

## Sayreville War Memorial High School Cross Country

Welcome to the Sayreville High School Cross Country team. We are very excited to work with you this year and help you to improve as a long distance runner. Cross Country consists of a 5k (3.1 mile) race, through a variety of terrain types.

Some things to know about being on the team:

1. **Commitment and Communication:** As a member of the cross country team, you are expected to be in attendance at all practices and meets. Being a member of any team or activity is a commitment and we expect you to be able to fulfill that commitment. It is understandable that in high school you will be a part of other clubs or activities, but be aware that if you are consistently missing practice or meets, you will not be permitted to compete. Should you not be able to attend practice or meet it is important that you let a coach know. Practice will run until roughly 4:15-4:30. You are expected to be at practice for its entirety, and have a ride home waiting for you at the end of practice.
2. **Academic Responsibilities:** You are a student athlete. The key word there is student. Your grades are extremely important. If your grades begin to suffer due to your commitment to the team or other activities, you will be unable to participate. The way you conduct yourself in class will also impact your participation on the team and in meets.
3. **Training:** Cross Country is a very challenging sport, and the only way to improve is to **consistently** train. All the workouts and distance runs you are asked to do at practice or on your own are designed to help you improve. Walking during runs or sitting during workouts because you are tired will only hurt you. People understandably get tired, but as a member of a cross country team you have to rise above that. It is also strongly recommended that you train over the summer. A training plan will be provided for you and you should follow it to the best of your ability. You don't want to show up to practice the first day out of shape. It will be difficult to catch up and we start competing as soon as school starts in September. If you live in town it is a good idea to try to meet with friends or other members of the team to run. It makes it easier and a lot more enjoyable when you run with friends. There will be optional practices starting in July every Tuesday and Thursday at 9 a.m. It is strongly recommended that you make an effort to attend these optional workouts, but it is not required. Attendance at these optional workouts will give you a chance to work with the team and also prepare for the mandatory practices.
4. **Equipment:** Shorts/Sweatpants, T-shirts/long-sleeve shirts/sweatshirts. What you wear to practice depends on the weather. As we get closer to the end of the season the weather will be getting cooler so please dress appropriately. The team runs in rain, or shine. You also need a good pair of RUNNING sneakers. Please do not show up to practice in casual sneakers, basketball sneakers, or skating shoes. To race it is strongly recommended you purchase cross country spikes.
5. **Locker Room:** You will be required to change in the school team rooms after school for practice. You may not enter the locker room without the presence of one of your coaches. In the locker room you are to change quickly and then immediately exit. The locker room is not a place to hang out. Once we exit the locker room you will not be permitted to return until the conclusion of practice. If you need to leave early you must bring all of your belongings with you to the track. Coaches will not be able to leave practice to let individual students into the locker room.
6. **Harassment, Intimidation, and Bullying:** Any sort of harassment, intimidation, or bullying will not be tolerated, and will result in a disciplinary referral and possible removal from the team. If you feel that you are the victim of any of these please see a coach immediately.
7. **Varsity Requirements:** To make varsity you must meet any of these requirements:
  - Any senior athlete that finishes the season
  - Top 7 on the team
  - For Boys-under 18:45

- For Girls-under 23:00

If you match any of these requirements, you will be eligible for a varsity letter at the end of the season. Several meets have varsity only races. Just because you are running a varsity time, does not mean you will be running in a varsity race. Varsity Races will be the Top 7 runners at that point in the season.

We look forward to a fun and successful season. Optional practices will be held every Tuesday and Thursday at 9 a.m. starting on July 11. We will meet at the high school track and workout as a team. Mandatory practices will begin on August 14. They will be held at the high school track at 9 a.m. Monday-Friday until school begins. If you are unable to make it, please let a coach know.

If you or your parents have any concerns, feel free to contact us.

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