

Anderson Trojans
Cross Country Information
Revised - Fall 2019

I. PRACTICE & MEETS

A. VARSITY & JUNIOR VARSITY & 9TH GRADE

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|---|------------------------|
| 1. Morning Practice (Monday – Friday) | 6:45 A.M. to 8:15 A.M. |
| 2. Morning Practice (Wednesday-Wt. Room) | 6:00 A.M. to 6:40 A.M. |
| 3. Briefing for Upcoming Meet & Practice
(Issue Equipment & Cover Procedures
on Thursday or Friday) | 6:45 A.M. to 8:00 A.M. |
| 4. Cross Country Meets | Friday & Saturday |
| 5. District Meet | TBD |
| 6. Regional Meet | TBD |

- B. **The first official day for cross-country practice will be on July 30, 2019 for all teams. Runners will turn in physicals and be issued lockers and equipment.**

II. TEAM SELECTION

A. Physicals

All students must have a new 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.

- B. Team selection will be based on the following criteria:

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

- C. 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.
2. No disciplinary referrals.
3. Be able to follow coaches' instructions.
4. **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.**
5. **Students can only be in one athletic class period per semester.**

III. Travel

- A. All participants must ride the bus to the meets and return on the bus.

- 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 team.

IV. 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.**
- B. Cross Country runners not involved in a second sport in the spring will continue off-season in April & May.

V. 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. These students will attend the meet as a timer.
- 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	Rsan59@aol.com	
Coaches Office:	512- 414-7952	Jose.Chavez@austinsd.org	Coach Chavez
Coaches Office:	512-414-7952	TBA	