

Green Hope Cross Country Team Rules 2023

Welcome to the Green Hope Cross Country Team. Below is a list of our team rules/expectations.

Requirements to become a member of the team:

- Male runners (10th-12th graders) must run a 3K time at Bond Park of 14:30 or better. (we will offer 3 chances during the summer in addition to the tryout days the 1st week of August).
- Female runners (10th-12th graders) must run a 3K time at Bond Park of 17:30 or better. (we will offer 3 chances during the summer in addition to the tryout days the 1st week of August).
- All 9th graders will make the team as long as they complete the 3K.
- All Runners: If any runner can not complete a 5K without walking by the 1st day of school they will be removed from the team.

Requirements to remain on the team:

- No more than 9 total absences are allowed to remain on the team and only 3 from the 1st day of school until the end of the season. 9th grade attendance towards the above total begins one week prior to the 1st day of school. Violation of this rule (without permission from a coach) will result in dismissal from the team.
- Runners who are walking in a group of 2 or more when they should be running will be suspended from the team for 1 week as they are not following coaches' directions.
- Missing a meet without informing the coach will result in a 1 week suspension from the team.
- Missing 2 or more meets (runners should come to help/support even if injured) that a runner is supposed to attend will result in dismissal from the team.
- Runners must complete the required core work at the end of every practice/meet unless they have permission from a coach to do it at home. Each runner needs to be released by a coach after every meet he/she participates in.
- Talking when a coach is speaking will result in dismissal from practice and an unexcused absence.

Requirements to earn a varsity letter:

In order to earn a varsity letter, runners must achieve at least one (1) of the following:

- Run in the varsity race at the Conference, Regional, or State Meet
- Run in the varsity race in at least 2 invitationals.
- Break 18:30 (5K) for boys or 23:30 for girls AND finish the season in good standing.

Expectations:

- Runners are expected to do the required weekend runs even if there is no mandatory practice.
- Runners should get as much rest as possible, stay hydrated and eat appropriately as your performance and safety rely in part on the choices you make all day long.
- Runners should recognize that you will be running through neighborhoods, on sidewalks, and in public parks where many others of the public will be as well and will be representing Green Hope so always be on your best behavior.
- Runners should do your very best in the classroom and treat teachers and fellow students with respect.