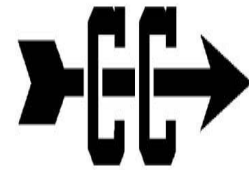




HOCO



Cross

Country

Fall 2011

Student-Athlete
Handbook

Congratulations on making the HCHS Fall 2011 Cross Country Team. Expectations are high for every season as we prepare for this season. Make sure to read all information within and sign the signature page as well as the heat form page and return to Coach Rucki as soon as possible. Being a member of this team is a privilege, not a right.

Expectations

All Cross Country student-athletes are expected to:

- Follow all board of education, school, GHSA, and team rules. Any violation of rules may result in disciplinary action up to and including dismissal from the team, extra practice time/ laps, and administrative referrals.
- Be respectful of all teachers, coaches, administrators, teammates, opponents, fans, and race officials.
- Attend all practices, any practice missed will result in added practice time/ extra running. All practice time missed for any reason (other than family illness/death) must be made up before competing in a race.
- Advise the coach of any scheduling conflict at least one week in advance of the event/practice. If sufficient time is not given, it will be considered an absence.
- Encourage team mates in a positive and respectful manner at all times.
- Maintain a passing average in all classes.
- Lead by example.
- Come prepared to class and practice.
- Take care of all school and team equipment.
- Take care of your body (eat healthy and get ample amount of sleep)
- Be willing to learn and try new things.

Fundraising

ALL team members will be expected to participate in fundraising.

ANNUAL CROSS COUNTRY YARD SALE

Athletes will help with donations, sales, moving items, loading/unloading materials, as well as planning the event. This is the team's biggest fundraiser and has been a tremendous help each year. Teachers and administrators have a history of donating many items and have come to expect big things from our yard sale.

MORE TO BE ANNOUNCED LATER

Schedule

Date	Event	Location
September 3 rd	UGA Invitational	Athens GA
September 9 th -10 th	Georgia-Florida Border Clash	Jekyll Island GA
September 13 th	TUESDAY WR invitational	Huntington Middle School
September 17 th	Mercer Run-Fit Invitational	Macon GA
September 24 th	OPEN	
October 1 st	Westover Invitational	Albany GA
October 6 th	THURSDAY <i>Mountain Invitational</i>	<i>Helen GA (tentative)</i>
October 12 th	WEDNESDAY Houston County Championship	Huntington Middle School
October 15 th	OPEN	
October 29 th	Region 1AAAA Championship	Bainbridge GA
November 5 th	AAAA State Championship	Carrolton GA

Practice

Students should stay HYDRATED throughout the day, not just at practice. This will help you remain healthy and reduce the time needed for rest during practice.

Any injuries/illness before, during, or after a practice should be reported immediately to Coach Rucki or the trainer.

Don't just attend practice, BE INVOLVED. Encourage teammates to do better.

Be honest with yourself. Did you actually go as hard as you can at practice. IMPROVEMENT only comes with EFFORT.

Fall 2011 Goals

1. Win the Region 1-AAAA Championship.
2. Win the County Championship.
3. Qualify for the STATE CHAMPIONSHIPS
4. Every Player IMPROVE.
5. Every Player pass all classes.
6. Learn to respect all coaches, teammates, parents, etc.
7. Develop a sense of pride in HOUSTON COUNTY HIGH SCHOOL.

CURRENT SCHOOL RECORDS:

BOYS 5K:

TODD OVERLIE	16 minutes 18.9 seconds	WESTOVER INVITATIONAL 2010
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GIRLS 5K:

MEGAN BREITBACH	18 minutes 26.3 seconds	LEE COUNTY INVITATIONAL 2009
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HCHS CROSS-COUNTRY



Motivation

The team:

The team is as strong as the relationships within it.

The driving force of a team is its member's ability to create and maintain excellent relationships within the team that can add an extra dimension and robustness to the team dynamic.

This attitude can be used by our team to focus on the gratitude and the vitally important benefits that the team brings to our own lives. It can be used to strengthen and deepen the relationships with it and maximize the opportunities that await a strong and united team.

Rule #77: NO EXCUSES, PLAY LIKE A CHAMPION.

Today I will do what you won't, so that tomorrow i can do what you can't.

Signature Page

I have read and agree to the terms of the rules and expectations of
the Houston County Cross Country team and will commit to
helping the team complete it's goals.

Signature_____

Date_____