

# **Piedmont Hills Cross Country Handbook**

## **Mission Statement**

The Cross Country program will provide a rigorous, yet supportive, fun environment in which student-athletes are encouraged to make responsible choices, keep a positive attitude, and develop a sense of individual and collective accountability in the pursuit of excellence as student-athletes. Together, we are champions.

## **Piedmont Hills Cross Country Student Athlete Expectations**

Piedmont Hills XC student-athletes will conduct themselves in a manner that reflects well upon the institution.

Any behavior that reflects negatively on the program and institution (as determined by the Coaching Staff, Athletic Director, or any faculty members of Piedmont Hills) may result in dismissal from the team, suspension from the team, and/or suspension from competition, and/or dismissal from practice.

- Student-athletes will conduct themselves in such a manner as to represent their team and the institution with integrity and pride both on and off campus.
- Student-athletes are expected to exceed and maintain GPA requirements mandated by East Side Union School District.
- Student-athletes are expected to participate fully in all practices and competitions that are required by coaching staff
- Student-athletes are expected to treat their teammates, coaches, staff, opponents and hosts with dignity, respect and without prejudice.
- **Zero Tolerance Policy** for the use of drugs, alcohol, tobacco, or other illegal substances.

## **Practice**

All student-athletes are expected to attend each scheduled practice. Realize that on occasions practice times will remain flexible for team needs.

Please be punctual for every team training session, meeting, etc. Those who are late to practice are subject to dismissal from practice and/or competition. Chronic or repeated tardiness will result in heightened consequences.

Practice apparel should conform to school colors (including white, black and gray.)

Cell phones and personal music devices are not to be used during practice.

## **Attendance**

3 unexcused absences will result as dismissal from the team. Excused absences require note from legal guardian or teacher.

Accepted reasons for excused student absences:

- Personal illness.
- Personal medical, dental, appointment
- Funeral services for a member of the immediate family
- Making up school work from sick day

## **Schedule**

Schedule can be found on <https://piedmonthillscrosscountrytrackandfield.com/>

## **Intramurals, Sport Clubs, and Outside Physical Activities:**

Athletes on roster are not permitted to participate in intramural activities (rec sports).

Recreational activities that place at risk a student-athlete's ability to perform at his/her best or that prove potentially detrimental to a student-athlete's health are prohibited for athletes actively on roster. Such activities include, but are not limited to:

- Skiing/snowboarding
- Skateboarding/longboarding/roller blading
- Skydiving, bungee jumping
- Pick-up basketball, soccer, football, etc.
- Mountain biking/road biking/bike racing
- Rock climbing

## **Social Networking:**

Our program respects the right to free expression and goes to great lengths to protect such practices. Social sites such as Facebook, Instagram, Twitter, etc. have expanded the opportunities to express oneself, connect with friends, and to form a network. Still, there are several responsibilities to consider when one creates a persona and posts messages

online. All information posted becomes and remains open for public access; you have a much larger audience than you might be aware of or intend; and posted material has a lasting presence and effect. Due to caching and other forms of technology that can capture your postings, information is accessible even after you have removed it. You are free to express yourself on social networks in ways that you feel are appropriate, but remember that while on roster you represent yourself, your team, the program as a whole. Carefully consider how you want people to perceive you before you grant the chance for your profile, pictures or other posted information to be judged.

### **Awards**

Awards will be awarded to 3 Varsity, 2 Frosh winners (Most Valuable, Most Improved, Coaches “Superman/woman” Award)

### **Coaches Introduction**

Coach Thompson is in his 2<sup>nd</sup> season with Piedmont Hills High School. Prior to Piedmont Hills, Thompson served as an assistant XC coach at Archbishop Mitty, and was a student-athlete for the UC Davis XC/TF program during his undergraduate studies. Thompson is currently a school counselor for the Oak Grove School District.

Coach Bryant is in her 4<sup>th</sup> season with Piedmont Hills High School. She has coached state qualifiers throughout her career and placed numerous athletes into 4 year schools to continue their athletic careers. Bryant is currently a certified personal trainer, sports nutritionist, and student success adviser.

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**2017**

I have read and understand the expectations as a student-athlete for Piedmont Cross Country Program. I will strive to represent myself, the program and school honorably at all times while encouraging and expecting the same from my teammates and coaches.

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(print your name)

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(signature)

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(date)

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(parent name)

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(parent signature)

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(date)