

SI Boys Cross Country Sport Syllabus- 2005

Philosophy:

The Cross Country Program at St. Ignatius is an extension of the SI classroom and community learning experience, and exists to further the growth of the whole person as described in the "Graduate and Graduation." The classroom strives to develop "life long learners." The Cross Country Program aspires to instill a commitment to "life long running and fitness."

The Cross Country Program is a "no-cut" sport for freshmen. This means that the coaches will not cut an athlete based on the speed/ pace that an athlete can run. This enables freshmen athletes of varying abilities and goals to be a part of the team.

However, all team members may cut themselves if they fail to show a commitment to:

- Improving as a runner (*magis*)
- Daily attendance
- Punctuality (practice begins 20 minutes after school finishes)
- Consistent effort/ work ethic
- Supporting teammates
- Following team rules
- Practicing good sportsmanship in victory and defeat

Season Goals:

Win WCAL championship at all levels

Win CCS Division III Championship (Varsity)

Qualify for State Championships & finish higher than predicted ranking

Coaching Goals:

Always place the safety, well-being and enjoyment of athletes as top priority

Facilitate the improvement of each athlete

Place the best possible team on the course for each competition

Maintain a "no-cut" team for freshmen

Instill a passion for life-long running and fitness

Foster team unity and sportsmanship

Prepare and assist athletes to continue to compete at college level

Help runners learn to be "self-coached" and self-directed

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Team Rules:

1. All contents of the Athlete and Parent Handbook 2005-06 apply to the Cross Country Program. Pay particular attention to the fact that all athletic teams at SI are expected to be drug and alcohol free.

2. **Attendance:** All athletes are expected to attend every practice, and be prepared for practice on time. Practices and competitions usually cover six days a week. Weekday practices conclude by 5 PM most days.

If an athlete cannot attend a practice or a competition, it is imperative that he inform Coach Evans in writing (cevans@siprep.org) prior to the practice or competition.

Missing a practice without notifying Coach Evans ahead of time may result in suspension from competition or removal from the team (three unexcused absences will result in the athlete being "cut" from the team-THREE STRIKES).

3. **Punctuality:** Practice begins 20 minutes after the conclusion of the school day. Athletes are expected to be ready to practice at that time. Chronic tardiness may result in suspension from competition or removal from the team.

4. **Communicate:** Tell a coach when you are hurt or having difficulty. We want you to be healthy and enjoy your participation with the Cross Country Team. **All athletes need to have a current email address to facilitate communication with coaches.**

5. **Academics:** Your grades are your first priority. Read that again. Your grades are your first priority. Keep your grades up. Participation in athletics at SI will require that you plan ahead and budget your time well.

6. **Stay the Course:** As we are often off campus for runs, it is critical that all runners stay on the prescribed workout course for that day. Coaches need to know where runners are at all times. Runners are required to sign in when returning from runs. Failure to sign in may result in suspension from competition or removal from the team (THREE STRIKES).

7. **Safety:** Safety always comes first. For all workouts:

- Obey all traffic laws (cross streets on green lights only, in crosswalks, etc.)
- Never insist on the right of way
- Always be courteous to others, especially drivers
- Always run the prescribed course for the day
- Always run in groups of three or more (even if it means slowing your pace to accommodate others)
- Always sign in when returning to campus at the end of a run
- At Irving & Sunset Blvd., as you enter Golden Gate Park, use the cross walk and wait for red light to stop traffic on Sunset
- Rivera and Sunset will be the start and finish for all of our training runs

8. **Respect:** Be courteous to teammates, coaches, opponents, bus and van drivers, cyclists, pedestrians and other vehicle drivers. Remember that you are representing SI both when you practice and when you compete.

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Equipment Requirements:

Shoes: All athletes should start the season with a new pair of training shoes. Racing flats are recommended, but not required.

Watch: All athletes must have and wear a watch to practice each day. Athletes who come to practice without a watch will be sent home and counted as missing practice for that day.

Sunscreen: All athletes are required to wear sunscreen for every run.

Miscellaneous:

500 Mile Club (red) and 300 Mile Club (blue) T-shirts will be awarded to runners who have achieved these levels during summer running.

Top 12 T-shirts will be awarded to runners whose commitment to team goals is exemplary. Top 12 T-shirts will be worn at Thursday practices.

Uniform Purchase:

Varsity:

Singlet	Required	\$25
Shorts	Required	\$26
Sweat Top	Required	\$45
Sweat Pants	Required	\$28
Monogram	Required	\$25
Varsity Jacket		\$75

Non- Varsity:

Singlet	Required	\$25
Shorts	Required	\$26
Sweat Top	Optional	\$27
Sweat Pants	Optional	\$22

Red CC Polo **Required for all athletes** **\$25**

Coaching Staff:

Head Coach	Chad Evans	415.731.7500 ext. 6459	cevans@siprep.org
Head Distance	Al Berrin	415.665.9657	clubhell@aol.com
Assistant Coach	Dan Lang	415.731.7500 ext. 6799	dlang@siprep.org
Chaplain	Fr. Jerry Hudson, SJ		

**SI Boys Cross Country
Sport Syllabus- 2005
Contract**

Student Portion

I have read and understand the Boys Cross Country Syllabus. I agree to strive to meet the expectations stated in the philosophy section, and agree to follow all of the team rules listed in the syllabus.

(Signature)

(Date)

(Print name)

(Year)

(Address)

(City)

(Zip)

() _____ - _____
(Home Phone)

(Email Address-please print)

Parent Portion

I have read the Boys Cross Country Sport Syllabus. I agree to support my son in meeting his responsibilities in being a member of the Boys Cross Country Team at SI.

(Signature)

(Date)

(Print name)

(Email Address- please print)

Signed contract due to Coach Evans by Friday, September 2, 2005