

Deerfield/Cambridge Cross Country 2017
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***PARENTS MEETING-WE WILL BE HAVING A PARENTS/ATHLETE MEETING AT 5:30 PM ON TUESDAY, AUGUST 22nd IN THE COMMONS AT DEERFIELD HIGH SCHOOL. WE WILL GO OVER THIS PACKET AS WELL AS SOME OTHER ITEMS FOR THE UPCOMING SEASON. THE MEETING WILL ONLY LAST 15-20 MINUTES. PARENTS AND ATHLETES ARE ENCOURAGED TO ATTEND.**

1.Coaches- Matt Polzin-Head Coach
Sean Currie-Assistant High School Coach
Mark Dooley-Middle School Coach
Jason Wierzba-Middle School Coach

2. Attendance and Practice – Before the start of the school year , we will practice at **3:30 pm**. We will also offer a few morning practices where we allow the kids to choose whether they will come to the morning or afternoon practice. You can find more information about these times and dates in the email that was sent out or on the website.

Once school begins, we will begin practice between **3:20-3:30** or basically as soon as we can transports kids between the two towns. We will alternate days between Deerfield and Cambridge. Coaches will notify athletes in advance as to where practice will be. Transportation will be provided between schools. Practice is generally between 4:45-5:30. Coaches can usually give an idea of when practice will finish on a particular day as it will often vary. You are required to use the school transportation provided unless it is otherwise pre-approved by the coaches to do something different

-If you are in school, you are expected to attend practice. If you cannot make it to practice, you need to contact one of the coaches.

-If it is an absence you know about before hand, notify a coach ahead of time

*Telling a teammate to tell the coach is not acceptable !!

-If you are absent for an extended period of time because of a family trip etc., please bring a note with the dates of your absences or send an email with the information.

-If you know of a conflict that may cause you to have to leave practice early on a particular day, talk to the coaches and you may be able to get your workout in at another time or start sooner.

-If you are not in school, the coaches will see that on the attendance report so you do not additionally need to contact the coaches in these situations.

-There will be no penalty for your first unexcused penalty although attendance will be taken into consideration for awards, letters and who runs on varsity. Even in the case of excused absences, disciplinary action may be taken if absences become a common occurrence.

-AFTER YOUR 2ND UNEXCUSED ABSENCE, YOU WILL SIT OUT OF A MEET.

-3RD UNEXCUSED ABSENCE=NO MEETS FOR ONE WEEK

-4TH UNEXCUSED ABSENCE=REMOVAL FROM TEAM

3. Meets -Attached is a season schedule. All high schoolers can compete in every meet with the one exception being Sectionals at the end of the season. The meets with middle school races are marked on the schedule.

-If your team is competing at a meet, the coaches may ask you to come to still help take times, support your team etc.

-Everyone is required to ride the bus to and from meets. The only exception is if you are riding with a parent and you have a note. You cannot ride with someone who is not a family member unless the school administration pre-approves it.

-Meets during the week usually last until around 7:00. For Saturday meets, we are generally home my early to middle afternoon. When possible, I will provide a meet schedule before hand.

-EVERYONE STAYS UNTIL THE END OF AWARDS AT ALL MEETS! If a teammate has earned a medal, it is nice that everyone stays to support them. Since there are always exceptions though, you get ONE time that you may leave a meet early in case of a family situation etc. because

-Please use common sense while bringing food to a meet or purchasing food at a meet. Fruit, granola bars and other healthy foods are good choices. Talk to a coach if you are unsure what to eat. Eating breakfast before Saturday meets is especially important. WE WILL EDUCATE THE KIDS ON NUTRITION AS THE SEASON GOES ALONG

-Drink PLENTY of water all season long!

4. Shoes-The most important piece of equipment in cross country is your shoes. If you have had a pair of shoes for more than six months and have worn them regularly, they are probably getting old. Spikes are not required but generally improve performance on most courses. Spikes are for meets only. You should talk to a coach if you are not sure what to buy. Movin' Shoes on Park St. is probably the best place in Madison to buy running shoes.

5. Spaghetti Dinners/Bringing food for the team to meets-If people want to host a spaghetti dinner for the team the night before a meet, you are welcome to do so. We can set up a schedule so people know what dates are available. For the past few years, parents have set up a schedule to provide food for the runners at the meets. If someone wants to do this again, it is much appreciated as it prevents us from having to stop to eat on the way home.

6. Website-We have website where results, rosters and schedules will be posted. It is:
www.deerfieldcambridgecc.com

7. Academics- You cannot compete on this team if you don't take care of your academics first. Remember to make arrangements with teachers if you are going to miss their class for a meet. Be responsible and get homework done even if we are at a meet on a school night. Please refer to the school athletic code for specifics on eligibility requirements.

Please call if you have any questions-

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