NHS Cross Country
Program Expectations

Be Respectful
Be Responsible
Be Positive

As NHS Cross Country athletes you represent yourself, your team, your school, and your community. It is important that you carry yourself in a way that reflects positively on these things at ALL times; especially during the season, as you are recognized and associated with the NHS Cross Country team. Cross Country is a school activity; therefore all school rules apply during any Cross Country activity. Represent yourself in a way that will make your parents, coaches, school, and community proud!

ATTENDANCE

1. Be Here
2. Be On Time
3. Work Hard
4. Listen to all instructions
5. No Swearing
6. Be enthusiastic, passionate, and positive

GENERAL EXPECTATIONS

1. Report any injuries to the coach and certified athletic trainer.
2. Follow North's Athletic Code Policy for Substances & Social Media.
3. We will concentrate on showing 100% support for each other.
4. Eat healthy, hydrate regularly, and get plenty of sleep. **Healthy choices are everyday choices!**

ACADEMIC EXPECTATIONS

1. Know and abide by the ECASD Athletic Code
2. Be on time
3. Attend class daily
4. Be eager to learn
5. Be proactive
6. Be accountable

MEETS

1. During meets, carry a team attitude at all times.
2. If you are not running, warming up, or cooling down you should be encouraging your teammates.
3. You are expected to ride the bus home from meets.

LETTERING

1. Varsity Lettering Criteria
    - **(a)** Score points in at least 25% of Varsity races.
    - **(b)** Run on the Varsity team in at least 50% of the meets.
    - **(c)** Advance to Sectionals and/or State.
    - **(d)** Participate in Cross Country at NHS all four years of high school.
2. Extenuating circumstances as determined by the coaching staff.
3. Lettering Criteria for JV
    - **(a)** Run on the JV team in at least 50% of the meets.
    - **(b)** An attendance record of at least 80% of the season and active participation

EQUIPMENT/ATTIRE

1. You will be expected to wear appropriate EC North apparel
    - **(a)** WIAA uniform rules must be followed.
2. Things you will need for the first day of practice:
    - **(a)** Clothes for any weather
    - **(b)** RUNNING Shoes
    - **(c)** Watch
    - **(d)** Water bottle
    - **(e)** Medical equipment, if applicable.
    - **(f)** Food to eat after school.

Commitment & Character:
Student-Athlete Code of Conduct

As a part of the North Cross Country Team, I will…

- act in a way that demonstrates **RESPECT** for myself, my teammates, my coaches, the officials, & my opponent.
- make **CHOICES** on & off the course that reflect our program expectations of fostering healthy behaviors, following North's Athletic Code policy, and maintaining positive academic & attendance records.
- recognize I am part of a **TEAM** and a program, not an individual working in isolation.
- be mindful of **MANAGING CONFLICTS** with multiple commitments **(in-season sports take precedence)**.
- commit to bringing a **POSITIVE, HARDWORKING ATTITUDE** to practice & believe each day is my chance to get a little better than I was the day before.
- remember **FUNDAMENTAL SKILL EXECUTION** shows commitment to mastering the "little things" that make "big differences."
- **TRUST** there is always a "bigger picture" to view in every decision.
- recognize that **WORDS SPOKEN** against another runner or coach in our program *hurt our entire program*.
- **RESPECTFULLY** approach my coach(es) when issues come up so that we can work as a **TEAM** to come to a resolution.
- display **GRATITUDE** by taking time to thank my teammates, my coaches, the officials, our fans, my parents & other family members.

Commitment & Character:
Coach Code of Conduct

As coaches for North Cross Country, we will…

- **CREATE OPPORTUNITIES** for our student-athletes to develop & maintain strong personal character, mental toughness, and team chemistry.
- work hard to establish fair criteria and provide **CONSISTENT EVALUATION** of runners' strengths & weaknesses.
- establish **SPECIFIC GOALS** for individual development, practice/meet preparation, & team/program success.
- **MODEL RESPECT** for our athletes, officials, and opponents.
- react to adversity in a **CONTROLLED, YET COMPETITIVE** manner.
- **VALUE** the different "roles" each runner fills on our team.
- consistently **HOLD OUR ATHLETES ACCOUNTABLE** for their commitments to our team.

Having "potential" doesn't automatically help you reach your goals, but HARD WORK & commitment on & off the course will put you in a good spot to attain them! Let's make this our BEST season yet!