

TEAM POLICIES

CORE TEAM VALUES

- **Integrity**
 - What you do when no one else is watching
 - We must be whole in our pursuit of excellence.
- **Sacrifice**
 - Giving up something good for something better
- **Practice = Performance**
 - The Process: effort, focus, attendance, sleep, nutrition, post-run stretching, strengthening, off-season training
 - Take care of the process at practice, and race results will take care of themselves.
- **Consistency**
 - The consistent pursuit of excellence brings success: day after day, week after week, month after month, year after year.
- **Team**
 - You are an important part of the team.
 - The team always comes first.

COACHES' DISCRETION

Situations may arise that require altering or that are not covered by team policies. Coaches have the authority & discretion to alter team policies when appropriate. Alterations will be rare and may apply to an individual athlete or the entire team at the discretion of the coaching staff.

Athletes with regular known practice or meet conflicts should talk to Coach Carter prior to joining the team.

RANKINGS

- We will use a ranking system of cumulative times to determine which athletes compete in Varsity & JV races, and in select meets. The rankings will begin with the Bulldog Dash.
Rankings reward consistent performance and hard work, the cornerstones of a successful program.
- Athletes in the top 12 of the Rankings are eligible for Varsity competition

SUMMER TEAM CAMP

Athletes will be invited to team camp in Gatlinburg based on performance at a summer time trial. We will invite the top 10 overall finishers plus the top 3-4 freshman finishers from the time trial. The camp will be held from July 11th through July 15th. The summer time trial will be held at the North Gwinnett track on **June 26th (Monday)**. A make-up time trial will be held the week prior. Preliminary camp information will be posted on the team website in mid-to-late June. Detailed camp information will be posted after the summer time trial

PRACTICE

- **We will practice Monday through Friday from 2:25-4:30.** In the event of unsafe weather conditions, we will practice indoors, but we will not cancel practice.
- **Practice Attendance Policy**
 - If an athlete is going to miss practice, they or their parent must notify Coach Carter prior the end of the school day. Athletes are expected to make every effort to take care of schoolwork, schedule study sessions & obtain club meeting information at times that do not conflict with practice.
 - Excessive practice absences may result in the athlete missing meets, being ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips, or being dismissed from the team.
- **Unexcused practice absences** (absent with no communication prior to practice):
 - 1st offense: 2-minute time penalty in Rankings and athlete may be ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips
 - 2nd offense: athlete is ineligible for next meet (will count as unexcused meet absence)
 - 3rd offense: Dismissal from team
- **Arriving Late & Leaving Early**
 - Athletes must arrive at practice by 2:25 and stay through the end of practice. If athletes have an appointment, study session, etc. that would cause them to arrive late or leave early, they must discuss that with Coach Carter prior to practice.

MEETS

- **To run in a meet, an athlete must meet the following criteria:**
 - Be able to safely run 3 consecutive miles without walking.
 - Not have an injury that would put the runner at risk.
 - Follow all applicable team policies.
- **Uniforms**
 - In competition, all athletes must wear the school-issued and approved uniform. Exceptions to this policy must be approved by Coach Carter.
- **Meet absences** - Runners may miss 1 meet with prior permission from Coach Carter with no penalty.
 - 1st meet absence: Athletes will be given a time corresponding to their ranking (25th ranked runner will receive 25th fastest North Gwinnett time from the meet). An athlete missing a meet can not benefit in the Rankings.
 - 2nd meet absence: 2-minute time penalty in Rankings and athlete may be ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips
 - 3rd meet absence: Dismissal from team
 - **Athletes with known conflicts with scheduled meets should talk to Coach Carter before joining the team.**
- **Unexcused meet absences**
 - 1st unexcused meet absence: 4-minute time penalty in Rankings and athlete may be ineligible for entry-limited races (Varsity, Championship JV, etc.) and/or overnight trips
 - 2nd unexcused meet absence: Dismissal from team