

## **What We Expect:**

- Physicals turned in at orientation or on the first day of school
- Incoming 7th graders to be able to run 2 miles without stopping by the first week of school for tryouts.
- Incoming 8th graders to be able to run 4 miles without stopping by the first week of school and running 2 miles in 18:00 or faster for the tryout.
- Athletes to dress out and run every day without minor excuses

## **Girls Cross Country Information**

Please bring your completed Physical with you on the first day of school, if you haven't already turned it in. We need these on file before you are allowed to practice with the team!

## **Requirements**

**\*\*Must have a physical and birth certificate turned into the coaches' office**

**Link to the McCullough Web Store, where you can purchase your CC t-shirt:**

**\*\*Must complete a travel card- this will be handed out the first day of school**

**\*\*Each 7th grade athlete must be able to complete 2 miles in 18 minutes without walking. This is for your daughter's safety out there on the trails and course. Cross Country is not a beginners running class. We expect that if your daughter has signed up for the class, she is already capable of running 2 miles, without walking, in the required time.**

**\*\*Sign up for text message alerts via Remind 101!\*\***

## **7th Grade Practices**

**Red days – after school from 4:00-5:00**

**\*\*\*Please be on time to pick your daughter up. Pick up will occur on the West Side parking lot (track side)**

**Green Days – 4th Period**

**8th Grade Practices**

**Red days – 4th Period**

**Green Days – after school from 4:00-5:00**

**\*\*\*Please be on time to pick your daughter up. Pick up will occur on the West Side parking lot (track side)**

**On the first day of school, we will meet in the Gym, take attendance and collect your physicals and birth certificates as well as pass out additional information. You will not be running on the first day ( red or green) of school. You will dress out and run starting Wednesday.**

**After school practices will begin for 8th grade on Thursday, August 25th (green day). This will be your time trial. 8th graders will have practice during 4th block on Wednesday, August 24th. Don't forget workout clothes!**

**The first after school practice for 7th graders will be on Wednesday, August 24th. Thursday, August 25th (green day) will be the first day of practice for 7th grade during 4th block. This will be your time trial. Don't forget workout clothes!**

**All athletes are required to have a current physical (on proper CISD form) and a copy of her birth certificate on file before she can participate in practices and meets. This means that 8th grade needs this in before Wednesday, August 24th and 7th grade before Thursday, August 25th. Failure to attend and/or participate in practice will be reflected in the grade for the class. Additionally, any athlete who does not attend practice, consistently has notes, does not complete workouts, or is sick during the week is ineligible to run in meets even if she has a qualifying time. This rule applies to all open races, as well.**

**It is IMPERATIVE that all girls bring a water bottle to practice! Girls should also be HYDRATING every evening and throughout the day!**

**Girls may bring water to their classes, but it MUST bein the original container.**

**What to wear to practice: Running shorts (no sofie shorts), a sports bra and running tank or t-shirt ( NO spaghetti straps or camis allowed) a good pair of running shoes ( no Keds or converse type shoes) and socks.**

## Checking your Child out of School Early

We work hard to do everything in our power to have your child in the office when you pick them up from school early. The best way to accomplish this task in a timely manner is to send your child with a note to the front office before school. When this happens, the student will be given a yellow permit to leave class early at the appropriate time so that he/she may be in the office when you requested~them to leave. Please note that this will only work if the student follows through and leaves class when he/she is supposed to. Also, please note if you arrive to pick up your child and he/she is in a class ~which meets outside and he/she is dressed out for the activity, getting them to the office is going to take substantially longer. Locker rooms are locked to ensure student backpacks and electronics are secure, thus slowing down the process of releasing a child in an outside activity. The front office staff and P.T.A. volunteers will do all they can to make this happen in a timely manner. Around 3:00 p.m. the front horseshoe line begins to build for pick up, checking out becomes much more complicated. The note in the morning to release your child at a certain time is invaluable. As always, please note the last checkout time for students is 3:35 p.m.

## Electronics at School Policy

Students are allowed to bring electronics to school as long as they are not on at any time from 8:35 a.m. until 3:50 p.m. These items, including cell phones, are immensely popular among young people. However, due to the fact that these are high theft items in schools, it is not recommended they be on campus. Please take time to make a point with your child to secure these items in his/her locker every time, even if for a minute. This is even more of an important item in the physical education locker room where many times they are left on the floor or on a bench. These items are brought at the student's own risk. We cannot recover lost or stolen cell phones, iPods, etc.

## University Interscholastic League (UIL) Eligibility

Students are required to pass all courses to be eligible to participate in games, contests, or events

Students can always practice

See the McCullough website for exact dates on losing, gaining, and regaining eligibility

Eligibility can be lost at the following marks:

## **First Six Weeks**

**Every nine weeks**

**Eligibility loss, and gain, always runs a week behind**

**Grades attained for a semester exam and for a semester grade are NOT a part of UIL eligibility**

## **Social Networking Sites**

**Understand social networking sites, texting, and some apps are extremely important to many of our students**

**These may include but are not limited to: Snapchat, Twitter, Facebook, Instagram, and texting**

**Student/athletes have elected to be a part of our organization**

**Once doing so, they, as do I, represent our organization everywhere they go at all times in real-life or cyberlife**

**Understand in advance, before going forward, inappropriate use of these or any other electronic communication tool may or will result in them being suspended or permanently removed from our organization**

**We will talk often with the kids and warn them of dangers they face online and the consequences of poor choices in both real and cyberlife**

**Be aware of where your kids are online and what they are doing**

**Examples of inappropriate online or texting behavior which may result in removal or suspension including**

## **Sexting**

**Disparaging other members of the organization, parents/guardians within the organization, leaders of the group, or the group as a whole**

**Contests Cancellations Due to Rain or Inclement Weather**

Periodically athletic contests may be canceled due to rain or inclement weather. Depending upon the situation we may be able to notify parents/guardians in advance or the cancellation may occur during the contests. The safety of students as well as fans comes first. Note in advance we are required to wait 30 minutes after the last lightning strike within a ten mile range. Sub varsity contests are not made up or rescheduled. Note we do not have control over contest cancellations when we are not at McCullough as the home team. Notifications may be given via email or the specific organization's Twitter account.

## Practices

**\*\* 7th grade team will practice during the school day 4th period on green days and after school from 4:00-5:00 pm on red days. We will meet every Red Day at 4:00, regardless of the weather. If it is raining/lightning, we will work out indoors. Please sign up for Remind 101 text notifications in the event that practice is canceled.**

**\*\*8th grade team will practice during the school day 4th period on red days and after school from 4:00-5:00 pm on green days. After school practice is only held during the cross country season (August-October)**

**\*\*Bring a water bottle to every practice.**

## Dress Code

All Cross Country athletes must dress out (athletic shorts, shirt, shoes and socks) every day regardless of illness or injury. The school dress code is still in effect for Cross Country. The girls need to wear running shorts/active wear shorts (you may not wear Sophie shorts), a sports bra and running singlet/shirt. No tight fitting tops, camis or tank tops are allowed. Clothes made from Dry fit or wicking fabrics are best for our hot climate! The girls also need to wear running shoes. Keds, Converse, K-Swiss etc...are not recommended due to the lack of cushion and support that runners need.

## Meets

**\*\*Most meets will be held Friday afternoons, usually beginning at 5:00 p.m.**

**\*\*Athletes must ride the bus to the meets. The bus will return to McCullough between 7-8 p.m. depending on where the meet is held.**