

# RIGHETTI WARRIORS CROSS COUNTRY

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## Guidelines and Expectations

*Champions are made when no one is watching.*

### **Mission Statement:**

Cross Country at Righetti High School should be a positive experience for each athlete, parent, and coach. Each athlete should demonstrate hard work, teamwork, discipline, dedication, selflessness, integrity, and sportsmanship. As they do so, they will improve their performance on the field and develop the character that will make them successful throughout life.

### **Program Philosophy:**

Our philosophy is to create a competitive and character driven program for Cross Country at Righetti High School. We hope that each athlete will remember how their experience in Cross Country made them a champion both on and off the field. The greatest rewards that athletes will gain on the track team will be the rewards that come from being a part of a team. We want each player to see the improvement that comes from consistent hard work and to value the importance of a commitment. We also want each athlete to know that they have achieved their goals because of continued effort and dedication. Cross Country should be a wonderful experience from which each athlete can always look back and remember the lessons learned, friendships gained, and goals achieved.

### **Player Responsibilities:**

Being a part of a team requires great *commitment* and *sacrifice*. Those who are not willing to sacrifice for the team will never be successful at what they undertake. All athletes are expected to conduct themselves with honor and responsibility both on and off the track.

#### **A. Rules for Commitment to the Team**

- a. Each athlete must be on time to every practice and not leave practice early.
- b. Each athlete must attend every practice and every meet (including Saturdays)
- c. Each athlete must bring the proper attire to each practice. (Running shoes, spikes, running clothes, sweats, and water)
- d. Each athlete must remain at a meet until every teammate has finished his/her event.
- e. Each athlete will compete at the level that the coaches' feel will be most beneficial to the team, and the individual athlete.
- f. No athlete will be allowed to have out a cell phone, mp3 player, headphones, video games, other electronic device, or magazines during practice or at the race area.
- g. Each athlete must check in and check out with their "event" coach at each practice and meet.

Any athlete who violates one of the above rules will be dismissed from practice for that day and receive an unexcused absence. An athlete with an unexcused absence will be suspended from the next meet. Three unexcused absences will result in dismissal from the team.

#### **B. Rules for Athlete Conduct**

- a. Each athlete must treat all coaches with proper respect. Talking back, arguing, fooling around when a coach is talking to the team, or refusing to do what is asked will not be tolerated.
- b. Each athlete will treat teammates with respect. There will be no talking bad about, harassing, or making fun of a teammate for any reason.
- c. Athletes will not cut corners or cheat in any drill or workout.
- d. Athletes will not walk when they are supposed to be running.

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- e. Athletes will be respectful to all teachers and administrators at school.
- f. Athletes will excel in the classroom and be an example to their peers. Athletes must maintain academic eligibility.
- g. No profanity, cheating, or fighting.
- h. No use of tobacco, alcohol, or other illegal drugs. (Any athlete found violating this rule will be dismissed from the team.)

It is impossible to list every possible rule that athletes will be expected to follow. The most important thing to remember is that you represent the program. We expect all athletes to demonstrate maturity and good judgment in all their actions. If any athlete violates the above rules he or she will face one or more of the following consequences depending on the severity of the incident.

1. Dismissal from practice and an unexcused absence.
2. Suspension from one or more meets.
3. Dismissal from the team.

## Parent Expectations

We understand that all parents want to see their children succeed. The success of the athletes will require the support of the parents in addition to the support of teammates and coaches. Here are some expectations that the track and field program has for the parents of athletes:

1. Be encouraging to your child.
2. Be respectful and supportive of coaches and other athletes on the team. It is important that a positive atmosphere is fostered at home about your child's role on the team. Many successful teams are destroyed at home when parents are not supportive of fellow athletes or coaches.
3. Be encouraging to fellow parents. Never criticize a coach or another athlete in front of another parent.
4. Refrain from using profanity at any track meets or in front of any athletes, coaches, or officials.
5. Lend a helping hand at all fundraisers. We need everyone's help.
6. Make sure that your child has a ride home from every meet and practice. If you can't be there, make sure you arrange with someone else to provide a ride home.
7. Plan your vacations, doctor appointments, etc., so your child can still attend every practice and meet. You are receiving the season schedule in advance. We want each athlete to be committed to the team, and that means being at every practice and meet.

We appreciate all that you do to ensure the success of your children. We can not be a successful program without your help and support. We understand that you may disagree with some of the policies and decisions of the coaching staff. However, you will do more good for your child by being supportive than you will by being critical.

## Coaching Staff Responsibilities

We, the coaching staff of Righetti Cross Country, desire to create a program at Righetti High School that builds champions on and off the course. We sacrifice our time because we believe that each athlete can be a champion. We also sacrifice our time because we enjoy what we do. We will strive to make track and field an enjoyable experience for everyone. We will also uphold each of the team's rules by abiding by them ourselves. We will be respectful to players, parents and officials. We will come to practice each day prepared to train and instruct all athletes. We will make decisions based on what will be best for the team and for each athlete on the team.

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