**Anderson Trojans**

**Cross Country Information**

**Fall 2022**

1. PRACTICE & MEETS

A. VARSITY & JUNIOR VARSITY & 9TH GRADE

1. Morning Practice (Monday, Wednesday- Friday) 6:30 A.M. to 8:00 A.M.

**Morning Practice & Weight Room (Tuesday) 6:30 A.M. to 8:30 A.M**.

2. Briefing for Upcoming Meet & Practice 6:30 A.M. to 8:00 A.M.

(Issue Equipment & Cover Procedures on Thurs./Fri.)

3. Cross Country Meets Friday & Saturday

4. District Meet Thursday

5. Regional Meet Monday/Tuesday

B. **The first official day for in-person cross-country practice will be on August 1, 2022 for all teams (See Practice Schedule). Overview of expectation by coaches. We will follow all**

**Austin ISD safety and social distancing protocols.**

**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.**

C. Physicals:

**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.**

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

1. Athletic ability, skill level & experience

1. Performance
2. 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.

II. 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.

D. Off-Season

* **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.**

* **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 for doctor/dental appointments.

C. Excessive 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

1. 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.

1. Disciplinary actions will be enforced by school officials and coaches.

VII. School Numbers:

Coaches Office: 512-414-7952 [Richard.Sanford@austisd.org](mailto: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 [Rebecca.Mcmahon@austinisd.org](mailto:Rebecca.Mcmahon@austinisd.org) Coach McMahon