

## Eleanor Roosevelt Cross-Country

### Zero Period/Cross-Country Syllabus 2022-2023

#### **Purpose:**

The purpose of the zero period athletics class is to allow our student-athletes the opportunity to work out in safer temperatures throughout the school year and the freedom/flexibility to adjust to the needs of the athletes. Participation in cross-country is an opportunity to learn through education-based athletics and develop a lifestyle ideal for competitive runners. Student-athletes will be expected to attend the daily practices (before school starts and/or after school as well) on a weekly basis. Communication is equally, if not more so important. Please ensure you email or text via Remind 101 to communicate with coaching staff.

#### **Team Rules:**

Athletes need to be fully cleared by the athletics office to participate in practice and competition. Athletes are encouraged to run in safe and good quality running shoes. All ERHS athletes are encouraged to keep a training log. All athletes are highly encouraged to run with a watch or timing device to add important details to training logs. Under no circumstances can athletes wear headphones or earbuds at practice (due to safety concerns). Running with phones or handheld speakers is allowed, as long as the music is appropriate.

- Excessive absences and/or tardies can result in removal from zero period athletics at any time in the semester or at the semester break. Athletes not a part of zero period can earn a spot at the semester break.
- Respect the rights and property of others and be a team player.
- No drug, alcohol, or hazing of any type- ZERO TOLERANCE.
- Any inappropriate behavior on social media (Facebook, Instagram, Twitter, Strava, Snapchat, etc...) or any other inappropriate behavior during and after school/practices hours, could be grounds for immediate dismissal from the team. Understand that coaches maintain the right to select/cut some runners based on their participation, attitude, citizenship, integrity, work ethic...not just how FAST you can run.
- Abide by the team safety rules, no jay-walking (double-yellow lines), and never run alone.
- Saturday practices are mandatory and not optional.
- All athletes are expected to attend each and every class. It is expected that you are to get good grades, turn assignments in on time. Athletes that fall ineligible will not be allowed to run off campus, compete in a uniform, and could be removed from the zero period roster.
- If you are missing class, it is your responsibility to check in with your teacher, and figure out what you need to do in order to catch up or stay ahead.
- Locker Room- Athletes are expected to behave appropriately in the locker room. No shouting, roughhousing, or cell phone use in the locker room. Come in, get showered/changed and get out. All athletes will be storing their belongings in the lockers located in the downstairs B-Building.
- Athletes are expected to arrive on time to their 1st/2nd period class.

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### Grading:

Practice/Attendance: 85%

- If we are practicing during zero period, and you are on the zero period roster, you need to be present. If there is afternoon practice and you are unable to make it to zero period practice, communicate ahead of time and attend PM practice.
- If we are not practicing during zero period, all zero period athletes need to check in for attendance and/or attend team meetings in E-207 before 1st/2nd block begins.

Syllabus signature, Training log checks, Goals Sheets, Participation and Season Review: 15%

### Grading Scale

A: 90 and above B: 89-80 C: 79-70 D: 69-60 F: 59 and below. (anything less than an A, could result in removal from zero period athletics at the semester break).

### Captain Expectations

- Leader- Follows instructions, works hard, attends all practices & meets.
- 100% dedicated to the team, arriving early, ensuring athlete-led warm-ups start on time.
- Communicates well with coaching staff and teammates.
- Positive leader, encouraging others to cheer on teammates at practices and meets.
- Helps lead school recruitment and team activities.
- Follows the training plan during summer practices & helps organize athlete-led practices in the off-season

### After Season

- \*Once the season is over, there will be a mandatory break, and practices will be held a few times a week. Athletes will be given a training schedule to follow, in addition to at least one zero period practice a week where athletes will dress out and run.
- At the semester break, some students will be removed from zero period, and some students will be added depending on attendance, behavior, etc.
- All athletes in zero period are expected to do track and field in the springtime. More info TBA.

By signing below, you understand all guidelines being put forth to participate in the Zero period XC class, as well as for being on the XC team. No athlete will be able to compete this season without signing the team syllabus.

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**Student-Athlete Name Printed**

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Student Athlete Signature

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Date

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Parent Signature

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Date