



**Fairfax High School**

**Cross Country**



### **VISION STATEMENT**

The coaching staff and administration of Fairfax High School are committed in **OUR QUEST FOR CHARACTER AND EXCELLENCE** in our cross country, and track and field programs. The quest will be positive in nature, with high expectations for athletes, parents, and coaches. This journey will begin as soon as a potential athlete makes a firm commitment to get on board. We will stay focused on our goals and press on every day to make ourselves better in the classroom, reach our potential athletically, and develop character traits that will allow each athlete to be a productive member of society.

We will begin by creating a strong foundation based on character, commitment, determination, and discipline. Our quest will come from the **HEART**, because that's the place where character qualities are worth having. The highest reward will not be what the athletes might get during the season from working to develop these qualities, but rather what they **BECOME** in life from these qualities becoming an **INTEGRAL** part of their life. We will develop a **FAMILY** focus within the structure of the team, where everyone will be an **ENCOURAGING** force in building our program. Our character is often tested in times of crisis, and we want to demonstrate **POSITIVE** qualities in those situations.

Our journey needs the **POSITIVE** support of our school, faculty, administration, parents, and community. There are no shortcuts to our quest; just **HARD WORK AND DEDICATION**.

### **PHILOSOPHY**

Cross country provides unique and impactful experiences for its student athletes. Through the dedication and development of oneself, athletes will learn a foundation of skills that will support them on the field, in a working environment, and in social settings. As we strive for Excellence at Fairfax, our program also seeks to foster relationships, demonstrate dedication in the present, invest in the future, create a safe and competitive environment, and provide an experience of commitment toward individual, team, and program goals.

*Individual Goal:* Physical and Mental Self-Improvement

*Team Goals:* District Championship, Regional Championship, State Championship

## **OBJECTIVES**

- Develop self-discipline and control.
- Promote the values of individual and team effort.
- Build the capacity for self-confidence under pressure.
- Discover each athlete's range of capabilities.
- Cultivate the ability to think for oneself.
- Motivate each athlete to be the best that they can be.

## **TRYOUT CRITERIA**

- A completed VHSL Pre-Participation Exam Form/Physical
- Parent Concussion Education
- Student Concussion Education
- An Emergency Care Form
- Registered for Cross Country

### ***Cross Country Tryout Standards***

Athletes will demonstrate themselves in four criteria when trying out for cross country. The standards of Time, Effort, Attitude, and Attendance are put in place to support a structured program that can provide the most guidance towards a successful season and career at Fairfax High School.

#### ***1.) Time Trial Cutoff Times***

Time trial standards are provided for both the 5k and 2 mile. Those with race experience can use this as a gauge to make the team. To compete in varsity races, times will need to be highly competitive compared to team standards. Time trial performance will not be the sole factor when looking at cuts.

- Boys: 28 minutes for 5k (18 minutes estimated 2 mile)

Varsity: ~18 minutes for 5k

- Girls: 32 minutes for 5k (20 minutes estimated 2 mile)

Varsity: ~21 minutes for 5k

#### ***2.) Effort***

Cross country has a significant team component, as well as challenging individuals directly and providing the opportunity to demonstrate progress towards their goals. Programming and periodization of the training plan will be suited to the athletes based on their training history, experience in the sport, and age. A consistent, high-quality effort is expected throughout the season, through challenges that may come but ultimately lead athletes to their

best performances of the season. This commitment to invest in the season entirely leads into practice of quality work habits that apply to settings outside of the sport.

### 3.) Attitude

As applicable to any sport, whether team or individual, attitude is a driving factor of the outcome of the season regardless of times run on the course. As progress is not linear, athletes are expected to approach the year willing to work, take challenges head on and maintain a positive attitude that will support both the team environment and program as a whole. This provides a foundation to develop resiliency for other aspects of life aside from sports and academics.

### 4.) Attendance

Athletes are expected to be in attendance during all tryout dates in the two-week period for the duration of the provided time unless communicated extenuating circumstances to the head coach, where then an alternative tryout will be planned. All athletes are expected to participate in the time trial.

## **ATTENDANCE**

If you are absent from school, you may not practice/compete on the day of your absence.

Athletes are expected to be at all meets, meetings, practices, weight workouts, and team functions on time. Not knowing about an event or the time is not an excuse! **If the TEAM is there, YOU must be there.**

If unable to attend, the athlete must personally notify a coach **PRIOR** to the function. Messages passed on by another athlete or student are not acceptable. Athletes are expected to work on responsibility and communication skills.

Athletes that are injured must check in with the Athletic Trainer every day then check in with the head coach.

Athletes that are getting extra help with academics must still show up to practice and complete the workout that day, but must notify the coach beforehand that they will be late and will be required to bring a note from the teacher that they are getting academic help. Failure to produce written documentation of your absence will result in an unexcused absence from practice.

- Athletes cannot miss more than 3 days of practice outside of being sick, injured, and absent from school.
- Athletes that miss more than 3 days of unexcused absences will be removed from the team.
- Athletes that miss more than half of the practice time will count as missing a whole practice unless approved by the Director of Cross Country / Track & Field.

- Athletes missing practice to participate in other clubs and activities are not excusable absences. These absences will count toward the 3 days of unexcused absences.
- Athletes going on vacation and missing practice are not excusable absences. These absences will count toward the 3 days of unexcused absences.
- Athletes missing more than 3 days of unexcused absences and remaining on the team will have to be approved by the Director of Cross Country / Track & Field.

Parents & Athletes please check the practice and meet schedule and plan accordingly. Please do not schedule appointments during the middle of practice time. Athletes coming a little late or having to leave a little early for medical or dental appointments can be worked with, but missing more than half the practice is not acceptable.

### **PRACTICE POLICY**

Practice is mandatory for all cross-country athletes, to stay on a schedule working towards individual and team goals. In order to stay on our path to success, it is expected that all athletes fully participate in team practices (barring injury). Athletes are expected to follow the instructions of all coaches and complete the assigned activities to the best of their ability. Failure to actively participate will be treated the same as an absence OR the athlete will not be allowed to participate in the next competition/meet.

- Practices will begin at 3:30pm and end between 5:45-6pm, Monday through Friday
- All athletes are required to have a physical and signed consent forms, parent and student concussion education, and emergency care form on file with the athletic trainers before being allowed to practice.
- Missing 1 day of practice in a week could possibly forfeit or limit your participation in the next upcoming meet.
- Missing 2 days of practice in a week will forfeit your participation in the next upcoming meet.

### **STUDENT EXPECTATIONS & BEHAVIOR**

- Be on time for scheduled events. Inform Coach Garcia or Coach Norton otherwise.
- If you are injured, see our Athletic Trainers, (Ms. Johnston or Ms. Rhodes) until they clear you and let Coach Garcia or Coach Norton know.
- Stay on top of your academics. If you are having academic problems, please let your coaches know so we can work on a solution to balance time and manage your workload.
- Please communicate clearly and directly with your coaches.
- Athletes are expected to be at all meets on the schedule unless coaches designate otherwise.

- Coaches will determine which meets athletes will be competing in throughout the season.
- Sleep and nutrition are your recovery tools. Maintain good habits to maximize your performance as a student-athlete.
- Think before you make choices and be accountable for your decisions.
- Attitude impacts performance. Maintain a positive attitude that supports the growth of you, your team, and the program.
- Do not engage in the use of drugs and alcohol.

### **VARSITY LETTERING CRITERIA**

*TBD*

### **PARENT EXPECTATIONS**

- Express concerns directly to the Director of XC/Track.
- Please notify the associate head coach or Director of XC/Track of any schedule conflicts well in advance --preferably at least a week.
- Please let the coaching staff know if there are any medical or physical limitations for your child.
- Any specific concerns related to the coach's philosophy and/or expectations should be directed to the Director of XC/Track.
  - Concerns that parents can discuss with the Director of XC/Track:
    - Treatment of your child, mentally and physically.
    - Ways to help your child improve.
    - Concerns about your child's behavior.
    - Ways for your child to reach their realistic athletic and academic goals.
- When wanting to discuss concerns with the Directory of XC/Track, please set up an appointment. Please do not approach coaches before, during, or immediately after a meet or practice (24 Hour Rule). These can be emotional times for everybody.
- No parents are allowed at practice or in the immediate team area at meets so that athletes can concentrate on what they are doing and so that the coaches have the athletes' full and undivided attention.