



# Highlands Cross Country Information



Welcome to the new school year and a new Cross Country season! We hope this letter finds you and your family relaxed and refreshed after your summer vacation. Thank you for supporting your child's decision to be a part of the Cross Country team. We hope to not only show the runners how to compete well now, but we also hope to give them the skills they will need to enjoy running for the rest of their lives.

## **In order to participate in Cross Country they must have the following turned in:**

1. Physical on file with school nurse before practice begins Aug 28th!
2. Emergency Form, Athlete Code of Conduct, and Parent Code of Conduct on file with the coaches before practice begins Aug 28th!

### **Coaches**

Mrs. Reardon	Elementary School Teacher	5th Grade Head Coach
Mr. Yena	Health and STEM Teacher	6th Grade Head Coach
Mr. Anagnostopoulos	7 <sup>th</sup> Grade Science Teacher	7th Grade Head Coach
Mr. Steele	8th Grade History Teacher	8th Grade Head Coach

### **Email & Schoology**

Please contact your grade level coach if you have any questions about Cross Country.

5th Grade	Mrs. Reardon	<a href="mailto:ereardon@district106.net">ereardon@district106.net</a>
6th Grade	Mr. Yena	<a href="mailto:myena@district106.net">myena@district106.net</a>
7th Grade	Mr. A	<a href="mailto:jagnos@district106.net">jagnos@district106.net</a>
8th Grade	Mr. Steele	<a href="mailto:ssteele@district106.net">ssteele@district106.net</a>

We highly encourage you to join our Schoology page for resources, updates, pictures, etc. The access code for the page is:

**932ND-QTRXX**

### **Attendance**

Attendance at practice and meets is vital for a runner to be successful. If you will be absent for any reason please email your grade level coach. This will count as an excused absence. If you have an unexcused absence during the week you will sit out from the next meet! 3 unexcused absences results in dismissal from the team.

# Highlands Cross Country Information

## Practice

Practice will begin immediately after school Monday-Friday. We will meet near the track, and begin warming up/stretching. Each day the team will do some sort of run either on the road or at school. Practice will end by 4:30 Mon-Thurs, and Friday we will end at 4:15. **A RIDE MUST BE HERE TO PICK YOU UP AT THE END OF PRACTICE!** You may walk or ride your bike home if that is your mode of transportation. Come prepared to run hard each day, and give your best effort. The harder we train, the more successful we will become as a team.

**What you need for practice:** Running shoes, Watch, Shorts and T-Shirt (PE Uniform if you choose), Water Bottle, quick snack after school

## Meets

Meets will always begin right around 4:00pm. The team will take the bus to the meet, and may ride the bus back to school after the meet. **You must check in with your grade level coach if you leave with a parent from the meet. If you are leaving with someone other than your parent an email or note must be received by Mrs. Reardon, Mr. A, Mr. Steele, or Mr. Yena by 3:00 pm that day.**

- \* Races at each meet are 2 miles long. Time limit is 25 minutes.
- \* Please see the schedule for which race is first for the meet.
- \* All team members get off the bus together and warm-up together before the race.
- \* You may bring food and drink to the meet, but you must clean up your team area before you leave
- \* Behavior and language are positive; be courteous at all times.
- \* Know the course – we will go over it before the race to help you know where to run.
- \* Compete hard, do your best, and most of all, have fun!
- \* All team members are expected to cheer on all teammates!

## Uniforms

Each student will get a dry fit t-shirt to wear with their PE shorts. Uniforms are not worn to practice.

**Directions to Cermak Woods  
(Washington)**

Take Wolf Road North until you get to Ogden Avenue. Make a right on Ogden Avenue so that you are heading east. Continue on Ogden Avenue until right before you hit the Des Plaines River. You will cross 1<sup>st</sup> Avenue into the town of Lyons. Cermak Woods is on the righthand side of the road before you cross the river. There is only one entrance – the pavilion and the course should be right near the entrance to the forest preserve.

**Directions to Spring Rock Park  
(McClure)**

Take Wolf Rd North until you reach 47<sup>th</sup> st. Take a left on 47<sup>th</sup> street, and head a few blocks down the road to Central. Take a right on Central. Spring Rock Park is on the left side.

**Directions to Pleasantdale Park District  
(Pleasantdale)**

Take Plainfield Rd West to Wolf Rd. Take a left on Wolf Rd. Take Wolf Rd. South past Joliet Rd, and into Burr Ridge. Pleasantdale Park District is on the left side of the road about a mile past Joliet Rd.

**Directions to LT  
(Conference Championships)**

The meet is located at LT South Campus in the back of the school.

# Highlands C.C. Schedule 2017 September

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> First Day of Practice Practice 3:15-4:30	<b>29</b> Practice 3:15-4:30	<b>30</b> Practice 3:15-4:30	<b>31</b> Practice 3:15-4:30 <i>Picture Day</i>	<b>1</b> Practice 3:15-4:15
<b>4</b> Labor Day No School No Practice	<b>5</b> Practice 3:15-4:30	<b>6</b> Practice 3:15-4:30	<b>7</b> Practice 3:15-4:30	<b>8</b> Practice 3:15-4:15
<b>11</b> Practice 3:15-4:30	<b>12</b> Practice 3:15-4:30	<b>13</b> Practice 3:15-4:30	<b>14</b> Meet @ PDale Park Dist. vs. PDale, Wash, and Willow <i>Girls Race First</i>	<b>15</b> No Practice Early Dismissal
<b>18</b> Practice 3:15-4:30	<b>19</b> Practice 3:15-4:30	<b>20</b> Practice 3:15-4:30	<b>21</b> Meet @ PDale Park Dist. vs. PDale, Park, and Willow <i>Boys Race First</i>	<b>22</b> Practice 3:15-4:15
<b>25</b> Practice 3:15-4:30	<b>26</b> Mid Season Showdown Meet @ Cermak Woods All Teams Compete <i>Girls Race First</i>	<b>27</b> Practice 3:15-4:30	<b>28</b> Practice 3:15-4:30	<b>29</b> Practice 3:15-4:15

# Highlands C.C. Schedule 2017 October

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Practice 3:15-4:30	<b>3</b> Practice 3:15-4:30	<b>4</b> Practice 3:15-4:30	<b>5</b> Meet @ Pleasantdale vs. PDale and Willow <i>Boys Race First</i>	<b>6</b> Practice 3:15-4:15
<b>9</b> Columbus Day No School/Practice	<b>10</b> No School Institute Day	<b>11</b> Practice 3:15-4:30	<b>12</b> Meet @ Cermak Woods vs. Wash and McClure <i>Girls Race First</i>	<b>13</b> Practice 3:15-4:15
<b>16</b> Conference Championship Meet @ Lyons Township South Campus 4:00	<b>17</b> Uniform Return	<b>18</b> Uniform Return	<b>19</b> Uniform Return	<b>20</b> End of Season Breakfast! Middle School Lunch Room at 7:45 am.

## **Student Athlete Concussions and Head Injuries**

The Superintendent or designee shall develop and implement a program to manage concussions and head injuries suffered by student athletes. The program shall:

- a. Comply with the concussion protocols, policies, and by-laws of the Illinois High School Association, including its *Protocol for NFHS Concussion Playing Rules* and its *Return to Play Policy*. These specifically require that:
- b. A student athlete who exhibits signs, symptoms, or behaviors consistent with a concussion in a practice or game shall be removed from participation or competition at that time.
- c. A student athlete who has been removed from an interscholastic contest for a possible concussion or head injury may not return to that contest unless cleared to do so by a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer.
- d. If not cleared to return to that contest, a student athlete may not return to play or practice until the student athlete has provided his or her school with written clearance from a physician licensed to practice medicine in all its branches in Illinois or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches in Illinois.
- e. Inform student athletes and their parents/guardians about this policy in the *Agreement to Participate* or other written instrument that a student athlete and his or her parent/ guardian must sign before the student is allowed to participate in a practice or interscholastic competition.
- f. Provide coaches and student athletes and their parents/guardians with educational materials from the Illinois High School Association regarding the nature and risk of concussions and head injuries, including the risks inherent in continuing to play after a concussion or head injury.
- g. Include a requirement for staff members to notify the parent/guardian of a student who exhibits symptoms consistent with that of a concussion.

**PARENTAL CONSENT FORM FOR EMERGENCY MEDICAL TREATMENT  
IN CONNECTION WITH EXTRACURRICULAR ACTIVITIES.**

I hereby authorize, agree and allow my child, \_\_\_\_\_  
to participate in the following extracurricular activity:  
**PLEASE MARK ONLY ONE SPORT.**

- \_\_\_ Softball
- \_\_\_ Basketball
- \_\_\_ Volleyball
- \_\_\_ Soccer
- \_\_\_ Cross Country
- \_\_\_ Cheerleading

A new form will be used for each sport.

I hereby authorize and consent to La Grange Highlands School District #106, its employees and agents,  
and my child's physician,

Doctor's name \_\_\_\_\_

Doctor's phone number \_\_\_\_\_

Hospital preferred \_\_\_\_\_

or any physician in their group practice, in my behalf and in my stead, to administer emergency medical assistance to my child. This permission and consent extends to the right of La Grange Highlands School District #106, its employees and agents, to arrange for immediate medical treatment by a licensed or certified physician and/or other medical personnel, and for such physician or other medical personnel to apply such emergency techniques which in their judgement they deem appropriate to treat any injury sustained by my child. I further authorize La Grange Highlands School District #106, and through its employees and agents, to administer such emergency medical treatment as is necessary for the health and welfare of my child.

I do hereby agree to hold harmless and indemnify La Grange Highlands School District #106, its employees and agents, either jointly or severally from and against any and all claims, demands, damages or causes of action, or injuries, including reasonable attorney's fees and costs in the defense thereof, resulting from or arising out of the provision of emergency medical treatment by school personnel or by a physician and/or other medical personnel.

Health issues of my child: \_\_\_\_\_

Medication taken at this time: \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Parent of \_\_\_\_\_ Grade: \_\_\_\_\_

Phone number between 4 p.m. and 7 p.m. \_\_\_\_\_

Date \_\_\_\_\_

# Parent Athletic Code of Conduct

Middle School sports are supposed to be fun – for the children. As adults we must recognize that our actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are quitting sports activities because adults unfairly take the fun away. We would like you to join us in being a positive role model for our student-athletes throughout the year. Please sign our Parent Code of Conduct to initiate your support.

- a. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game or practice.
- b. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
- c. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- d. I will never question, discuss or confront a coach at a game and will take time to speak with the coach at an agreed upon time and place. This discussion will take place at least 24 hours after the game or time of situation.
- e. I will refrain from coaching my child or other players during games and practice.
- f. I will help my child to learn the right lessons from winning and losing and from individual accomplishments and mistakes.
- g. I will encourage my child to communicate with his/her coach regarding a problem before I contact the coach.
- h. I understand that playing time is at the coach's discretion and Highlands Interscholastic Sports' Programs are not intramural programs where every player is given equal playing opportunities.
- i. I will demand a sports environment for my child that is free from drugs, tobacco and alcohol, and I will refrain from their use at all sports events.
- j. I acknowledge having received a copy of Board policy 7:305, *Student Athlete Concussions and Head Injuries* and the attached Concussions Information sheet.

Student Athlete/Grade (Please Print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Student/Athlete Code of Conduct

- A. I will complete and return a signed parental permission form before tryouts.
- B. I must will an updated sports physical before tryouts.
- C. I will attend all practices and games, unless I have been formally excused.
- D. I will inform the coach before tryouts if I have future conflict with games or practice.
- E. I must be academically eligible to participate in practice and games.
- F. I will not use drugs, alcohol, tobacco or any illegal substances.
- G. If I am absent from school because of illness during the morning or afternoon of a game or practice I may not be eligible to participate that day.
- H. Upon completion of the season, I will turn in my uniform within five days.
- I. I will return a signed copy of the code of conduct before tryouts.
- J. I acknowledge having received and read a copy of Board policy 7:305
  - a. Student Athlete Concussions and Head Injuries.

**I have read the Athletic Code of Conduct and agree to abide by all of the listed expectations.**

Failure to follow any or all of the above expectations may result in the following consequences:

- e) Inability to try out
- f) Removal from practice
- g) Reduced playing time
- h) Suspension from the team
- i) Dismissal from the team

Student Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_