

HILLCREST MIDDLE SCHOOL CROSS COUNTRY POLICY and PROCEDURE.

HEAD COACH: Coach Mokogwu- 623 376 3348
ASSIST. COACH: Mr. Meyers

ASSIST COACH: Mrs. Kenobble.

1. Length of Season: August 16th 6:30 A.M. to Oct. 22nd approximately.

PLEASE CREATE AN ACCOUNT AT www.registermyathlete.com Register My Athlete, to provide the required paperwork and UPDATED PHYSICAL. All paperwork must be completed before you can join or practice.

2. Athletes, Parents, Coaches, Cross Country Information meeting: TUESDAY, AUGUST 10TH IN THE GYM AT 5:30PM.

3. PRACTICE: Monday-Thursday. A.M. PRACTICE. 6:30A.M.-7:40 A.M. Arrival time is 6:25A.M. PLEASE DO NOT ARRIVE BEFORE 6:25 A.M. MEET IN THE GYM. ON THE DAYS WE PRACTICE IN THE MORNING, PARENT WILL DROP OFF THEIR CHILD. PLEASE MAKE SURE YOU HAVE EVERYTHING YOU NEED FOR SCHOOL... BACKPACK, BREAKFAST and LUNCH MONEY.

4. PARTICIPATION;

Student-athletes are required to attend all practices and must participate in the planned workout/activities. If a student must miss a practice, he/she must have a parent call to excuse the absence. Continuous practice is what makes a winning team.

5. INJURY or ILLNESS;

Please stay at home if you are sick or injured until you feel better or completely healed. Have a parent notify us.

6. ACADEMICS;

Academics come first. "No pass, no play (Pending, Ineligible, three strike) rules" will be enforced and we follow the District policy on the Six Pillars of Character and Code of Student athlete conduct and Pursuing Victory with Honor program.

7. Dress Code. Dress for the WEATHER.

*T. Shirt with short sleeves. No Tank Tops or SHORT SHORTS.

*Sweat pants and jackets recommended for A.M. practice.

*A small water bottle to carry during workout.

*Tennis shoes- Wear Good quality well fitted running shoes.

8. MEETS.

Cross Country is a non-cut sport. All athletes are eligible to participate in the meets.

Distance run: 1 and ½ to 2 miles.

The top 5 finishers will score points for the team/school. If tied, next 2 and next 3.

The District provides bus to transport our athletes from school to the meets and back to school. Meet start at approximately 4:30p.m. and end by approximately 6:30pm. Unfortunate circumstances (transportation or other teams late arrival may cause us to be back late.)

IMPORTANT! IMPORTANT!! IMPORTANT!!!

Parents/Guardians are required to fill out and sign the Deer Valley Unified School District Student Release form following an away contest. The Coaches will provide this form for you to complete before leaving the stadium. We thank you and appreciate your understanding and cooperation.

9. UNIFORM.

Each athlete will be issued a Hillcrest Uniform and will be expected to wear it for team pictures, and Cross Country meets and return it in the same condition in which it was received or will be charged full replacement cost.

10. Team Goals.

*To improve skills- Go the Extra DISTANCE.

*To go for your INDIVIDUAL goal and TEAM goal.

*To show good Sportsmanship and VICTORY WITH HONOR.

11. FUNDRAISER.

*Jog-A-Thon Thursday, August 26th during A.M. practice.

*Spirit shirts.

*Tax Credit.

*Donations

*Concession-When we host a meet. We need parents to run the concession.

We ask that each of our athlete participate in at least one fundraiser activity. Part of the money raised will help in sponsoring end of the season awards (Trophies and Ribbons) and contribute to the Athletics department.

12. TEAM TRYOUT FOR LINE UP ON THE TEAM. Tuesday August 24^h during 6:30 A.M. practice.

13. SPORTS TEAM PICTURE DAY- September 30th.

Time; 3:15-4:30. WEAR YOUR CROSS COUNTRY UNIFORM. Please make arrangement for a parent pick up at 4:30p.m. NO AFTER SCHOOL ACTIVITY BUS.

14. MEET SCHEDULE. Cross Country Meet Schedule- Coming soon

15. No School, No Practice; Sept. 6th, Sept. 7th, Oct. 11th, Oct. 12th, and on Meet days.

GO FALCONS!!

MAKE A COMMITMENT TO NOT QUIT.

TO WORK HARD AT PRACTICE AND IMPROVE!

LET'S GO THE DISTANCE!