

**Eleanor Roosevelt Cross Country**  
**1<sup>st</sup> Period Advanced Athletics Syllabus 2021-2022**

**Purpose:**

The purpose of the first period athletics class is to allow our student-athletes the opportunity to work out in safer temperatures throughout the school year and to also give them an opportunity to learn through education-based athletics. Students will be expected to attend most practices (before school starts and 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 fill out a training log and the training log will be checked throughout the semester. 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.

**As long as you show up consistently and have a good attitude, you should do just fine in first period athletics.**

**Grading:**

Practice/Attendance: 85%

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

**Grading Scale**

A: 90 and above B: 89-80 C: 79-70 (anything less than this could result in removal from 1<sup>st</sup> period athletics. D: 69-60 F: 59 and below.

**Practice and Attendance Policy: A general week of training during XC season looks like this:**

<b>Monday:</b> AM: 7:00 AM practice PM: Strength, Band, hurdles, JV HIIT workout	PM: <b>WHOLE TEAM:</b> 3-4:30 pm Core,
<b>Tuesday:</b> AM: 5:30 AM practice ** Varsity Weight room* 4-5 pm unless otherwise stated	PM: 3 PM <b>Varsity Only</b> unless no AM run.
<b>Wednesday:</b> AM: 6:00 AM (Varsity) ** 7:00 AM JV	PM: <b>WHOLE TEAM</b> 3-4:30 pm Team Meetings***
<b>Thursday:</b> AM: 7:00 AM (Varsity weight room at the end of first period) Run/Workout/Varsity Weight room* 8:15 am	PM <b>Varsity Only</b> unless no AM run.
<b>Friday:</b> AM: 5:30 AM practice*	PM: If no AM practice, run then Hurdle work after school
<b>Saturday:</b> Practice at 7:30 am, sites TBA.	Saturday Practices are MANDATORY

5:30 AM Even Day Practices will generally end in the month of October as the heat becomes less of a factor for training safely in the afternoon. Communication and commitment are big qualities we want in Roosevelt XC athletes.

- Five unexcused absences or less – A (90%)
- Seven unexcused absences or less – B (80%)
- 10 unexcused absences or less – C (70%)

**As long as you show up consistently and have a good attitude, you should do just fine in first period athletics.**

**Excessive absences and/or tardies can result in removal from first period athletics and the team.**

\* Varsity athletes on the weight room list are expected to make both weight room sessions every week. Everyone else is required to participate the Monday PM HIIT workout as your “body-weight training” for the week.

\*\* - 5:30 am practices are not optional unless otherwise specified by coaching staff. 5:30 AM practices will stop at some point in time during the month of October. \*\*\* Team meetings can and will end early.

- Not dressing out will count as an absence unless otherwise approved by a coach.
- Leaving practice before you have completed all requirements for the day will count as a tardy
- **Saturday practices are required and not optional.**

\*\*When season is complete all athletes are still required to dress out and run/exercise on odd days unless otherwise stated. \*\* For other team rules and guidelines please refer to the 2021 Team Policies and Guidelines. It is encouraged that all athletes take a two-week break after xc season unless otherwise stated.

By signing below, you understand all guidelines being put forth to participate in the 1<sup>st</sup> period XC class, as well as all attendance policies to remain on the 2021 XC team.

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Student-Athlete Name Printed

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Student Athlete Signature

\_\_\_\_\_

Date

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date