Air Academy Cross Country

Team Guidelines and Policies

2021

In addition to Academy School District 20 Policies and CHSAA Rules, we have the following Team Guidelines:

ELIGIBILITY

1. Athletes who have 2 F’s or more at eligibility checks will be ineligible until the next grade checks. At this point, athletes must have corrected their grades to meet the minimum requirement of having only 1 F to be eligible during each eligibility period. Eligibility periods run for 2 weeks. Athletes are given a warning on the Wednesday of the 2nd week of the eligibility period. They have until Friday to correct the failing grade and provide the Athletic Office with written documentation to retain eligibility.
2. We believe that athletics and academics are a great match. If you succeed in the classroom, you will succeed on the XC course! By letting yourself down academically, you end up letting down the team.

ATTENDANCE

1. If you are late to practice, a note must accompany. Consistent tardiness could result in penalties. Makeup time for tardies could be tacked on to the end of practice and involves extra core or strengthening work.
2. An unexcused absence from practice, could result in your missing the weekly meet.
3. Consistent “questionable” absences could result in your missing the weekly meet.
4. Definitions of absences and attendance terminology:

**Excused Absence**-athlete has a legitimate reason to miss practice and informs one of the 3 coaches in advance of the absence.

Legitimate Reasons-Pre-arranged absences that have been approved by the coaches. Examples: Family Reunions, Church Activities, Approved Club Sport Activities (see our policy on Club Sport/Dual Sport Activity), Necessary Family Time-with parent and coach discussion prior to the absence, Employment deemed necessary by financial need, Sickness and absenteeism from school and finally, extenuating circumstances, which most certainly happen. Please communicate with your coaches about your needs! We are here for you and we have no agenda to restrict your participation unjustly!

**Questionable Absence**-athlete has to miss practice because they are behind on school work due to circumstances that are not extenuating. Example: I have a project that is due tomorrow that I am behind on, but it was assigned a month ago.

**Unexcused Absence**-Athlete does not communicate the absence in advance of the practice. Not having the appropriate workout gear to participate in the practice. Not having a Legitimate Reason for missing practice (see above).

1. **Consequences for Unexcused Absences**

The First Unexcused Absence will be addressed with the individual in a coach/athlete conversation.

The second Unexcused Absence could result in the athlete being pulled from the weekly meet, a parent phone call and makeup work.

The Third Unexcused Absence will result in a pull from the weekly meet, a parent phone call or conversation, makeup work and the potential to be pulled from the next week’s meet.

The fourth Unexcused Absence will result in an attendance contract in which the next violation could result in dismissal from the team.

Club Sport Team Guidelines

1. All outside club sport activities must be pre-approved by building administration in writing. You must fill out an outside participation form with the Athletic Director. See Coach Schwartz if you are involved in club or outside activities that are not sanctioned by CHSAA.
2. Cross Country at Air Academy High School must be the initial priority. Athletes are expected to fulfill their workout or competition obligations to AAHS before their club sport practice or competition. Consult with Coach Schwartz about a reasonable compromise in workouts or competition, in advance of any potential conflict.

Practice and Meet Guidelines

1. Practice begins at 3:05 pm. Athletes are to use the Varsity Locker Rooms to change (Girls-in Middle Gym/Boys-beside Training Room). Please be aware that masks must be worn inside the building. We are not responsible for lost, stolen or damaged items during practice. Lockers are available but you must bring your own lock daily.
2. You must be at practice every day and you must be on time (see guidelines above). If you cannot do either, you must notify one of the 3 coaches by either email, face to face or text. If you email or text, make sure you explain thoroughly and be prepared to exchange emails/texts to thoroughly discuss the absence and clear it.
3. If you need to miss, just stop by my room 102 and discuss the absence with me during the school day or reach out via text, phone call or email.
4. If we are taking a bus, you must be on time or you will be left!
5. You must take care of all the gear that is checked out to you. You will be charged for any damaged or missing gear!

Transportation

Currently we are very short on bus and bus driver availability-we are not guaranteed a bus. At this time, bus requests have been submitted for our 2 Denver area meets.

1. You are expected to travel with the team to all meets outside of Colorado Springs. These meets outside of the city are bus meets and you are expected to travel to them on the bus. Only pre-arranged circumstances in which parents drive you to the meet are acceptable for meets outside of Colorado Springs. At the conclusion of meets that are outside of Colorado Springs, athletes are expected to ride home on the bus. If you desire to ride home with your parents, Coach Schwartz must have a face to face conversation with your parents at the meet to dismiss you directly to them! I cannot allow friends to ride with other parents at the conclusion of Non-Colorado Springs meets. Team members can only return home with parents or on the provided bus outside of Colorado Springs.

1. Some meets within the Colorado Springs City area may be serviced by a One-Way Bus. Due to our current shortage of bus drivers, we will experience significant problems in obtaining One-way busses. Please read carefully the guidelines below:
2. **Athletes with driver’s licenses are allowed to drive themselves to meets in the Colorado Springs area. This eliminates them having to travel on a bus back to the Academy to retrieve their car after the meet. Car-pooling is allowed but cannot be arranged by coaches. Parents NEED to be aware of who their kids are riding with!**
3. The One-Way Bus is intended to provide kids without a ride to get to the meet that is hosted within the Colorado Springs area! These individuals could be underclassmen who cannot drive, upper classmen without a car or kids who choose to ride the bus to the meet for whatever reason. The One-Way Bus situation will be communicated well in advance, and it is the responsibility of the athlete to secure transportation home AFTER the meet’s conclusion.
4. All Athletes are required to use our training and strength programs. If you are engaging in outside of practice workouts, you need to COMMUNICATE ALL OUTSIDE TRAINING WITH COACH SCHWARTZ! These types of workouts cannot take the place of AAHS XC workouts! This is an important point in ensuring that you peak properly for the championship season! No athletes will be allowed to do another coach’s workouts during the season as a substitute of the Air Academy High School Cross Country Workouts.

If you perform a workout or activity outside of practice that results in you having to MISS or SIT OUT of the team workout-it may jeopardize Varsity eligibility for the week.

JV Competiton

All runners not competing Varsity will compete in the JV race at the weekly meet when available.

Varsity Competition

The top 7-9 runners in the program will compete Varsity each week. Some meets restrict to 7 runners and some allow 9. Regionals allows 7-9 runners. Times will be taken and recorded from each weekly meet. Practice performance and race performance will determine Varsity eligibility-coaches have the final say in who runs varsity on a weekly basis. We take into consideration training, injury, injury prevention and extenuating circumstances.

Regional and State Competition

The Regional Team is chosen based on previous meets. The top 7-9 runners will compete at Regionals and the top 7 at State based on the previous meets. (. Coaches will look at several well represented meets to determine the athletes that have the best chance of running the fastest time at regionals and at state. Coaches may use other discretionary reasons for making their choice of the Regional or State team but only during extenuating circumstances. Attendance, practice work ethic and compliance to team policies factor in for post-season participation as well.

Varsity Lettering Criteria

To letter in XC at AAHS you need to accomplish 1 of the following: 1. Run in half of the Varsity meets this season. 2. Compete at the State Meet in this season. 3. Complete your 3rd season of XC at AAHS in good standing. Excessive absences from practice and competition will jeopardize the potential to earn a letter with any of the above criteria (even excused absences).

Meet Do’s and Dont’s

1. Arrive when directed by your coaches. Weekly meet information will be posted under “Meet Information” at kadetxc.weebly.com
2. Warm up begins 45 minutes prior to your event. Your meet info will let you know when to do this!
3. XC Meets are very busy and it is up to you to know where you need to be at designated times. Stay current on meet expectations.
4. Bring and consume your own water source as a safeguard. Meets normally provide water but Covid has prevented that in recent times.
5. Bring and consume healthy snacks-whole foods and proteins are ideal. We will give you a nutritional run-down on your best selections.
6. Hydrate during the day every day! Provide yourself with good snacks of whole foods and proteins mixed every day. Examples: Raw Vegetables, fruits (skip citrus on hard days in advance), whole grain and better non-processed breads like Ezekiel Breads, white meats and fish, lean beef jerky, nuts and whole grain crackers. Processed food affects your blood sugar and your race or workout potential!
7. You must dress in your team warm-ups for all races!
8. You must stay until the awards ceremony at all meets! See Coach Schwartz if you have to leave. Some new Covid-19 Regulations will eliminate awards ceremonies. Just check with a coach on when it is appropriate before you leave – for supervision purposes ultimately.
9. Comply with all CHSAA uniform regulations. No rolled shorts, no exposed midriffs, shorts are on the hips or above and only school issued equipment can be worn in meets.

Covid-19 – currently, the protocol we are under requires the wearing of masks inside buildings on USAFA. This includes weightroom, training room, etc…

Personal Equipment

1. All athletes should have running shoes and a watch. See a Coach if you cannot provide those items.
2. Some practices will be very cold. Always bring extra gear!
3. Always bring a water source. We will provide refills at this point but Covid protocol may change.
4. Always bring healthy snacks for post workout or race recovery.
5. Face covering or mask to practice daily.

Proper Attire

Dress appropriately for every practice and every meet. In cold situations, use layers so that you can be prepared for every possible weather situation. Gloves, hats and jackets/sweats will be needed at some point during this season. Remember, a missed practice due to improper attire counts as an Unexcused Practice.

Uniforms

All athletes will be issued a uniform. The athlete is responsible for turning in all issued gear after their eligibility during the season is expired. We strongly encourage athletes to purchase competition shorts (see Coaches for information) The following charges will be accessed for any gear not returned when requested:

Singlet-30.00

Shorts-30.00 (if not purchased by the athlete)

Warm-up shorts-30.00 (may or may not be provided)

Jacket-55.00

Pants-60.00

It is the athlete’s responsibility to wash, keep track of and return all parts of the uniform with the correct numbers originally issued to that athlete.

Wash your uniform in cold water, separate from colors.

Substance Abuse Policy

1. Any use of drugs or alcohol or performance enhancing drugs on or off campus at any time will result in dismissal from the XC team!

Training Room Policy

1. Arrange pre-practice therapy to arrive at practice at 3:05.
2. If an athlete goes to a physician to receive therapy or evaluation, a written note must accompany them to clear them for practice participation. This note must be provided to the school athletic trainer. No exceptions will be made!
3. Athletes who intend to use the training room need permission/supervision from Bethany or a coach.

Procedures for Parental Concerns

1. Email or call Coach Schwartz to set up an appointment or to air your concerns.
2. If your concern is regarding a coaching decision, give yourself 24 hours to think about it. Please do not confront me during a meet or during a practice or even before a practice. However, please contact me regarding your concerns when you believe you are in a good place to discuss the matter!
3. If you do not feel satisfied with your resolution with Coach Schwartz, please contact the AAHS Athletic Director Blue Anderson or Principal Dan Olsen.

Website and Communication

1. Please sign up for the Remind App which we use to communicate. Find details at [www.kadetsxc.weebly.com](http://www.kadetsxc.weebly.com) under the contact information. We have established a parent email network each season – we should get that going by conclusion of a parent meeting.
2. Please find all contact information at [www.kadetsxc.weebly.com](http://www.kadetsxc.weebly.com).
3. Please visit [www.kadetsxc.weebly.com](http://www.kadetsxc.weebly.com) for announcements, meet info., meet sheets, directions to meets, practice calendars and all relevant information.

Coaches

Chuck Schwartz, Head Coach

Catherine Webber, Assistant Coach

Mikayla Peck, Assistant Coach