

Anderson Trojans
Cross Country Information
Fall 2020

I. PRACTICE & MEETS (In-person)

A. VARSITY & JUNIOR VARSITY & 9TH GRADE

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|---|------------------------|
| 1. Morning Practice (Monday - Friday) | 6:30 A.M. to 8:00 A.M. |
| Varsity Afternoon Practice (Wednesday) | 4:45 P M to 6:00 P.M |
| 2. Briefing for Upcoming Meet & Practice
(Issue Equipment & Cover Procedures
on Thursday or Friday) | 6:30 A.M. to 8:00 A.M. |
| 3. Cross Country Meets | Friday & Saturday |
| 4. District Meet | Thursday |
| 5. Regional Meet | Monday |
| 6. State Meet | TBD |

B. **The first official day for virtual cross-country practice will be on August 4, 2020 for all teams (See Practice Schedule). Overview of expectation by coaches.**

The first day for in-person practices will be on September 8, 2020.

C. Physicals:

All students who had a physical in 2019-2020 do not have to have a physical for the 2020-2021 season unless they were diagnosed with an injury and or medical problem. Students must have a physical on an approved A.I.S.D. form before they are allowed to work out during the athletic period or before and after school. In addition, all online forms must be completed on austinisd.rankonesport.com.

D. Team selection will be based on the following criteria:

1. Athletic ability, skill level & experience
2. Performance
3. Fitness and conditioning
4. Leadership and teamwork
5. Coachability and attitude
6. Academics

E. In order to be selected on a team, each participant must meet the following expectations:

1. Pass all academic classes each six weeks grading period./Meet UIL credit requirements.
2. No disciplinary referrals.
3. Be able to follow coaches' instructions

- **All students on the cross country teams must be in the "0" hour cross country class. 9th and 10th grade students will earn a numerical grade for P.E. credit. 11th and 12th grade students will take the class pass/fail. Students must be able to commit their time and effort to the team. You must be at practice! All members must attend the cross country meets when applicable.**

* **Students can only be in one athletic class period per semester.**

II. TRAVEL:

- A. Due to Coronavirus restrictions, we will implement the use of AISD buses, private transportation and parents driving their child to and from a cross country meet. **Participants must ride the bus to the meet in order to return on the bus. Parents who drive their child to a meet must return back with their parents.**
- B. **Participants that wish to leave at the end of a meet must have written permission from their parent or guardian. You may only leave with your parent or guardian.**
- C. No one is allowed to ride the bus unless he is a member of the Anderson XC.

III. OFF-SEASON:

- A. All cross country runners will participate in fall off-season when the season ends if they are not involved in a second sport in the fall. (TBD)
- B. Cross Country runners not involved in a second sport in the spring will continue off-season in April & May.

IV. INJURIES:

- A. **All injuries must be reported to the coaches and the school trainer. The injury will be examined by the school trainer to determine proper treatment.**
- B. Participants who have serious or chronic injuries must have proper medical documentation on file with the school trainer.
- C. No injured participant will run or practice until he is cleared by a physician and/or school trainer only.

V. ABSENCES:

- A. Absences must be reported to the coach before practice. Participants must text/call in to inform the coaches about missing practice.
- B. A written excuse must be turned in to the coach.
- C. Unexcused absences will be dealt with on an individual basis.
- D. No participant will suit-up or participate in a meet if he/she has excessive unexcused absences from practice.
- E. Participants who skip practice may be suspended or removed from the team. The time suspended will depend on the offense.

VI. DISCIPLINE:

- A. School rules and the authority of the school district to administer discipline apply whenever the interest of the school is involved, on or off school grounds, in conjunction with or independent of class and school-sponsored activities.
- B. All participants will adhere to all team rules, academic standards and U.I.L. policies.
- C. Disciplinary actions will be enforced by school officials and coaches.

VII. SCHOOL NUMBERS::

Coaches Office:	512-414-7952	Richard.Sanford@austisd.org	Coach Sanford
Cell Phone:	512-426-9390		
Coaches Office:	512- 414-7952	Jose.Chavez@austinisd.org	Coach Chavez
Coaches Office:	512-414-7952	Ty.Mangum@austinisd.org	Coach Mangum

