

Marion Cross Country: Team Expectations

Only Bring Your BEST



Practice:

- You must be in school to practice. Pre-excused school absences are an exception.
- If you must miss practice for any reason, please provide a written note or email from a parent or guardian *prior to* the absence. If you are absent unexpectedly due to illness, please inform Coach Keeler by phone or email as soon as possible.
- If a parent excuse is not provided for an absence, the absence will be considered unexcused and *you must sit out the next meet*.
- Be on time and bring a SMILE.
- Do everything to the best of your ability. No negativity.
- Don't leave practice before the end without Mr. Keeler's permission.

Meets:

- We will arrive approximately 45 minutes to an hour before the first race to walk the course and warm up. We will do this as a team.
- Transportation will be provided to all events. It is assumed that all athletes will return with the team on the bus unless a parent is present and has signed the document acknowledging that they will provide return transportation. If you are unable to attend a meet, please let Mr. Keeler know in writing just like any excused absence.
- All runners should be present for the entire meet to support the other runners from our school. Exceptions can be made for parents by request.

Equipment:

- Runners will be issued a uniform top, bottom, and a set of warm-ups if desired. It's expected that these items will be worn to meets only and returned in the condition that they are assigned. End of season awards will not be given until equipment is returned. Please notify Mr. Keeler ASAP if you lose or damage these items.
- Runners should purchase a good pair of inexpensive running shoes. "Spiked" shoes are not required but can be used for meets. Avoid football or soccer cleats. See Mr. Keeler about appropriate spike length.
- Runners can wear "Under Armor" type clothing for cooler weather if it...
 - ... is all one color (black) .
 - ... contains only one 'logo' that is no larger than 2 ¼ inches.
- Hats can be worn but should be unadorned. Socks and gloves are not considered a part of the uniform and can be any color.
- Ponytail holders should be of elastic material.
- Jewelry and watches are NOT prohibited this year BUT I do not recommend running with jewelry and will encourage you to remove it if you can. I will require you to remove it if I think it may put you or others in danger of injury.

Grades:

- Failing classes is NOT acceptable. If any runner is determined to be failing, they will be required to attend "study hall". This study hall time may take place before, after, or during practice or during lunch time and will be coordinated with the student's parent or guardian.

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Behavior Expectations:

- All team members will act in a respectful and sportsmanlike manner at all times. They should remember that they are representing the school, the town, their family and themselves. Any behavior deemed disrespectful or inappropriate by Coach Keeler will result in a parent meeting, likely suspension from the next competition, and possible dismissal from the team.

Requirements to compete on the Varsity Squad:

- The varsity squad (top 7 runners) will be determined using the most recent times posted in competition by each individual at the time registration needs to be made. The 7 fastest and most consistent runners will make up the varsity team. Exceptions may be made by Coach Keeler.

Requirements for Varsity Letter:

- To earn a Varsity Letter in Cross Country for the current season, the student athlete must complete one of the following:
 - Compete in 50% of the meets as a varsity runner (top 7 runners for our team).
 - Be a 12th grade student who has maintained a good practice and meet attendance record (compete in 90% of the meets) and a good attitude.
 - Run a time of 20:20 for boys or 25:25 for girls.

If you have any questions or concerns please contact Mr. Keeler at jkeeler@marion.k12.mi.us or 231-743-2836 (school) or 231-743-6057 (home).

Please check out <http://marionxc.weebly.com/> for information related to the team, upcoming events, or running.