

PARENT INFORMATION PACKET

Sheldon Cross Country 2015

Welcome to Sheldon Cross Country 2015. We hope the information below helps you as a parent to better understand the rules and expectations for all student athletes who are members of this team. We've put this in writing to provide the clearest communication possible. If you have any questions or comments, please let myself or Coach Erin know as soon as possible. Thank you for your support!

Attendance

Attendance at practices is mandatory. This includes the first 2 weeks of practice referred to as daily doubles. If a team member is unable to attend a practice due to work, medical appointment, family conflict, or any other reason, he or she must notify Coach Brayce or Coach Erin prior to the beginning of practice. Unexcused absences can result in the athlete being held out of the next meet, so please take this seriously. Dedication and communication are important. It is also important to be on time. Practices after school are scheduled for 3:45 pm, so participants need to be timely after the end of class to make the beginning of practice.

Grades

All athletes will be required to maintain good grades throughout the year. Failure to attend all classes' complete homework, and to be a responsible student will result in meet suspension and could eventually result in termination from the team. Your child's education is a priority that will not be overlooked by the coaching staff.

Eligibility

Every athlete must meet OSAA and 4J School District academic requirements. This includes earning 2.0 credits in the previous (high school) trimester. In addition, at the time of the sport, they must be enrolled and in good standing of at least four classes. OSAA additionally has added an "on track to graduate" requirement that states: at the beginning of the school year, 10th graders must have earned 4.5 credits, 11th with 10 credits, and 12th grade with 17 credits.

Student athletes who enroll in authorized 4J School District on-line courses are responsible to notify the athletic department by showing a hard copy of proof of enrollment and grades at the beginning/end of each quarter. This includes on-line college credits/classes, independent PE and work-experience.

Code of Conduct

The coaching staff will enforce the Sheldon code of conduct for all rules throughout the season. We ask that all participants conduct themselves in a manner that represents the program, school and themselves in a positive light. Behavior inconsistent with this can and likely will result in suspensions, and if necessary, termination from the program.

<http://sheldonathletics.com/forms-and-fees>

Communication

Communication is a key to success in any program. If you have any questions, concerns, or suggestions, we encourage you to contact the Head Coach. If the Head Coach is not available, assistant coaches may answer questions, but please try to talk to the Head Coach first. The best time to do this is over the phone, or before or after practice or meet. It is difficult to give you our full attention during a meet or practice. We will also send out weekly emails, so please make sure we have your most current email addresses.

Fundraising

Our main fundraiser every fall is the Annual Twilight River Run 5K. Proceeds from this run will benefit Sheldon Cross Country. We are asking all of our Sheldon runners to get 5 participants to participate in race. Each team member will receive a minimum of 5 race brochures, and be asked to get a commitment from 5 people. These participants can either: run, walk, or simply make a donation. We will also need the help of our athletes to volunteer at the race (registration, course marshals, snack and beverage help, finish line support, etc). Stay tuned for more detailed information. All parents, friends and family are welcome!

Post-Race Snacks

We like to have snacks and beverages available for the runners after each race. To do this, we need to enlist the help of you, the parents. There will be a sign-up list for providing post-race snacks. We would like to have snacks and drinks provided by two families each meet. Ideas for snacks: nutrition bars, fruit snacks, fruit (apples, oranges, bananas, grapes); the best drinks are fruit juices like Capri Suns or sports drinks like Gatorade or PowerAde. Water is always provided. Our Team-Parent liaison, Kellie Shelton, will be contacting parents soon about this opportunity, or feel free to contact her directly.

Race Preparation

How an athlete prepares for his/her race is vital to their success. Proper rest, nutrition, stretching, injury care and prevention treatment are just a few of the key components. If your athlete has a medical concern of any kind, please speak with the coaching staff so we can help your athlete be successful. Any athletes who require the use of an inhaler or other medical prescription need to have it taken care of before they leave the house. There's not much we can do once the bus departs, other than hold them from racing.

Race Support

Sheldon Cross Country has a reputation for being one of the loudest, supportive programs in the state. We encourage you to take an active role in this. You are not relegated to just stand at the start and finish of the race, only to watch the runners leave and return. Instead, don't hesitate to follow the coaches as they scatter to all parts of the race course to encourage and support our team. We ask that no one other than athletes and coaches be allowed in the team camp area 30 minutes before the first race of the day through the last race of the day. This allows all athletes the opportunity to prepare for their race with minimal distractions. Before and after this time period all friends and family are welcome!

Team Dinners

We try to have a team pasta dinner the night before each meet. If you would like to host one of these dinners, please contact Kellie Shelton. The host family typically provides the pasta (spaghetti, lasagna, etc), while the team members provide the salad (freshmen), drinks (sophomores), desserts (juniors), and bread (seniors). These dinners begin at 6:00 pm and end by 8:00 pm. Parents, please pick up your kids by 8:00pm in respect to the host families.

Transportation

Transportation to meets is provided by the school district. We will ride on school buses and everyone participating in the day's event MUST ride the bus unless prior approval has been given. Please be sure your son or daughter is on time. It is difficult for the coaching staff when athletes are late for the bus. It is also important to be on time to pick-up your athletes after meets. We will have the athletes call home when we are 15 min. from home. This will provide time for you to meet us at the school. A member of the coaching staff will remain on site until all

athletes have been taken home. It will be the responsibility of each athlete and guardian(s) to provide transportation to and from all team-related events, with the exception of meets. Coaches will not give rides.

Uniforms

Athletes cannot compete without their proper uniform. Please follow washing instructions, as we have had many uniforms ruined in this process. Wash uniforms separately in cold water, otherwise colors will bleed.

In addition, only clothing representing Sheldon will be allowed to be worn on race day. Any clothing not representing Sheldon and/or Sheldon colors will not be allowed. It is important that as a team we look neat, clean and ready to run!

Varsity Letters

For a student athlete to earn a varsity letter in cross country each athlete will be evaluated throughout the season on the follow:

Attitude – showing up every day, being positive and supportive.

Attendance – making practice on time and on a consistent basis.

Participation – competing in at least one varsity race.

Coaches reserve the right to letter any individual who displays outstanding effort and commitment.

As mentioned earlier, if you have any questions, concerns or comments, please contact us. We look forward to a great season and thank you for being part of it.

Sincerely,

The Sheldon Cross Country Coaching Staff

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