

Cardinal Cross Country

Head Coach: Brianna Lantsberger

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Please go to this link to join our Remind.com group

<https://www.remind.com/join/e9heeg>

OVERVIEW & PURPOSE

Cross Country is both a team and individual sport that pushes your physical limits. Competing and continuing to improve everyday is the mentality I want to help instill in my athletes. It will be very challenging at times, but will no doubt teach the athletes to overcome adversity to reach their goals.

PRACTICE SCHEDULE

Practice will be from **4:15-5:15** pm Mon-Fri from August 24-Sept 11. After this time our meets will begin and practice will be at the same time every day that we do not have a meet. At practice we will use a variety of workouts to enhance our skills. These will include varying distance runs, sprint workouts, bodyweight workouts and core work. Practices will be held outside if at all possible at our school's track or cross country course. If weather does not permit us to do so, we will bring it indoors using the hallways and cafe.

MSHAA REGULATIONS

- Grades, no more than 1 "F" during the previous spring semester for 8th graders. All 7th graders are eligible for fall sports.
- ISS, students can practice, but not compete in a meet the day of ISS.
- OSS, student is not permitted on school property for practice, meets, etc

COACH'S EXPECTATIONS AND REGULATIONS

- Any “F’s” during season, athlete can practice, but not compete until grade is raised.
- Any “D’s” during season, athlete will have study hall time until grade is raised.
- Students should be ON TIME to practice everyday! (This means dressed appropriately and shoes tied) Repercussions will be enforced for being tardy
- Be a team player and show good sportsmanship at all times!

REQUIRED PAPERWORK

Student Physical, Emergency Information, COVID- Release, and Conduct Agreement

ALL PAPERWORK MUST BE TURNED IN COMPLETED BEFORE STUDENT CAN PARTICIPATE. (These can be filled out on the first day of practice, but parents must be present to sign.)

Raytown South Middle School

Activities Participant Conduct Agreement

Raytown South Middle School, in accordance with the standards set by Raytown Quality Schools and the guidelines from MSHSAA, will always approach student conduct in activities (sports, clubs, co-curricular activities) with these beliefs as our guide:

- **Students benefit from extracurricular activities and should be given every opportunity to develop and grow as a part of these offerings through our school.**
- **Participation in activities is a privilege and all who represent Raytown Quality Schools carry the responsibility do so with courtesy and respect to all.**

With these two guiding principles in mind, the following outlines the expectations for all students participating in Raytown South Middle activities.

Participant expectations both in and out of the school day::

- **Treat all adults and students with respect and courtesy at all times. This includes coaches, officials, and students from other schools before, during, and after activities.**
- **Follow all school and district rules and guidelines.**
- **Commit to honoring coaches' instructions and will acknowledge their leadership in all team matters.**
- **Conduct themselves in a manner that honors our district and reflects positively on the staff and student body at Raytown South Middle School.**
- **Fully participate in all practices games and other activities associated with their team or club.**

In the event that a student is unable to uphold these expectations, coaches/sponsors will rely on these guidelines to address issues:

<p>First Offense: This includes, but is not limited to: Rude or offensive language/behavior, technical foul during a competition, failure to follow team or school rules, actions that affect the team/club negatively, etc.</p>	<ul style="list-style-type: none"> ● Coach or Sponsor will address the issue individually with the student ● Parent contacted ● 1-day activity suspension (coach's discretion) OR no participation during school suspension. ● Student will continue to participate, but coach may alter activities as appropriate.
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Second Offense:	<ul style="list-style-type: none"> ● Coach or Sponsor will address the issue individually with the student ● Parent contacted ● Suspension of up to 3 days from activity (games and/or practice) OR student will not participate for the duration of the school suspension. ● Coach reserves the right to alter activities when participant resumes
Third Offense	<ul style="list-style-type: none"> ● Coach or Sponsor will address the issue individually with the student ● Parent contacted ● Dismissal from team/club - Coach's discretion

**Note: Activities privileges can be revoked at any time by school administration, but only in cases of extreme and/or egregious behaviors.*

***Student will not participate in activities beginning the day discipline action has been determined through the last day of the suspension.*

Raytown Quality Schools Activities Reopening Plan

Our School District is working with and following guidelines from National, State, and Local agencies to create the safest environment possible. We know that all risk can not be eliminated. Please remember that all summer activities are **optional**, and parents and players should make decisions on their own comfort level. However, we do encourage you or your athlete to communicate with coaches if you are going to be absent.

COVID-19 Permission Form and Waiver - Student Activities

To participate in any activities, a signed *COVID-19 Permission Form and Waiver - Student Activities* must be on file. This form must be signed and dated by both the student and the parent/guardian. If a signed form is not on file, the student will NOT be allowed to participate.

Phase 1 - June 15th to TBA

In Phase 1, we are allowing conditioning type activities with no shared or personal equipment. Workouts will consist of running, push-ups, sit-ups, and other body weight activities as well as any sport-specific activities that can be completed within the guidelines. The following guidelines must be met for all workouts.

- 2 Hours Maximum
- No use of the weight room - Athletes may use outside facilities, stairs, or gym.
- No Locker rooms available - Restrooms will be available, 1 at a time.
- No shared sports equipment (balls, pads, bats, pole vaults, shot puts, weight equipment, etc.)
 - Maintain social distancing of 6 feet at all times (No physical contact)...
 - Small Groups, in Circuits - if

possible

- Record attendance of coaches and participants

- **No Community Water or Towels - Water must be brought from home and labeled**

- Field Equipment (Non-Contact) can be used - hurdles, agility bags, cones, ladders

Phase 2 -

TBA

In Phase 2, we will continue conditioning as we begin using the weight room facilities and equipment. Sport specific skills and drills will be allowed including personal equipment and team equipment. A schedule will be followed to clean and sanitize shared equipment. We will continue to follow local and state recommendations with social distancing and gathering limitations. We will follow all Phase 1 Guidelines with the following exceptions or additions.

- Use of weightroom and weight equipment - including rotations of small groups and sanitizing schedules
- Use of personal equipment - including gloves, helmets, shoulder pads, knee pads, bats
- Use of team equipment - volleyballs, softballs, tackling sleds, bags
- No Personal Lockers will be issued, however school equipment can be stored.

Do not attend OR participate in group/team sports or practice if:

- You are feeling ill. Symptoms of the coronavirus can include fever (temperature of 100.0 as defined by the CDC), cough, difficulty breathing, and other symptoms as outlined by the CDC website.
- If you have been exposed to COVID-19 in the prior 14 days.
- If unsure about whether to attend or participate in practice due to possible symptoms OR exposure, it is recommended you contact your healthcare provider.
- You have pre-existing conditions or health issues that may put you at risk without seeing your healthcare provider first.

- If you are unable to attend because you are feeling ill, please contact the coach.
- Upon arrival, all coaches and students will answer 5 questions about their current health that day, depending on the answers, they might not be able to participate in activities.

Physicals

All athletes are required to have a Physical on file to participate in athletic practice. Physicals are now good for 2 years.

Raytown Quality Schools COVID-19 PERMISSION FORM & WAIVER – STUDENT ACTIVITIES

Student Activity:

Coach/Sponsor:

Student Name:

I acknowledge that novel coronavirus (“COVID-19”) infections have been confirmed throughout the United States, including Missouri. I further acknowledge, agree, and represent that I have carefully considered the safety of allowing

Student, for the purposes of participating in the above-referenced voluntary student activity, to enter onto District property; utilize District facilities, equipment, transportation and services; and/or interact with District staff and volunteers and students, for the purpose of participating in the above-referenced voluntary Student Activity.

I fully appreciate and understand both the known and potential dangers of allowing Student to participate in the above-referenced Student Activity, and acknowledge that such participation may, despite the District’s reasonable efforts to mitigate such dangers, result in exposure to COVID-19. If I have any questions regarding the known and potential dangers, I will contact the coach/sponsor identified above.

I agree, represent, and warrant that I will immediately notify the coach and/or activity sponsor if Student (i) experiences

symptoms of COVID-19, including, without limitation, fever, cough, or shortness of breath, (ii) has a suspected or confirmed case of COVID-19, or (iii) has had exposure to any person that has a suspected or confirmed case of COVID-

19. Student will not begin and/or resume participation in the Student Activity until Student's return has been directly approved by the Student Activity coach and/or sponsor, and in the event of exposure or positive test, upon approval by a medical professional. I will also immediately notify the coach/sponsor above in the event Student obtains a positive COVID-19 test.

I hereby waive, release, and discharge the District, its insurers, employees, and all other entities affiliated with or related to the District, without limitation, exception, or reservation, from any and all liability, actions, claims, demands

or lawsuits in connection with or arising in any manner out of Student's participation in the above-referenced Student

Activity during the COVID-19 pandemic and any subsequently-related exposure to COVID-19.

Student Signature Student Printed Name

Parent/Guardian's Signature Parent/Guardian Printed Name

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Date