



Norwin XC: General Policies



1. Please respect your teammates, managers, and coaches.

You have made a decision to commit over two hours every day and five days every week to an activity shared by your teammates, coaches, and managers. They have made the same choice to spend this time with you. We spend this time together because we love to run. Whatever conflicts arise, please remember that everyone continues to show up and work each day because we all share this love. No matter what our differences, please remember that we are connected by something we all love. Make an effort to see the best in yourself, your teammates, and your coaches every day!

2. If you are confused about anything from a workout, our team rules, your role on the team, a coaching decision, etc...

Please ask Coach Fleckenstein or Coach Henry, or whoever the question should be addressed to. We are here to help you work to become the best you can be. That includes immediately clearing up any misunderstandings you may have. Even after discussion, you may disagree with a decision we have made, but please respect our right to make that decision. Please know that we will not discuss issues regarding you with anyone outside the team until we discuss them first with you. If we have a problem that concerns you, you can bet we will come straight to you. Please pay us the same courtesy.

- Problem/ Question....talk to coach....talk to head coach....address it further if needed.
- Program.....Team.....Individual

3. If you have an emergency or absolutely must unexpectedly miss a practice or game (ex: death in the family or go home sick from school)...

Please let Coach Fleckenstein know ASAP. You must tell a coach yourself. Do not rely on anyone else to relay your message. You may call either coach at school or email:

(school) 724-861-3005 ext. 3217

bfleckenstein@norwinsd.org

Leave a message if no one answers. An absence is excused only if it is for an acceptable reason and a coach is notified before practice. **If you know about an absence in advance, please inform the coach ahead of time.** If you cannot practice but are capable of attending and observing, please be there. We do NOT make cuts; however, if you do not practice, you can not run in meets. Practice should be a priority and you should not schedule things (work, appointments, meetings, etc.) from 2:30 to 5:00.

- I will be at practice EVERY DAY!!! I have two kids, a wife, a house, teach AP classes, online classes, Saturday detention, so I'm sure you can pencil in two hours for practice as well.
- Keep in mind how physically demanding practice is. It is NOT advised that you play soccer or basketball or other sports after practice or work until late in the evening. You have the off season and summer to participate in those things.
- Many athletes are here to earn a scholarship to college. There are probably MORE track and cross country scholarship runners than any other sport, so understand that practice is more than just a workout.



4. If you are ineligible to play because of grades...

You may not practice or compete until you have improved on the next eligibility form. You will attend practice but will spend the time doing homework and studying. You will attend but not dress for meets. If according to the athletic eligibility sheet, you are ineligible three times, you will have cut yourself from our team.

6. If you earn a detention FOR ANY REASON...

Do not whine, make excuses, tell the coaches it is a mistake, or attempt to blame the teacher in any way. Let Coach Fleckenstein or Coach Henry know immediately. Do not wait for us to find out for ourselves from the teacher or by reading the detention list. Go to the scheduled detention, behave yourself, and get some work done while you are there. Come immediately to whatever our team is doing after detention is over. Do not dress, but attend. Coaches will handle situations involving detentions on game days. On your third detention, you have cut yourself from our team.

7. If you are suspended...

School policy is you may not participate in any after school activities for those days you have I.S.S. This includes practices and games. Further team discipline may follow.

8. Alcohol, cigarettes, and illegal substances have no place in your life or in our program.

We will follow all school policies concerning these situations.

9. Parent Athletic Code of Conduct.

Interscholastic athletics are an integral part of the total educational plan of the Norwin School District. The goal and purpose of the athletic programs and Norwin Cross Country is to teach the student athletes the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, team work, and hard work. We ask all parents to support our efforts as coaches to teach the goals of interscholastic athletics by adhering to the following:

- Show respect to everyone involved in the program—administration, athletic director, coaches, athletes, officials, etc. Everyone puts in a lot of time away from his or her families to ensure that your student athlete is reaching the goals of interscholastic sports.
- **Support the athletic hierarchy: (1) Program (2) Team (3) Individual**
As coaches, we have to make tough decisions and this policy is always at the heart of those decisions. As a parent, it is often reversed (we as parents know) however, this is the policy.
- Keep son/daughter's priorities in check throughout season: family, faith, academics, then sports. Balance is the key to a successful and sane season.
- Follow the chain of command when you have a concern: (1) athlete speak to coach (2) if not resolved, parent meeting with coach, if still not resolved, meeting with athletic director, coach, athlete, (3) if still not resolved, situation will be addressed in appropriate manner with high school administration, and if necessary upper administration.
- Promote the belief that athletics is about competition; competition with self and others. The lessons one learns as part of an athletic team member carry over to the lessons one learns in life. If one lives his or her life giving everything they have just like they do in sports, they will always win in life. Giving your best each and every day and each and every practice is the truth in sports.
 - *"To me, being perfect is not about that scoreboard out there. It's not about winning. It's about you and your relationship to yourself and your family and your friends. Being perfect is about being able to look your friends in the eye and know that you didn't let them down, because you told them the truth. And that truth is that you did everything that you could. There wasn't one more thing that you could've done."—Friday Night Lights*



Norwin XC: Practice and Meet Policies

1. Weather Policy...

Unfortunately, fall weather is notoriously bizarre. It can be 90 degrees in the late summer and snowing in the fall. We WILL practice outside everyday and meets are rarely if ever canceled. Therefore, you are advised to have plenty of weather-related clothing for track (extra shoes, socks, windbreaker jacket, pants, shorts, etc.)

- Hoodies are the worst thing you can wear (heavy, soak easily, no weather protection)
- Change immediately after a cold or wet practice to avoid getting sick
- If emergency weather occurs take shelter under the pavilion, in your car, or in restrooms near pavilion or on the team bus (if we're at an away meet).

2. Practice Routine...

Practice will begin promptly at 3:00. You are to be dressed (unless you have a school club meeting or tutoring or make up work) and ready to run. The following routine should be followed daily unless stated otherwise by coaches:

- (1) Get dressed for the weather (always carry extra clothes with you)
- (2) Get to the bus or to your car promptly so that you can be at Oak Hollow by 2:50 or so
- (3) Do a warm-up (form a group and this should be a team bonding warm up)
- (4) Stretch on your own and then we will do dynamic stretches and striders with the WHOLE team
- (5) Stretch while waiting for individual workout

3. Practice Effort...

“Running is like life...you get out of it, what you put into it.” This motto fits my philosophy on running. You are choosing to run for your sport. You are choosing to come to practice daily. So, you should choose to do your best every day.

Distance running is a team sport, but it is also individual, so you are competing against yourself every day. Running is largely a mental frame of mind. You must be a little crazy to do well. You have to push yourself beyond your pain tolerance to succeed. It is easy to stop. It is the hardest sport, physically and mentally, to do well in.

- Ask yourself: Why am I here?
 - Individual goals? Team goals?
 - Scholarship?
 - Fitness?
 - Hobby?
- Whatever the reason is above, ask yourself the following question:
 - Self Test = ***Am I giving my best effort to better myself every practice?***

The only time I will ever get frustrated is if we feel we are working harder or caring more than you are about track. You are “choosing” to be here. Give it your best effort.



4. Injuries and Illness...

Hopefully, this won't pertain to you, but some of you will get injured and sick throughout the year. If you are sick, feel pain or are injured: tell the coach immediately. We will work out a plan of action to get you back to working out. If feel injured please follow protocol:

- (1) Immediately tell coach and we will discuss best plan to recovery.
- (2) Work out a plan to see high school trainers. Often times, you may be able to go straight from practice to the high school or see them the next day. If true emergency, go to emergency room.
- (3) Follow plan outlined by trainers to recovery and rehab.

At times, you may have to work through the pain, illness, etc. or you may have to seek medical treatment through trainer or doctors. Running is painful and please do NOT fake any injuries or illnesses because as a coach and parent my number one concern is ALWAYS your health and safety.

5. Meet Policy...

The goal of ANY sport is to compete. If you are not here to compete, why are you here???

Luckily, most athletes in cross country will be able to compete in some race (varsity, JV, freshmen) at all meets. Norwin uniforms that meet the PIAA requirements must be adhered to or an athlete will NOT be allowed to compete or be disqualified.

- We will discuss the NEW PIAA Uniform Policy. We want to keep in mind that the team is always first and we should strive for unity.
- The following guidelines are followed for meets:

(Home Meets)

- ALL athletes may compete if eligible, healthy, and prepared.
- Follow the normal dynamic warm up that we do before practice
- Assist with meet and course preparation if available and able.
- The meets run from 4:00 to 6:00 pm. Please plan to attend and cheer on your teammates for the ENTIRE meet. You would not leave the basketball game at halftime, so pay respect to your teammates and coaches as well.

(Away Meets)

- **SECTION MEETS: ALL athletes will travel to and from the meet with the team.** Unless there are special circumstances, runners will ride home on bus from section meets to promote team unity. We win and lose together as a team.
- **INVITATIONALS:** if you choose to ride home with your parents, you must provide your coach with a note stating your name, date, and parent you are leaving with on the bus on the way or the day before. On day of meet focus is on race not transportation
- We will stretch and warm up as a team upon arrival to visiting course.
- Keep away area clean and help load and unload the team equipment from the bus and to the bus. You represent Norwin in athletics, behavior, and manners.
- Represent your team and school with pride. Wear appropriate clothing for the weather and school dress code. Try to wear NORWIN issued clothing to show team unity.

Lettering Requirements:

- Runner that competes in top 7 varsity runners for majority of section meets; runner that races varsity at invitational, County, or WPIAL championships.
- Senior runners with 4-years of competing as member of team, or any runner that has made a significant contribution to the team as determined by coaches.

7. Overall Advice...

Have fun, work hard, enjoy teammates, be healthy, and compete. There is no magic formula for cross country = run, run, and then run some more.