



Dear Interested Athletes and Parents,

Welcome to the 2020 Century Cross Country season! Be prepared to work hard, have fun, and be successful! Please read through this entire intro letter to get a better understanding of what to expect when entering the season, important links, and a few things we need from you.

Communication:

Most of our communication is done through email throughout the season, so make sure you're checking it! In addition, we use the GroupMe app to quickly get info to athletes that don't require an email blast to everyone. Also, we want you to be prepared, so you're more than welcome to email or call us with any questions you may have. Whether you are new to XC or not, we will need to gather some contact info from you so we can keep our lists up to date. You will receive updates on practice/meet changes, bus departure times, practice information, meet results, clothing order information and banquet information all via email. Please send the following information to Coach Grosh at coachgrosh@gmail.com:

Parent name(s), Athletes name, Parent email, Athlete email, Athlete phone number (for groupme)

1st Practice / Forms:

The first Day of practice will be on August, 12th (time TBD) at the Century track (wear light, breathable clothing, and bring a water bottle (preferably reusable) and watch). We will have an informational meeting in the Century High School cafeteria on August 10th at 6:00 p.m. for new and returning athletes and parents. **You will need to have completed the online athletic forms and upload a valid physical in order to participate.** All forms need to be filled out at www.familyid.com.

Meet Schedule:

The schedule is still a work in progress, but can be found at: www.carrollcountyathleticleague.org

Summer Training Schedule:

Look for a separate communication about summer training. This will be used as a guide based on your current fitness and experience. Keep in mind that fitness is not a skill that can be picked up or quickly learned, you must put in the work. **Your success and susceptibility to injury during the season is directly dependent on your summer training!** Please contact one of the coaches if you have any questions. Athletes are normally encouraged to run together with upperclassmen organizing runs, however attendance is not mandatory. No organized group runs are to be conducted until Covid-19 guidelines are eased, in accordance with Governor Hogan's orders.

Camps:

Cal U will not be offering their summer camp for 2020, because of the Covid-19 crisis. If you are interested in the Johns Hopkins B'more Distance Camp in July, you may find more information here: <http://abcportscamps.com/distance/>

Code of Conduct:

Please look over the attached Code of Conduct, which is a document that all cross country athletes must understand and sign before participating in the program.

We look forward to seeing you all in August for another great CHS Cross Country Season,

Coach Mead and Coach Grosh

Century Cross-Country Code of Conduct 2020

Thank you for your interest in Century Cross Country! We are a championship program that demands the very best from each and every one of you – both in and out of the classroom. Athletes should give their best in every aspect of practice and competition. Our goal will always be the same – work hard EVERY day to discover the very best you; County, Regional and State titles will take care of themselves. This team is built on the HARD WORK and DEDICATION of its athletes. As a member of this team you are required to acknowledge your understanding as well as your willingness to abide by the rules, without exception.

- There is ZERO tolerance for harassment of any kind. PERIOD.
- Be aware of your footprint on social media (Instagram, Twitter, Facebook, etc.); comments, statements and opinions reflect directly upon yourself, this team and Century High School.
- All student athletes are required to have the appropriate attire needed for practice and meets such as light, breathable clothing in heat, sweatpants/leggings when the weather gets colder, and running specific shoes.
- All student athletes are required to be at practice on time – excused tardiness requires a note from the teacher, parent, doctor or adult supervisor. If no note is presented, it will be logged as an unexcused tardiness, two of which will result in missed practice (see below).
- All student athletes are required to attend all practices (Reasons for excused absence are listed in the CCPS Handbook). Excused absence requires a note from the teacher, parent, doctor or adult supervisor (scheduled and unscheduled)
 - Three unexcused absences will result in dismissal from the team.
- Academics come first. If any athlete needs to see a teacher for help or complete work after school, they will make that a priority and follow the procedure for missed practices, or late arrival to practices.
- Any athlete who leaves the Century campus or deviates from a given route during practice hours, or is caught hanging out in the locker room, arboretum, or other area without a Coaches direction or approval will be disciplined accordingly:
 - 1st Offense: Counted as an unexcused absence
 - 2nd Offense: Counted as an unexcused absence and suspended from the next meet.
 - 3rd Offense: Dismissal from the team.
- No cellphones are to be at practice unless for timing or filming purposes.
- All student athletes will treat each other and coaches with respect.
- All student athletes will be issued a uniform and are responsible for the care of it. If lost or damaged student athletes responsible for replacing it; monetary value \$50.00.
- Vulgar language, verbal or non-verbal to include clothing; will not be tolerated.
- All student athletes are required to have a lock for their belongings in the locker room. Coaches are not responsible for lost or stolen items.
- Seven days is the MINIMUM notification for missing scheduled meets, regardless of the meet; Entries are due 7 days in advance and coaches need to finalize teams for the timers. If notification is not received then the athlete will be suspended for one meet.
- If it doesn't challenge us, it doesn't change us. NO EXCUSES.

Student Printed Name

Student Signature / Date

Parent Signature / Date