

Eleanor Roosevelt Cross Country Zero Period Athletics
Syllabus 2023-2024

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 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. All athletes are highly encouraged to run with a watch or timing device to add important details to their training logs. Under no circumstances can athletes wear headphones or earbuds at practice (due to safety concerns). Running with phones or handheld speakers is, however, permitted. Athletes must follow all pedestrian safety laws, and practice common sense while running.

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 ZERO period athletics. D: 69-60 F: 59 and below.

Practice and Attendance Policy:

A general week of training during XC season looks like this: AM Practice times subject to change. ***

Monday: 6:00 AM zero period practice		No practice
Tuesday: 6:20 AM zero period practice*	or	3:45 pm practice*
Wednesday: No Zero Period practices on Wed.		3:45 pm practice ALWAYS
Thursday: 6:20 AM zero period practice*	or	3:45 pm practice*
Friday: 6:20 AM zero period practice*	or	3:45 pm practice*.
Saturday: Practice at 7:30 am, sites TBA.		Saturday Practices are MANDATORY for all

- *If we don't practice in the am, we will meet in E-207 for team meeting/attendance & practice in the PM.*
- Some varsity athletes will be encouraged to do double-day runs

Zero Period Athletics

- Zero Period is a privilege, and not every athlete is guaranteed a spot.
- As long as you show up consistently, work hard, and have a good attitude, you should do just fine in zero period athletics. Excessive absences and/or tardies can result in removal from zero period athletics and possibly the team.
- **There will probably be zero period switches at the semester break, some athletes could move into zero period, some athletes could move to afternoon practices. *****
- In the event that there is no zero period practice, all rostered zero period athletes need to check in for attendance in E207 for the AM team meeting, AND attend afternoon practice.

Non-Zero Period Athletics

- Athletes that are not a part of the zero period roster can still participate in team activities, and must attend afternoon practices and Saturday meets/practices.
- It is possible to earn/make zero period roster at the beginning of 2nd semester

By signing below, you understand all guidelines being put forth to participate in either Zero Period XC class, as well as all attendance policies to remain on the 2023 XC team.

Student-Athlete Name Printed

Student Athlete Signature

Date

Parent Signature

Date