



STRENGTH BY MILE



Cross Country Team Expectations Guerin College Prep High School - 2011

Welcome to the 2011 GCPHS Cross Country season. Please be aware that with the commitment to participate in cross-country come several responsibilities and expectations...

Serve as a positive role model and representative of Guerin.

Be a positive, contributing team member. Each individual has gifts and talents that they bring to team, not only athletically, but also in a multitude of other ways! Share those talents with the team in a positive way.

Listen, Execute, and Communicate! You have unlimited potential. Listen to Coach Danan and teammates and try your hardest to execute their plan for you. If you have concerns about your growth as a runner, talk to your Coach Danan! *I can't help solve a problem if I don't know what it is.* 😊

Be respectful of everyone at all times, especially teammates, coaches, competitors, and officials.

- Profanity during practice and/or a meet will not be tolerated. If witnessed by a coach, teammate or at a meet, the offending athlete will be punished by the coaches and face possible dismissal from the team. The severity of the punishment will be at the coach's discretion
- Any athlete seen fighting and/or exhibiting poor sportsmanship at practice or a meet will be punished by the coach and face possible dismissal from the team. The severity of the punishment will be at the coach's discretion.



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Punctual attendance at ALL practices and competitions is MANDATORY until the season ends.

- An athlete must attend half the school day (excluding lunch) in order to participate in practice or meets (unless excused by the athletic director at least one day prior to the absence). The athletic director may waive this rule in unusual circumstances.
- During the season any student who is charged with an unexcused absence (skipping) from one or more classes on a particular day will be suspended from competition or practice for that date (if not more).
- There no unexcused absences allowed and you will be dismissed from the team.
- If you are late to practice for an excused reason (i.e. tutoring, clubs, doctor visits), you must meet/email/call Coach Danan to inform me of this or else it will be interpreted as an unexcused absence.
- If your excused absences exceed more than THREE practices you will need to meet with Coach Danan to discuss your commitment to the team.

Student-Athletes have a responsibility to strive for academic excellence.

- "Student" comes before "Athlete" at all times. Athletes, who fail to meet the minimum academic eligibility standard, as outlined in the school handbook, will be ineligible to participate in practice or meets. Please see Coach Danan if you need academic assistance.
- Academic excellence also includes good behavior in the classroom and proper conduct with teachers and other students.
- Any athlete who is suspended (ISS or OSS) will not be allowed to compete in that week's meet and possibly face other consequences up to dismissal from the team.

Full XC uniform must be worn to and from all meets and at no other time, unless approved by the coach. Take care of your equipment and clothing. You will be held responsible for any damaged or missing articles supplied by the school.



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Adhere to GCPHS's Athletic Code of Conduct. Violation of this expectation will result in a meeting with the athletic director and coach as well as a possible dismissal from the team.

All team members must ride the team bus or school provided transportation to and from competitions.

- If an athlete wishes to ride home with her/his parents, the coach must meet with the parent PRIOR to leaving the meet and receive consent.
- Athletes wishing to ride home with another teammate's parent(s) must have a written and verbal consent by both parties in order for Coach Danan to release that student.

Please keep in mind, **CROSS COUNTRY IS A TEAM SPORT!** No one person, no matter how good is bigger than the team. We will need to work together to reach our goals!

As always, please come talk to me if you have any questions or concerns. I am here for you and I want you to be successful! If you have questions outside of practice please feel free to call my cell phone at 847-226-0833

Head Women's and Men's GCPHS Cross Country

Coach Earl Danan

