

Northview Cross Country Team Rules/Expectations

Team Remind:

Twitter:

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We are a “model organization” at Northview. Being part of this team means holding yourself to high standards at home, in school, at practice and meets, and online. Violation of any of these rules can lead to losing a varsity spot, suspension, and/or dismissal from the team at the discretion of your coaches and Athletic Directors. These rules are in addition to the rules outline in our Student-Athlete Handbook.

1. Your priorities should be as follows: family-academics-running-friends. You should strive to be a person, whom others in the school look up to and admire. You are expected to be a pleasure to have in class, in practice, and at home.
2. Your teammates and coaches depend on you being at practice every single day. Let a coach know personally if you will not be at school and/or practice and the reason. Asking a teammate to relay a message does not count as contacting a coach. My email address is groundsja@clay.k12.in.us. You can also send a message directly to the coaching staff via remind. Even if you are sick and call the school, you still need to get a message to a coach to let us know your situation in advance.
3. Be on time to practice, ready and waiting by Cumberland by 3:30 each school day. This gives you 15 minutes to get ready and walk over. If you are staying after school for help in a class or to participate in an activity, you need to let us know IN ADVANCE. If you are habitually tardy, you will start losing meets very quickly.

Valid reasons to miss practice: death of a loved one, doctor/dental appointment, college visit, sickness, family emergencies, etc... as long as I know about them IN ADVANCE OF PRACTICE.

Invalid reasons to miss practice, arrive late, or leave early: work/job, job interview, driver's ed, outside club meeting, spending time with significant other and/or friends, 15 minutes is not enough time to get ready and walk to Cumberland.

*If you are in an outside club, please let me know so I can talk to the sponsors of that club and we can work out a way for you to be involved without missing any practice.

*There are of course rare exceptions to this. What we are trying to prevent: consistently missing practice or being tardy.

4. You are on this team to improve as a runner. As such, you are expected to run, lift, and finish all workouts. You will be prescribed groups/goal paces/amounts to run at every single practice and are expected to give your best effort to achieve these on a daily basis. Running is a sport in which we often get spread out. You should never leave school property or park property for any reason unless instructed to do so specifically by a coach and are supervised. First offense of being “Off-Route” is warning and parent contact. Second offense is dismissal from the team.
5. Do not “play” in the weight room. This is a very dangerous place when it is not taken seriously. You are not in the weight room to socialize nor are you there to waste our time or Coach Maroney's time. Athletes are expected to complete workouts prescribed to them by Coach Maroney.

6. Keep the locker room, practice area, bus, etc... clean. Throw trash away. Take dirty clothes home and wash them.
7. Never be “too good” to help pack up the tent, pick up trash/bottles after practice, or fold a tarp. Nothing says “low class” like a team that cannot pick up their camp or practice area. This is NOT the job of the freshmen. It is the job of every member of this team.
8. 45 minutes prior to the start of your race, the only contact you should have is with coaches and your teammates. This is not the time to be talking to your family/friends/fans who show up to support you. This may seem pretty harsh, but you will not see family/friends/fans in the locker room the hour prior to any other sport. This is the time to get focused on goals/races not to have to deal with distractions.
9. Don’t do anything at practices, meets, or online that the coaches wouldn’t do. You are a representative of our team, our school, and our community. Trash talk, goofy behavior such as throwing a football or Frisbee around at a meet, or wearing silly apparel to a meet is not part of this organization. When in doubt, ask a coach.
10. Practice good sportsmanship before, during, and after each race. Tell your competitors “Good Luck” and “Great job.” Be sure you thank the volunteers and officials that help make our sport happen.
11. Show great character. Be willing to help out others who might need a little extra help with drills or understanding a workout. Thank those people who behind the scenes are helping us out in any way possible. Examples of these people, the bus driver who sacrifices half their Saturday to drive us to a meet, or the parents who go above and beyond to help with food/snacks for the meets.
12. Absolutely no hazing or bullying. “Hazing” is defined as any sort of initiation ritual which causes pain or humiliation to one or more group members. Our freshmen are welcomed onto the team and there is no “initiation period.” It is the upperclassmen’s job to help them as they make the jump up to the high school level. “Bullying” is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Northview Cross Country is better than bullying and hazing. It is our expectation to be “The Model Organization” on campus for being a team full of nothing but good characters. Let a coach know immediately if any situation arises that you think might even resemble bullying or hazing. We have a zero-tolerance policy for bullying or hazing on our team. That means your first offense will likely be your last offense.
13. Do not put yourself in situations where alcohol, illegal drugs, or e-cigarettes may be present. When in doubt, **DO NOT ATTEND.** Even being at a gathering where illegal drugs and/or alcohol are present can get you suspended or removed from the team. If you somehow find yourself in such a situation, our expectation is that you will immediately leave or call a parent to pick you up.
14. Fall break always falls the week between Regionals and Semi-State. All varsity team members should be willing and able to participate in all practices and meets during this stretch of the season. Please be wary of this and try not to plan any family vacations during this time. I know that is a lot to ask, but we will need all hands on deck to qualify on.
15. Be supportive of our team and NHS as a whole. Support your teammates at meets, wish other teams/organizations in the school “Good Luck” and be a Knights Fan year-round.

Northview Cross Country Lettering Criteria

It is a great honor to wear a letter jacket at Northview. This is truly something that must be earned and not given. The following are ways in which you can earn your varsity letter for Cross Country at Northview High School.

1. Make the post-season roster (top 12)
2. Run faster than 18:30 (boys) for 5,000M in competition or 23:00 (girls)
3. Complete your 4th year of participation in Cross Country
4. Coach Recommendation