

**EAST HIGH SCHOOL
CROSS COUNTRY RUNNING 2008
TEAM INFORMATION AND RULES**

Practice: before school starts, practice will be Monday – Saturday (meets start the second Saturday of the season), 10 a.m. – 12 noon. Meet at East High unless notified otherwise. Once school starts, practice will be 2:30 – 4:30 p.m., meeting in the cross country room.

Eligibility: in order to practice with the team, you must have all your paperwork turned into the activities office and be listed on the master eligibility list. In order to run in a meet, you must have attended and participated in 10 practices and you must attend the six previous practices to the meet. The day of a practice or meet (weekday) and the day before a meet (weekend) the athlete must attend at least 4 classes.

Athlete of the Meet: the Monday after each meet, coaches will award “Athlete of the Meet” to the boy and girl who turn in the most outstanding performance – not necessarily based on time!

Cook Inlet Cup Points: points are awarded to Region IV runners based on performances throughout the season in meets and invitationals, excluding Regions and State. The week before Regions, West hosts the CIC Awards Banquet. The CIC points are used to seed runners at the Region IV meet.

Varsity/JV/Open team selection: seven runners on the varsity and jv teams, based on times over the course of the season. Other criteria may include participation (must attend 90% of scheduled practices and communicate with coaches if you are going to miss practice), dedication, and consistency. Seniors who do not make the varsity team for Regions, must run in the open race. Athletes who miss more than 10% of the scheduled practices are still welcome to participate, but may not be considered for a varsity or jv spot.

End of season awards: awarded at the end of the season banquet,

- Participation award
 - Attend and participate in 80% of scheduled practices
 - Run in 50% of the scheduled races up through Regions
 - Run at regions
- Letter award
 - Attend and participate in 90% of scheduled practices, and meet one of the following criteria:
 - Race in top 7 for the school in 50% or more of meets, or
 - At Regions, run a time that would be in the top 5 of a state qualifying team, or
 - A senior who has participated in all 4 years of cross country running, but has not lettered in the past, or
 - Season ending injury to a potential varsity runner or value to the team, as determined by the coaches.
- Most Valuable (varsity)
- Rookie of the Year (any first year runner)
- Most Improved (varsity, over the course of the last year)

Transportation Policy: the Anchorage School District requires that sports participants ride the bus when a bus is provided. After meets, participants can be released to their parents, but we encourage everyone to ride the bus back to East as a team.

Uniforms: will be passed out only to eligible runners who are racing. Uniforms consist of a singlet, jacket and unadorned (except for manufacturer's logo) black shorts. Shorts are provided by the runner but need to be approved by a coach. Shoes specifically designed for running should be worn during training. Spikes are highly recommended for racing.

Tshirts and sweatshirts: \$15 for tshirts, \$30 for sweatshirts

Coaches:), Danelle Van Holstyn, vanholystn_danelle@asdk12.org, Lisa Keller (563-5804 or lisa@gci.net, and Tom Bronga bronga_tom@asdk12.org

Web page: www.eastxc.org