



# NWMS CROSS COUNTRY 2019



## TEAM COMMITMENT POLICY (AGREEMENT REQUIRED TO JOIN THE TEAM)

- By joining NWMS Cross Country, you are committing to a SCHOOL TEAM sport and agreeing to attend all practices and meets. If you have to miss a practice or a meet to attend another team's practice or competition, you will be dismissed from our team. In the event of a schedule conflict with other sports at any point throughout the season, NWMS Cross Country will have to take priority.
- When you complete the online registration form (see next section below) you must agree to our team commitment policy to join NWMS Track and Field.

## COACHING STAFF

### Head Coaches

David Geiselhart - Boys Head Coach  
*david\_geiselhart@nobl.k12.in.us*  
 Hillary Lechlitner - Girls Head Coach  
*hillary\_lechlitner@nobl.k12.in.us*

### Assistant Coaches

TBD

## PART 1: REGISTRATION (REQUIRED TO JOIN THE TEAM)

- Athletes MUST complete the "registration" form for coaches by going to our webpage on the school website:  
<http://tinyurl.com/WestXC>
- This lets coaches know you plan on joining the team, and helps us prepare for your arrival on the first day! This is in addition to NWMS Athletic Paperwork ↓

## ABSENCES

Anytime your athlete is absent from school, please email the appropriate head coach. Coaches do not receive attendance reports from the office, and having this information in advance helps us ensure your athlete is safe after school. Thank you!

## PART 2: ELIGIBILITY/ATHLETIC PAPERWORK (REQUIRED TO JOIN THE TEAM)

- ❑ Visit <http://nwms.noblesvilleschools.org> →Athletics→Athletic Documents & Forms
- ❑ Athletic physical form must be completed on paper by a physician after April 1st, 2019 and submitted to the NWMS office (cannot use physical from last season)
- ❑ Complete all other athletic paperwork by visiting [www.rankonesport.com](http://www.rankonesport.com) (instructions are on the athletic documents and forms website)
- ❑ Pay the \$25 athletic transportation fee in main office - due by the first meet

## REMIND & TWITTER

Remind is a notification service. Head coaches prefer all parents & athletes join this season. Look for an upcoming email with instructions.

Follow Coach Geiselhart on Twitter for cross country results this season: **@DaveGeiselhart**

## TEAM PRACTICES

- First practice is Monday, August 5th - report directly to the locker room at 3:40. Coaches will confirm each athlete's Rank One status online. Remember everyone should always bring a labeled water bottle and proper running shoes every day!
- Practices are MANDATORY! Always refer to our team calendar - On Mondays, Tuesdays, Thursdays, & Fridays practices end at 5:00pm. On Wednesdays, practices end at 4:30pm (due to early-release). Pick-up your athlete at the north athletic entrance (across from the football field) - carpooling is encouraged!

## TEAM RULES

Athletes must follow the rules of conduct set forth in the NWMS Student Handbook. An NWMS student-athlete should be a respectful citizen at all times. Inappropriate behavior will not be tolerated. Disobeying team rules will result in dismissal from the team.

## CROSS COUNTRY MEETS

- All team members will get to participate in all cross country meets as long as they can complete our 3K course without stopping to walk.
- For all meets, both home and away, athletes will report directly to the locker room as they normally would after school at 3:40pm. Athletes should bring their own healthy snacks and water. If we have an away meet, they will need to eat and change quickly prior to boarding the bus. For home meets, athletes will also help setup the course for competition.
- For away meets: in unique circumstances when your athlete cannot ride the school bus back to NWMS, parents must complete a form with the athletic office at least 24 hours in advance.
- Everyone is required to stay until a meet's conclusion. After ribbon distribution and announcements, coaches will dismiss the team. It is unacceptable to leave before dismissal – even if riding with a parent. Attendance will be taken to ensure safety and accountability.

## STRIKES

To handle disciplinary issues, coaches use a "three strikes, you're out" system. Disciplinary issues include, but are not limited to, unexcused absences from practices or meets, inappropriate behavior or language, or disrespecting a coach or another athlete:

**Strike 1:** Verbal warning from head coach - athlete is required to inform their parents.

**Strike 2:** Second verbal warning from head coach, a parent will be notified by the head coach.

**Strike 3:** Athlete will be dismissed from the team.

## INJURIES

- If an athlete becomes injured during practice or a meet, they should first notify a coach and then seek help from our athletic trainer. The athletic trainer will notify parents of any recommendations to see a doctor or specialist. Athletes may not be able to participate in meets if on the injured list.

## UNIFORMS

Each team member will receive a school uniform. They should be returned in the same condition. If lost or damaged, the replacement fee is \$45. Always machine wash cold and hang to dry (never put uniforms in the dryer - it ruins the lettering).

## SPIKES/TEAM SPIRIT WEAR

- Cross Country spikes can help at cross country meets, but are not required. Spikes can be purchased at sporting goods stores or online at [www.firsttothefinish.com](http://www.firsttothefinish.com). Team t-shirts and sweats will be available for ordering during the first week of the season.

## TEAM WEBSITE

Our team website features important information for parents as well as all team documents. If a practice or meet is canceled, an email and Remind message will be sent to parents.