**Skyline Cross Country Team Expectations 2017**

**Program Philosophy:** Our program has a rich tradition of excellence over the last 20 years. We have been Kingco, District and State Champions during this time**. Consistent hard work** is expected from all of our athletes. In practice and in meets we give our all. Our runners **Love to Run.** Over time our athletes hate to miss a practice or a meet as running becomes a lifetime passion. Student athletes are expected to do their best in the classroom maintain good grades during the course of the year. We support and encourage each team member to take risks, dream big and keep a positive attitude no matter what the circumstances. Our team leaders encourage and allow each runner to become an important part of our distance team.

**Practice Rules.**

The purpose of our practice is to prepare for every situation which will occur during competition.

Mold individuals into a team.

To provide experiences where the individual and the team discover their abilities.

Practices at Skyline start at 3:15 sharp. All team members will be present unless you have personally notified a coach. Don’t send someone with a message.

If you are injured or ill check in with a coach first and then you will be directed to the team trainer.

Be prepared mentally for each practice and remember your role with the team is important.

Be in acceptable practice gear.

If you miss practice notify a coach! You can e mail me at hylandb@issaquah.wednet.edu

When your team mates are fatigued during practice your encouragement is valuable and expected. This help our team become stronger as the year goes on.

**Competition Rules:**

Athletes who have an unexcused practice the week before a meet will not be allowed to compete in the upcoming meet. This starts with the first day of practice to the League Jamboree on Sep 6th.

Athletes who miss a week of practice without notifying a coach can be removed from the roster.

Only wear Skyline gear at meets. We run for Skyline HS. All other non- Skyline gear is not acceptable .

We represent Skyline High School all times when we are at home or away. We display good sportsmanship and have positive interactions regardless of the situation.

**Communication Rules:**

Be sure to communicate directly with the coaching staff regarding any issues. Let the coaches know if you are injured or not able to attend practice.

Talk with the coaches about issues that arise that are impacting your season. It may be tough but athletes should contact coaches in person first of all. Parents should feel free to email the caching staff with issues. However, athlete to coach communication is the first step in most instances during the season, and parents should allow students to develop this skill by advocating for themselves.

**Lettering Criteria:**

Boys: Break 18:00 for 5 km Girls Break 21:00 for 5 km

Excellent attendance all year.

Excellent attitude all year.

Or have completed 3 years of committed dedication to the Skyline Program.

**Fundraising**

All team members are expected to help raise money for the XC program. Today’s budgets are limited and our program size is large. We are selling Brown Bear Car wash tickets for 8 dollars each. Athletes are expected to follow through and sell their allotted tickets.

**Team Website**

<http://skylinespartanxc.weebly.com/>

Check here for race schedules, practice times, team gear info. Hopefully the team website can keep you informed during the season.

**Varsity Team Selection:** When the need arises to select varsity team runners we look at in season performances. Athletes who have posted quality times are not disqualified from varsity events due to illness or injury. Race and practice times are used and these determine our top 7 for each race. Our top seven runners do change during the course of the season based on running performance.