



CROSS COUNTRY GUIDELINES - 2013 SEASON

Welcome to the Fountain Valley Cross Country team. This class meets every day beginning the first day of school until the end of November and is a CIF sanctioned sport open to boys and girls in 9th through 12th grade. Thank you for your willingness to be a part of this outstanding program. In order to be eligible to be a member of the cross country team an athlete must have turned in the fall clearance form of eligibility and be able to have 6th or 7th period sports. The Fountain Valley Cross Country program's goal is to make sure that all team members reach their potential as athletes and individuals, and that a positive healthy environment for growth is provided.

In order to ensure the success of the program and thus the individual, there are certain guidelines that must be followed by all athletes while representing Fountain Valley Cross Country. First, it must be understood that being a part of the cross country team is a privilege and not a right. All athletes must follow the guidelines of the program to the best of their ability and always represent the school with their best behavior. The environment that the coaching staff would like to nurture is for the benefit of all, not the few. Therefore, the team concept will be promoted at all times. This means following the directions of the coaches and team captains. The end result of this will be a successful season and a positive experience in the sport of Cross Country. The specific guidelines of the course are as follows:

Practice - This is a class. It meets every day Monday through Friday rain or shine. You will be expected to attend every practice. If you fail to attend a practice you must have note explaining the cause of your missed absence. Practice ends when the workout is over or when your coach excuses you, and not before. When you come to practice be ready to run. If you are not dressed or did not bring your shoes to practice then you're absent. If you can't finish a workout for whatever the reason let your coaches know. For your own safety always stay on the assigned workout, never adjust to your own workout. When you arrive at practice each day immediately start stretching, a coach does not need to be present for stretching to begin. If you miss a practice due to an unexcused absence it is possible you will not compete in the next race, but will be required to be there to assist your coaches and teammates. Anyone who continuously misses practice will be dropped.

Injuries - If an athlete is injured, he or she is still required to attend practice dressed in workout clothes. A coach will send the athlete to the trainer at an appropriate time. The athlete is to return from the trainer with a note explaining the status.

MEETS - Races are usually on Saturdays. Athletes are expected to attend races even if they can't run due to an injury. Athletes are required to attend every Saturday race unless they receive prior written permission to miss a race from a coach. We encourage all athletes to stay for the entire meet, however if requested a parent may take his or her own son or daughter home from the meet with a coach's consent. A parent may not take home any other athletes from meets. Missed races will result in a lower grade and/or a drop.

Academics - If you are struggling in a class notify a coach immediately. The later we find out this information the less we can do.

Grades - Your grade will be determined by the percentage of practices attended and percentage of competitions completed. Only injury with a doctor's note will you allow you to pass without participation.

Brian Bivens
Girls Head Coach

JD Krawczyk
Boys Head Coach



***CROSS COUNTRY / TRACK & FIELD
PARENT INFORMATIONAL HANDOUT***

Booster Meetings

All Parents are encouraged to attend the Booster Meetings to provide support to the FVHS Cross Country / Track & Field Program. Typical agenda items include:

- Program information and updates from the Coaching Staff
- Upcoming events and meets for the athletes
- Budgetary decisions and updates
- Other business that supports the goals of the program

With slight holiday-related exceptions, Booster Meetings are usually held on the third Thursday of each month in Room B-14, at 6:00 PM.

Communication

This year we will be using a website to distribute information to both the parents and athletes throughout the course of the season. It is a requirement that all athletes register at www.xcstats.com. You will be asked to enter a registration code. Our registration code is **Barons!** The only additional information required is an email address for both the athlete and either one or both parents.

Uniforms

All Athletes must have a uniform for meets consisting of the required top and shorts. The same uniform is used for both Cross Country and Track & Field. Typically uniform styles remain consistent for 3-4 years.

Spirit Wear

Items such as warmup sets and sport bags are also available for purchase. Parents may be interested in the Booster polo shirts. Spirit wear must be ordered and paid for at the parent meeting.

Website

The Cross Country and Track & Field website can be found at <http://fvhs-xctf.org>. Program information, updated Meet schedules and directions, Coach and Athlete information, Meet Results and Booster-related information, are posted and updated on a regular basis.

Banquet

At the end of each season, a banquet is held to recognize and honor the athletes and coaches. Athletes, parents and guests are encouraged to attend. Cost for the banquet is still to be determined depending on contributions and fundraising efforts.

Fundraising

The Cross Country program is largely self-funded through your fair share contributions and fundraising. Please take time to become familiar with the programs that have been established to support your athlete's program.

Yearbook

Yearbooks will be provided to each athlete at the season-end banquet for a fee. Program ads purchased by sponsors and parents assist to defray the cost of publishing the yearbooks. Athletes placing an ad or ads for \$10.00 or more in the program will receive a program without cost. Photographs of athletes in action, along with candid pictures, are appreciated, so that they can be included in the yearbook.

Scoring

Each team competing in a cross-country meet usually consists of seven athletes (unless otherwise agreed). The first runner to finish scores one point, second place two points; third place three points; and so on. All of the competing runners who finish are ranked and scored in this manner. The final team score is then determined by totaling the points, lowest total is declared the winner. Even though the sixth and seventh runners on the team are not able to post scores for their own team, these "kickers" can increase the total score of the opposing teams if they finish ahead of the first five runners of the opposing team

Mailing Items to the Boosters

For items that need to be sent to the Boosters (i.e. Participation Forms and donations, Uniforms Forms and payments, etc.), please utilize the following mailing address:

FVHS Cross Country / Track & Field Boosters
18828 Brookhurst Street, PMB 160
Fountain Valley, CA 92708



2013 CROSS COUNTRY SCHEDULE

September 7	The Great Cow Run – Cerritos Regional Park
September 19	Booster Meeting – 6:00pm
September 21	Woodbridge Invitational - Estancia HS
September 25	Sunset League Preview (Central Park)
September 28	Dana Hills Invitational
October 5	Central Park Invitational (FVHS Fundraiser)
October 12	Clovis Invitational
October 17	Booster Meeting – 6:00pm
October 19	Orange County Championships – Irvine Regional Park
October 26	Mt. Sac Invitational
November 2	Sunset League Finals – Central Park
November 16	Southern Section Prelims – Mt. Sac
November xx	State Meet
November xx	Booster Meeting – 6:00pm (tentative)
TBA	Banquet

For the latest event details, visit our website (<http://fvhs-xctf.org>) for updated information