



JACKSON HEIGHTS CROSS COUNTRY 2020

THE COACHES

Head Coach: Brad Alley

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Cell #: (785) 364-7080 (emergencies only)

Asst. Coach: Gary Keehn

THE RULES

1. NO drinking of alcoholic beverages, smoking of tobacco, vaping, or use of illegal drugs. The first offense will result in the loss of the next meet. The second offense will result in dismissal from the team.
2. Don't Miss Practice. Missing for an UNEXCUSED reason, you will miss the next meet and will not travel with the team to that meet. Two unexcused missed practices/meets will result in dismissal from the team. If you miss practice due to an illness or a school sponsored event, there is no makeup.
3. Even though jewelry is now legal per KSHSAA rules, NO necklaces or bracelets can be worn in a meet. Earrings are permitted as long as they do not hang lower than the lobe of your ear. Sports watches are encouraged.
4. Wear school issued uniform and warm-up to meets. We represent Jackson Heights, and we want other teams to know who we are. We are a team and we will look like a team. No athletic shorts over the top of your team issued shorts unless they are ALL BLACK. Team shirts can be worn over your top. Be proud of your uniform.
5. Students will be provided transportation to the meets. Parents are able to take their athlete during the COVID-19 pandemic with written permission from the district. Students do NOT have to ride the bus home providing that permission is granted from a parent or guardian to do so. You may not leave until the medal ceremony has concluded unless special permission from Coach Alley has been given. Middle School athletes can leave at the conclusion of their race.
6. COVID-19 presents us with new challenges. You will be required to wear a mask during our daily team meetings in Mr. Alley's room. We will not wear masks during practice. However, social distancing should be maintained to the best of our abilities. Masks should also be available during meets if we are required as a team to wear them.
7. Practice will begin at 3:35 Sharp in Coach Alley's room – Be on Time!
8. If you are academically ineligible, you will not travel with the team to the meets. Keep your grades up so that this is not an issue.
9. Show good sportsmanship. Respect your teammates and your opponents at all times. Remember who you represent.

10. No cell phones off of the bus or during the meet. We are there to compete at a high level and we want to eliminate any possible distractions. You may use your cell phone to call for a ride on the way home. You may also use your phone to take pictures during the award ceremony.

TEAM EXPECTATIONS:

- Students-athletes remain in good standing with the school and team academically and socially. Athletes not in good standing will not be allowed to accompany their team to the meet until they are in good standing.
- Excessive walking is not tolerated. This is cross country running, not cross country walking. Runners must be able to run race distance in practice without walking prior to participating in their first meet.
- Don't cheat the course or your team. Athletes will not cheat in practice or at meets by cutting off the designed and marked course to be run. Cutting off portions of the course in a meet is a disqualification, therefore if it happens in practice you are disqualified from that practice and it will be marked as 1 of your 2 unexcused absences.
- Be coachable! The coaches won't ask you to do anything that you aren't capable of doing. If we coach you up, we expect you to respond. Failure to make an effort to respond to coaching is considered a failure to complete the day's workout. Athletes will not accompany the team to the week's meet if consistent failure to comply occurs.
- Athletes are expected to follow the COVID-19 rules set out by the district and the coach. You will also be expected to comply with those regulations set by the meet directors for each away competition. Failure to do so will result in a removal from the practice/competition and an unexcused absence will be recorded.
- Report your injuries! Do NOT neglect any scratch, blister, or pain. Be willing to talk to the coaches about injuries, or your needs in order to compete to your best ability. Sign up for trainer services if you need assistance.
- The coaches reserve the right to appropriately handle any actions detrimental to the team or to the safety of the individual.



2020 Cross Country Schedule

September 10	* Holton MS/HS (Banner Creek Reservoir)	4:00
September 14	*Jackson Heights MS	4:00
September 17	Onaga (Cool Springs Golf Course)	4:00
September 24	* Royal Valley MS/HS(Hoyt Park)	4:00
October 1	Horton (Mission Lake Country Club)	4:00
October 8	* Sabetha HS/MS(Sabetha Country Club)	4:00
October 15	NEKL - Jackson Heights	4:00
October 20	* Jackson Heights MS/HS	3:45
October 24	Regional Meet - TBA	TBA
October 31	State Meet - Wamego	TBA

* - Middle School (the only MS exclusive meet is Jackson Heights on Sept 14)
 The top 7 will compete at Regional and State, but the top 10 will be eligible to go with the team.