CERRiTOS CROSS COUNTRY 2021

SUMMER [July – September]

- ✓ **PRACTICE**
  - Practices are held everyday (M-F) from 6:15am-9:00am [7:45am without weight room], which includes running, stretching, weights, and other exercises. All varsity caliber athletes, along with interested runners will also have practice on Saturday from 7:00am -11:00am. No practices are held Sunday. From June 10 – July 11, athletes will follow a schedule provided on the Orientation section of the website. Athletes will be evaluated throughout the summer and a team qualifying list will be posted by September 3. Athletes who join after the start of the school year will have a maximum of one week tryout which will end no later than September 10. The final team will be determined by September 10. Only 50 9^{th}/10^{th} will be given PE credit. The remainder can join, however, must take a PE class.

  - We ask that all tardies, absences or early departures are cleared by a note in writing or an e-mail 24-hours in advance of tardy, absence, or early departures. Regular schedule conflicts must be cleared by Coach Watanabe.

  - On Tuesdays and Thursday, beginning on July 13, varsity athletes will begin to practice in the afternoon. Only a select group of athletes will be asked to attend each week, based on current performance. The number of athletes taken will be determined by transportation limitations. Tuesday and Thursday night summer practices will normally be held from 4:45pm – 8:00/8:30pm, including transportation. Dinner will normally be purchased at the practice site. Due to the pandemic, athletes will coordinate their own rides. Some rides may be available.

- ✓ **MAMMOTH CAMP** [*CANCELED]*
  - Due to the pandemic, the camp was canceled due to the uncertainty of being able to host the event. An alternative off-site camp is being coordinated.

- ✓ **SUMMER RACES**
  - Summer races will be used to measure progress throughout the season. It is important that athletes take note that these races occur in the afternoon and not during the normal practice times, with the exception of the pre-summer time trial (July 14, 2021). Athletes should take note of these dates and follow normal clearance procedures if a conflict arises.

  - Performance during the summer (races, practices, camp) will help determine the varsity for the initial races of the season.

REGULAR SEASON [September – Early November]

- ✓ **PRACTICE**
  - Practices are held everyday (M-F) after school from 3:00pm-5:00pm (on certain days, including traveling days, the practice may be longer). Also, practices will be held on Saturday from 7:00am-10:30am for all varsity caliber athletes. Sundays are off days – no holidays are guaranteed off days. You are expected to attend ALL practices (24-hour policy) and

PRIOR to the meet. Be aware of this commitment before you decide to join the cross country team. Athletes are expected to attend all meets unless otherwise noted. Canceling a meet inside one week will result in a cancelation fee.

✓ **ATTENDANCE**

Unexcused absences will be handled as follows:

- **Grading**: Since you receive credit and a grade for cross-country, your grade will be affected by your attendance and effort. Your skill is not a factor in grading.

- Five (5) unexcused absences from practice and you are on attendance probation and will be subject to removal from the team. [Note: all appointments should be scheduled after practice unless unavoidable. Arrangements must be made for any appointments made during practice]

- We realize that everyone has conflicts. In order to handle this, we want everyone's conflicts, written down on paper with your name, by the Friday prior to the first preseason meet. After that date, they're unexcused absences unless discussed, in advance, with a coach. Be sure to check with parents and with your various commitments to note any conflicts early on! Early departures from practice without prior notice may be constituted as an absence. All practices Monday through Friday are required. Also, athletes are expected to remain at meets until the conclusion of the meet and ceremonies unless otherwise scheduled.

- Sign in before workouts **ON TIME** – it helps speed up practice! Tardies will lead to a deduction of an athlete's grade and may result in removal from the team.

- Do **NOT** have your friends/parents/relatives tell me that you won't be at practice. If it's important enough for you to miss practice, then **YOU** should tell me yourself. You should also begin to take responsibility for yourself.

- Athletes who are injured or sick are still required to check into practice unless they did not attend school that day. If they do not attend school, they must either call or e-mail me to inform me of the situation that day. Injured athletes should still plan on attending all practices/meets in order to help the coach/team. Soreness does not constitute a reason to miss a workout, however will be considered when deciding upon the workout.

✓ **BEHAVIOR**

- No drugs, alcohol or tobacco. If caught, you may not be allowed back into the program and will face possible removal from the school.

- No Foul Language or derogatory terms. Pushups or alternative punishments will result.

- You represent yourself, your school, teammates & coaches - do not act in such a way that will disrespect or disgrace to them.

- Perform with sportsmanship at all times – in victory or defeat.

- Students can be removed from the team at any time if circumstances arise that constitute such action.

- ✓ **ROAD RULES – Better safe than sorry!**

  - Safety First - Cars bend, people break, Watch where you're running.

  - Obey all traffic rules and regulations.
    - Cross only at signal lights or cross walks.
    - Stay to the side of the road.
    - Do not run on the road if there is no bike lane.
    - Be alert at blind curves and intersections.

  - Animals
    - Don't attempt to play with or agitate an animal during a workout.
    - If bitten, report to Coach immediately (remember location).

  - Pairs - Don't run alone.
    - If bothered on the roads, don't stop, but continue to a safe area.
    - If still followed stop at the nearest business/phone and call police.
    - Ladies especially should be alert.

  - Smarts
    - Don't trespass on private property.
    - Don't annoy other people or their property.
    - Don't run through school campus during school hours.
    - Don't assume a car is going to stop, use caution!

  - Ailments
    - Report ALL injuries, no matter how small they may seem.
    - Be sure to record them in the injury/illness log.
    - If injured on the road, walk back to school or call the coach.

  - Weather – Though we run rain or shine …
    - Smog Alert - Limit running to morning or evening.
    - Lightning Storms – We will never practice outdoors!
    - Darkness - Use extreme caution (reflective tape).
    - Usually, alternate workouts in these conditions will be arranged.

  - Please read and obey these rules. The life you save may be your own.

  - For emergencies, carrying a cell phone in a pouch may be wise!

- ✓ **THE FULL WORKOUT**
    - Before ALL runs be sure to take care of any questions/issues you may have early – do not wait until a few minutes prior to the beginning of practice. This includes informing a coach about missing a practice or needing to be tended to because of an injury.

    - Hydrate daily. You lose a large amount of water during runs, it is important that you replenish it with water and a sports drink. Water should be consumed consistently throughout the day. Carbonated drinks, especially dark sodas, are counter-productive to hydration efforts. In addition, dairy and citric acidic foods and liquids can cause cramping and increased fatigue.

    - During runs, stop to stretch, **never stop to walk** unless you feel your health or safety is in jeopardy.

- After all distance runs and before all intervals and races we do STRIDES. Also, following workouts, captains should organize their group into a circle to stretch. If not captain is present one or two experienced athletes should take charge and organize the group. At that time, warm-ups should be worn. No bags or other distractions should be present until practice is officially over (including stretching, weights, etc.) No athlete shall change until the practice is complete over.

- Practice will conclude with various exercises, drills, strides, ladders, and weights. Practice is not over until all portions of the workout have been completed. Athletes departing prior to completion of this without prior consent will constitute an absence.

- Please bring and use sweats before and after practice even in warm weather. Being illness-free makes a runner's life so much easier.

✓ **CLEARANCE**

- Please visit the school website cerritoshs.com to complete the Athletic Clearance online. This MUST be completed before you can start any official summer or season training.

✓ **GPA/ACADEMICS**

- You are a "STUDENT-Athlete". A student first, athlete second. Cross country standards for academics are higher than most sports, as we hope to acquire the top achievements and recognition from our school. At the same time, you will not receive an excused absence for homework purposes (unless a particular circumstance calls for it) simply because you must learn to organize yourself in such a fashion that you are able to balance your time wisely, however a reduced workout may be considered in certain situations. Most academic reasons for missing practice are a result of procrastination. You never have a night without any homework!

- Students will be held to the following standards:
  - **Yellow Zone: Probation Level 1**
    2.67 – 3.33 Bi-weekly Grade Checks
  - **Orange Zone: Probation Level 2**
    2.00 – 2.66 Grade Checks/Assignment/Study Hall
  - **Red Zone: Probation**
    Below 2.00 School Academic Probation

✓ **ROSTER**

- Double check that all information on the roster is correct, including: Name, Address, Phone Number, Date of Birth, E-mail

✓ **BRING A FRIEND**

- Each individual that an athlete refers to the cross country team can earn an athlete a ten dollar reduction in their fundraising fees. Recruits must complete the season and all fundraising (option 1). This year, athletes must be **COMPLETELY CLEARED** by September 10 to join.

✓ **CAPTAINS**

- Team Captains are appointed by the coach and approved by the team at camp. Captains must have been on cross country at least one year prior. Replacement captains could be selected by the team if an overwhelming majority supports one individual. Captains do not automatically receive stars – they must be earned.

✓ **VARSITY LETTERMEN**

- The lettermen policy for Cerritos Cross Country emphasizes consistency and dedication. Though minimum requirements are set to letter, usually a maximum of fifteen letters will be awarded per each season. No preference is given to any athlete, despite seniority, previous varsity experience, or captainship. **Any athlete, freshman to senior, is eligible for a varsity letter.** No letter is guaranteed until all obligations are met.

✓ **TRAVELING MEETS**

- During the course of the season, the team may involve itself on weekend meets that require traveling and hotel accommodations. No athlete will be required to attend these meets to remain apart of the team, however certain meets may weight into the varsity letterman process. In most cases, traveling meets will require qualification. All traveling meets will be on an invite only basis. A fee may be charged to cover various costs.

✓ **CIF**

- The top three (3) teams or any individual in the top (6) at league finals will advance to CIF Preliminaries at Riverside Cross Country Course. The top (9) individuals will be selected as official members of the CIF team.
- At CIF Preliminaries, normally the top eight (8) teams in each heat will advance to the CIF Finals, also held at Riverside Cross Country Course the following weekend.
- The top seven (7) teams from each division at CIF Finals will advance to the state championships at Woodward Park in Fresno, California on Thanksgiving weekend.
- Each week that the team advances in the post-season, they will convene for a dinner sponsored by the program. Most costs for the post-season are covered by the program.

✓ **ADDITIONAL INFORMATION**

- If you are planning to miss more than two meets (September 4th – Early November) throughout the season, please do not join cross-country or talk to Coach Watanabe. Those athletes who are injured/unprepared for that particular race, are still required to attend the meet in order to receive credit for attending. Excused absences are included in the two meets. Athletes who join late are allowed less missed meets.

- Athletes will receive a (-5%) deduction for their first two excused absences from a meet and (-10%) for each additional absence. Unexcused absences will result in a (-10%) deduction for their first absence from a meet and (-15%) for each additional unexcused absences.

- Athletes will receive a (-1%) deduction for each absence and also a (-2%) for each unexcused absence.

- If you're signed up to run a race and don't show up, you will be charged a cancelation fee (approximately $10-20) in addition to the normal fundraising credit. Do **NOT** leave a meet without discussing it with a coach the day prior and also having written documentation of your departure. It should also be noted in the coach's attendance log. However, to accommodate schedules, early departures are possible, but not encouraged. You are never allowed to leave with someone who is not YOUR parent.

- Students must be aware that cross-country is a vigorous sport that requires large amounts of support from the body. Proper diets and hydration is necessary for good performance. A normal teenage athlete should consume: Male 3000-3500 calories/day; Female 2500-3000 calories/day (varies, also denotes quality calories). Diets should be well balanced with fats, carbohydrates, proteins, iron, calcium and other important vitamins and minerals. Eating less or unbalanced meals could bring on illness or injury. See the food pyramid for exact specifications. It doesn't necessarily have to model the food pyramid, but it should be close. Females should pay close attention to their iron intake, while vegetarians should be aware of their intake of protein. See coach for more information.

- If you are in a conflicting commitment (ex band/academy), you must discuss this with me prior to the beginning of the season. It can possibly be worked out if only one day of absence is required per week.

- If you decide to quit cross-country prior to season's end, you must discuss it with me personally, please take responsibility. You will be responsible for fees incurred. (See Finance Option Form)

- All athletes are responsible for your uniforms and addition items assigned to you. Do not leave your items on top of your bag, since all items are similar. Secure them inside your bag and be sure to label your bag to assure that you can identify your bag. Since you have purchased your uniform, you will need to repurchase one if lost.

- Athletes must complete a Finance Option Form before the start of the season. However, our program runs off your continuous financial support and ask for your assistance to keep the program running. Please note that camps and trips are optional.

- Parent and student participation is essential to the success of the team. Usually assistance with driving to various locations is needed. If your parent is interested, they must get the proper paperwork from me in order to get cleared by the district.

- All checks for fundraising (excluding isoCAMP/Mammoth – Money Order, Cash) this season will be payable to Cerritos Cross Country. Please date any checks paid in the summer to 8/19. Note, these checks will be deposited in August.

- Athletes must be cleared with a physical, ASB card, and clearance cards by September and must receive a stamped yellow card by July 8th or before their first practice.

- Have fun and run.

- ✓ **FUNDRAISERS**
  - Fundraisers will be held throughout the summer and throughout the season. Individual accounts will be tabulated throughout the season in order to subtract from the total amount due at the end of the season, including isoCAMP, Mammoth Camp, and Oregon. Please keep record of all credits. Proof must be submitted to settle all disputes and inconsistencies. Receipts will be given upon request.

    - Summer Jog-4-Funds/ Season Jog-a-Thon
    - Restaurant Fundraisers
    - Race and Team Sponsors
    - The Great Cow Run/Alumni race Signups
    - Program Advertisements/Donations
    - CXC Clothing Sale
    - Stussy Sale Worker
    - Bring a Friend
    - Recycling
    - Suggestions Welcomed!!

- ✓ **ADDITIONAL CAMPS AND TRIPS**
  - Athletes will have the opportunity to qualify or sign-up for additional camps and trips. The trips will have additional fees since they are optional. Please visit the website for a current list of individuals signed up for each camp or trip.

- ✓ **ADDITIONAL COVID RESTRICTIONS (TEMPORARY)**
  - OUTDOOR PROTOCOLS
    - Athletes will verify that they do not have any symptoms or temperature. Athletes with even mild symptoms should contact Coach Watanabe.
    - Athletes MUST check in upon arrival. Bring your own pen if you wish. (encouraged)
    - Mask required during warm up and after the run. It is NOT required during high level activity, however, athletes should maintain distance within their groups.
    - If you test positive for COVID, you must inform a coach immediately. If someone you've had contact with has tested positive, you should quarantine and also inform Coach Watanabe.
  - INDOOR PROTOCOLS (WEIGHT ROOM/GYM)
    - All NON-VACCINATED students can only attend weight room if tested. Please ask Coach Watanabe about this requirement if NOT vaccinated.
    - Athletes will verify that they do not have any symptoms or temperature. Athletes with even mild symptoms should contact Coach Watanabe.
    - Masks MUST be worn INDOORS.
    - Outdoor weight work MAY allow for no masks if high intensity.
    - No Personal Listening Devices / Extremely Loud Music
    - No Open-Toed shoes
    - Fully Clothed (No Workouts Shirtless or only in Sports Bra)