



GOSHEN CROSS COUNTRY



Coach Lewis (*boys' head coach*)
kyle.lewis@gcsny.org
615-6300 (CJH)

GOSHEN HIGH SCHOOL

222 Scotchtown Avenue
Goshen, NY 10924
(845) 615-6161

Coach Manaseri (*girls' head coach*)
joseph.manaseri@gcsny.org
615-6161 (GHS Athletics)

EXPECTATIONS

We expect our athletes to put forth 110% -- not only during meets, but also at practice every day. We want each athlete to see the improvement that results from consistent hard work & determination, and to value the importance of commitment. We also want each athlete to realize that he/she has achieved success because of continued effort and dedication.

Before any student can participate in varsity cross country, they must have a current physical, register on **Family ID**, and be approved by the school nurse. In addition, this **expectations contract** must be signed and returned. Until all forms have been submitted, athletes cannot participate in practice.

Attendance/Practice

During the school year, practice will take place Monday through Friday from 3-5PM & Saturday mornings when there are not meets scheduled. Athletes are expected to be supervised between 2:15 and 2:47 with a teacher or in the cafeteria. By 3PM, athletes should be outside running their warm-up and getting ready to stretch as a team. Any athlete not outside by 3PM is required to **bring a pass**. Failure to produce a pass will result in the athlete being sent home for that day and their absence will be marked **unexcused**.

Attendance is mandatory! In order for athletes to be successful, they must attend practice consistently from beginning to end. We understand that student-athletes have busy lives and often try to juggle part time jobs, extra-curricular activities (such as clubs, the musical, and other sports) however, if an athlete chooses to participate in varsity cross country, he or she has made a commitment to the team. Any athlete planning on being absent from practice on a regular basis due to other extracurricular activities, will not be considered for the team. ***In addition, please make every attempt to schedule doctor, dentist, and hair appointments, etc... for non-practice times.***

Athletes will be permitted to have **three missed (unexcused) practices**. If an athlete has missed more than three unexcused practices, he or she will be asked to turn in their uniform and his/her name will be removed from the roster.

If you are absent from a practice, a **note** from a parent or guardian must be submitted explaining the reason for your absence (preferably in advance, when possible). **Excused absences include: attendance at religious events, doctors' appointments, & medical/family emergencies.** Excessive "excused" absences are not acceptable, and may ultimately result in suspension from meets or dismissal from the team.

Attendance at practice the day before a meet is absolutely **mandatory**. If an athlete does not show up to practice the day before a meet (excused OR unexcused), he or she will be removed from the line-up of that meet. In addition, athletes **must** attend school the day of a meet.

In order for athletes to be eligible for a meet, they must attend a minimum of 10 practices as per NYSPHSAA rules. In order to prepare the body for running a 3.1-mile race, we believe that successful cross country athletes require much more than just 10 practices. For this reason, **athletes must attend 85% or more of practices** during "pre-season" in order to participate in the first meet.

Competition

Dual meets are held on weekdays (Tues or Wed) throughout the season. All athletes will be running the full 3.0 or 3.1-mile course for dual meets. Invitational meets are typically held on Saturdays. At invitational meets, freshmen will run a shorter course (usually 1.5 miles). Junior Varsity runners will run either the full 3.1-mile course or a modified course. Our top 7 runners will compete in the Varsity race at invitational meets. Top 7 runners are determined each week by the results from dual meets and performance/attendance at practices. Not all runners may be invited to participate in invitational meets (based on qualifying times, performance at dual meets, and the number of spaces available).

If you are placed in a lineup to compete, and you do not show up on the day of a meet, you will be dismissed from the team (exceptions include medical *with a doctor's note* or family emergencies).

Dress Code

Practices will be held outside throughout the fall sports season. Because of the varying weather conditions, athletes are encouraged to pack a wide variety of clothing. Look at the forecast and plan ahead. Be prepared to practice and compete in extreme heat, rain, and/or cold. You should have the following items before the start of the season: a good pair of running shoes, a watch, athletic shorts,



