a competitor? SET YOUR GOALS, keep them handy, look at them daily. Remember:

*It is not a goal if you are not willing to discipline yourself to achieve it.*

Believe you are great, say you are great, run with the attitude that you are GREAT!! We need to believe in ourselves, our teammates, and our goals. As a TEAM you must challenge each other everyday. If you really care about this TEAM do everything you can to make your teammates work harder and dig deeper within themselves than they have ever had to before. What are you made of? What are WE made of? Anyone can be an anyone, WE want to be great. Dare to go there! GET THERE!!

**In order to be a true team each athlete and coach must be able to answer affirmatively when asked the following three questions by any member of the team:**

1. **Can I trust you?**
2. **Are you committed to excellence?**
3. **Do you care about me and each member of this team?**

**No matter coach or athlete, to make this team work, you must be prepared from day one to answer YES, YES, YES to these three questions.**

Cross Country is a physically and mentally demanding sport. This program is designed to prepare athletes with a combination of stretching, running, lifting, and talking about mental toughness. Athletes of all calibers are encouraged to join and grow with the training they will receive. The overriding GOAL of the Cross Country program is IMPROVEMENT. Failure and negativism are concepts we will NOT embrace, period.

**Rules & Guidelines for the ‘19 PVGXC Team.**

Reading these will save much headache and misunderstanding later if

situations do arise. We hope through your commitment to this program

none of the following will be needed.

**PVHS Good Conduct Code & Eligibility Requirements:**

All athletes should have a copy of the PVHS Student Handbook, read it, and follow the guidelines that have been established to ensure that PVHS athletes are responsible, moral, and dependable persons.

**Pleasant Valley General Athletic Policies:**

 Citizenship

Extracurricular participation is a privilege that the school and community extends to students. If students are not meeting high expectations for school citizenship, which includes behavior and attendance, participation privileges will be restricted or denied.

 Attendance

In order to participate in an activity, students must be in attendance for all regularly scheduled classes the day of the contest. Exceptions for emergency situations are made by administrative approval only.

 Joining Late

It will be the coach’s discretion whether to allow a student to join an activity after the first official practice begins. Each case will be judged on the basis of what is best for the individual, the team and the program.

 Playing Time

Squad members must always be aware that practice and playing time will not be determined by a system of forced equality. The program will seek to provide positive learning and participation experiences for everyone, but, as a rule, the more gifted athletes will receive a greater proportion of coaching and playing time. No participant is guaranteed any amount of either.

* During the regular cross country season the top seven varsity runners will be determined mainly by performance times in previous meets or time trials. For the championship meets at the conclusion of the season, varsity runners will be determined by the coaching staff, considering all factors that will contribute to the best **TEAM** performance.

**Travel Policy:**

All athletes will travel to the meets together. They will stay the duration of the meet (cheering and encouraging). We are a TEAM! After the meet has ended there will be a brief team meeting at the team camp. After this parents may ask a coach for permission to take their daughter (s) home from the meet **if they have a note signed in advance**. Athletes may not drive themselves to a meet.  In the rare case that an athlete needs to ride to a meet with a parent, they must clear this with the coaches ahead of time (a day in advance or more) and have a signed note from a parent.  Failure to follow this policy may result in disqualification from the meet.

\*Bus conduct is an important part of an athletic team. We will always be courteous, responsible riders in the school buses.

\*Overnight trips are also a major indicator of a team’s character. On these trips a team curfew will be enforced and athletes are expected to act in a mature manor at all times to positively represent Pleasant Valley Girls Cross Country.

**Attendance:**

1. Be at the scheduled practice **on time** and **prepared** to practice. Roll will be taken.
2. Because of your commitment to the team and our limited practice time, it is important that you stay the entire duration of practice. You may not leave for any reason until you check out with and are dismissed by the coach. Please inform the coach of any valid reasons why you may need to leave early and she will do her best to conclude practice at a reasonable time.
3. Missed Practices??? You cannot improve if you are not at practice. Any unavoidable misses must be cleared with the coach ahead of time and may require a parent note or phone call. *Appropriate reasons to miss* include family emergency, illness, or school activities. These will be excused and result in no penalty as long as you inform a coach ahead of time. *Unacceptable reasons to miss practice* include homework or tests, routine medical appointments, and intramural sports. Your first unexcused absence will serve as a warning, the second will result in suspension from a meet. After your third, you will be asked to turn in your equipment. **THIS APPLIES FOR MISSED MEETS AS WELL! THE MEETS ARE WHAT WE TRAIN FOR ALL SEASON. AVOID MISSING THEM IF AT ALL POSSIBLE!**

 4. Miss the day before a meet? It is the sole discretion of Coach Wheeler if you will

 run the meet.

5. Work conflicts? These need to be avoided if at all possible. Coach Wheeler will deal with

 these conflicts on an individual basis and these must be approved ahead of time or

 they will be considered unexcused.

 6. Participating in another school-sponsored activity? I will handle these

individually. They will not count as misses as long as they are made up. Dual sports will be handled individually by Coach Wheeler and the athlete.

 7. I will handle athletes being cut from the TEAM on an individual basis, considering

 what is best for the TEAM, athlete, and program.

**Athletes who want to be considered for varsity competition will be**

**at practice, on time, ready to go.**

**Lettering Policy:**

 Freshmen Numerals- All 9th graders completing the season.

Varsity Letter-

 1. Any 9-12 grader placing in the PV top 5 in 7 of the varsity meets.

 2. Any 9-12 grader competing on a conference or district team.

3. Any athlete who competes at a level with the above qualifications.

 4. Any four-year participants who have not previously received a varsity letter.

**Equipment:**

 Each athlete will be issued \*\*: 1 Competition running uniform (top & bottom)

 1 Practice sweats (top & bottom)

Each athlete will need a pair of running training shoes, running meet spikes, and all necessary practice clothes. We run in cold weather. Have a stocking cap, mittens, and a scarf.

**A runner’s wristwatch is a necessary item also. The coaching staff will check for watches at the beginning of each practice.**

\*\*Athletes are financially responsible for issued equipment.

**Injuries:**

Injuries will be defined as those painful physical conditions that limit the athlete’s ability to perform. All injuries must be brought to Coach Wheeler’s attention. All injuries will be handled through the PVHS Athletic Trainer and an injury report form will be filed. Any injury requiring a doctor’s attention and cessation of practice will require a doctor’s permission to resume. Any athlete missing practice due to injury will not be allowed to compete until Coach Wheeler determines it is in the athlete’s best physical interest.

**The Runner’s Lifestyle:**

Cross country, when done correctly, is very challenging. The athletes must condition their bodies and minds to respond at peak performance. This can only be achieved through a strict practice discipline coupled with proper rest, nutrition, drug-free living, and balanced health. Female athletes must eat and eat well! As a cross country runner, drugs should not even be a consideration. Stay clean to respect yourself, your school, and your teammates. Rest is also a very important aspect of being an athlete. You cannot burn the candle at both ends and still perform at your top athletic level. Balance is the key. Formulate a schedule to include time for family, school, practice, homework, social life, and proper rest. Stick to it!

**Contacting Coach Wheeler:**

 School Phone: 332-5151

 School Mailbox: High School Main Office

 Email: wheelerjane@pleasval.k12.ia.us

**Practice Times:**

 August 12-End of Season M-F @ 3:45 - 6 pm Sat @ 8-10 am

Parent’s Code of Conduct – From InSideOut Coaching

**I understand and endorse the purpose of our program: To empower young women to develop the self-confidence to traverse all of life's challenges as well as the compassion to help others through their own challenges.**

I support the coaches by applauding behaviors in my child and teammates that demonstrate characteristics of integrity, empathy, sacrifice, and responsibility.

I acknowledge and appreciate every player’s growth towards maturity and efforts toward establishing stronger relationships with teammates, coaches, and themselves.

I affirm my child and teammates when good character, healthy sportsmanship, and other-centered behaviors are displayed. I will not only affirm athletic performance or a victory.

I serve as a role model for our players talking politely and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators at practices, games, and meetings.

I model good sportsmanship. Acknowledge and applaud the efforts of team members and opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little my child plays or what the win-loss record is.

I encourage my child and teammates with positive statements, even when they make mistakes. At every practice they are growing physically and emotionally. At every practice they are learning moral and ethical lessons. At every practice they are developing character.

I will be proud of my child’s accomplishments but not boast unnecessarily. I understand my child is much more than a set of athletic accomplishments.

When problems or questions arise, I have my child present the problem to the coach. This develops self-advocacy. After meeting with their coach, if the issue requires more clarity, I will contact the coach.

**Because I am a parent with the power, position, and platform to make a positive difference in the lives of all players, I commit to this code of conduct. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.**

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player’s Code of Conduct – From InSideOut Coaching

I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, school, and other people either positively or negatively.

I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.

I act with respect toward myself and the people and things around me including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.

I do not put people in boxes according to their race, gender, religion, neighborhood, sexual-orientation or abilities. I judge people by the content of their character.

I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, “How can I help you?”

I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school and community as a student-athlete.

I give 100% effort to practices, games, and events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.

I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and ‘trash-talking’ to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

**Because I represent my family, school, and team, I abide by the policies, rules and guidelines of the school, team, and coaches.**

Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I have read the Pleasant Valley Girls Cross Country Handbook. I understand its contents and will do everything within my power to follow the role of an outstanding athlete, conscientious student, and all-around good kid. By signing this I realize I am making a commitment to PVGXC and to myself to make decisions that will not take away from my abilities, but rather will enhance them.

Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the Pleasant Valley Girls Cross Country Handbook. As a parent I understand the impact that a successful cross country season will have on the athletes and will do my best to provide the support that my daughter will need throughout this season. I also realize that rules exist for a reason and that Coach Wheeler will enforce team policy.

Parent\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete’s Home Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_