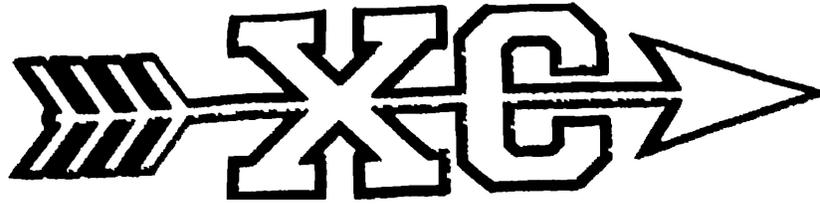


Abilene



Cross Country Practices

1. Each practice will start at 3:30 unless otherwise announced.
2. Practices will start at the East side of the High School weather permitting
 - If bad weather, we will either run indoors or cancel practice. I will make the call that day.
3. Runners, High School and Middle School need to show up to practice ready to go, this requires
 - Proper running attire: athletic shorts, t-shirts/sleeveless shirts (NO Jeans)
 - Comfortable running shoes (NO flip flops, boots, heavy basketball shoes)
4. If a runner needs to meet with a teacher. They need to let a coach know ahead of time. If they do not let a coach know, it will count as an unexcused absence.
5. If a runner needs to miss practice for any reason. They need to let a coach know ahead of time.
 - School events will be excused
 - Family emergencies will be excused
6. If a runner who is excused for the above incidents, they need to get the workout from a coach and complete it on their own.
7. If a runner has unexcused absences:
 - 1st unexcused: talk with coaches about what happened and why they were not at practice. Result is a warning
 - 2nd unexcused: Dismissal from the team. Talk with coaches about why.
8. Practice should be done between 4:45-5:00. Once the season gets started this may be shortened, closer to 4:30.

9. We will stretch and talk before runners leave after practice. Do Not finish running and just leave.
10. Runners need to do THEIR absolute best they can each and every practice. If they improve, the entire team improves. Be Respectful and Represent the team while running around the community.

Practice Safety

1. Run on the left side of the road, facing vehicles. When possible, run on sidewalks
-This is so you can see the car coming and they can see you. Gives you more time to react if needed.
2. Stay off of Lawns. There is no route that will take us onto or through anyone's personal Lawn.
3. DRINK WATER. Throughout the day at school, try to drink at least 64 oz. of water.
4. Always run on the course given out by a coach.
-If you run a different route, you will get lost and the coaches will have no idea where to look for you.
5. Do no get a ride from anyone other than a coach in a school vehicle.
6. Two coaches will have school vehicles every practice. Runners may put bags, water bottles, etc in the vehicles before practice.

2016 Cross Country Schedule

2016 AHS CROSS COUNTRY			
DATE	LEVEL	LOCATION	TIME
Sept. 1	V/JV/MS	Abilene	4:00
Sept. 8	V/JV/MS	Holton	4:30
Sept. 13	MS	Clay Center	4:00
Sept. 15	V/JV	Clay Center	4:00
Sept. 20	V/JV/MS	SES	4:00
Sept. 29	V/JV/MS	Beloit	3:45
Oct. 4	V/JV/MS	Ellsworth	3:30
Oct. 13	V/JV/MS	NCKL-Clay Ce	4:00
Oct. 22	V	Regional-TBA	TBA
Oct. 29	V	State-Wameg	TBA

Meet Guidelines and Policies

1. Let your teachers know when you need to leave class to load the bus and make sure you have all work completed or with you for each class
2. Every runner is required to ride the bus to the meet with the team.
 - If you ride home from the meet with your parents, Parents must sign each runner out with a coach. Runners must ride home with their own parents unless the Athletic Director has approved otherwise.
3. Have your bag packed and bring with you when loading the bus
 - Uniform (either wearing it or packed)
 - Team apparel: t-shirt, shorts, hoodies
 - Extra sweatpants
 - Extra shoes and socks
 - Snacks for bus ride
3. Keep all bags and clothes at the team Campsite. Runners are responsible for setting up and cleaning up the campsite before and after the meet. NOT THE COACHES.
4. Runners must wear Abilene Cross Country apparel or colors, nothing else. We represent Abilene High School and Middle School not another school, college, or university.
5. Runners will conduct themselves respectfully and responsibly before the meet, during the meet and awards ceremony and after the meet. Runners will NOT draw attention that is embarrassing to themselves, the team, or any coaches.

Uniforms

1. Each runner will be assigned their own uniform at the start of the season.
2. The runner will be responsible for bringing the whole uniform to the meet, whether that be wearing it or in their bag.
 - There will not be extra uniform pieces available on the bus to the meet. If they are missing part of the uniform, they will not be allowed to compete.
3. If the uniform is torn or damaged. Report it to a coach and we will work on getting the runner another uniform

4. The Uniform is not to be worn aside from a cross country meet.

Lettering

1. Any runner who competes in 2 varsity races
2. Special circumstances may apply if a runner is injured during the season
3. Finish the season in good standing with the coaches
4. Seniors who have run all 4 years

Outside competitions during season

1. Runners are NOT PERMITTED to compete, run, participate, etc in any running event not approved by KSHSAA and the school during the cross country season. This will result in a violation of KSHSAA rules and will be dealt with by the Athletic Director and coaches.
 - The cross country season begins August 15th and ends when your runner runs his/her last race.

Eligibility

1. Abilene High school and Middle School eligibility policies will apply to all Cross Country runners. Coaches will be informed of ineligible students and talk with them privately.

Drug and Alcohol

1. Abilene High school and Middle school drug and alcohol policy will apply to all Cross Country runners and will be enforced by the administration and coaches appropriately.