

**Eleanor Roosevelt Cross Country Zero Period Athletics**  
**Syllabus 2024-2025**

**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.

You do not have permission to record conversations, team meetings, etc. Social media, and social group chat behavior needs to be positive and can affect the culture of the team. This can have a negative impact on your grade as well.

**Grading:** Practice Behavior/Attendance: 85% (missing practice, not communicating, consistently tardy, cutting runs, cutting side-work, bad attitude, etc, can see a loss of points) After improvement, points should go back up.

Remind 101, 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. Generally, we will begin between 6 and 6:30 am. Always done by 8 am ish & in the lockers before 8:30 am 1st/2nd period block.**

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|---|----|---|
| <b>Monday:</b> 6:00 AM zero period practice   |    | <b>3:50pm check in. Weight room/Team Meetings 4-5:30 pm</b> |
| <b>Tuesday:</b> 6:20 AM zero period practice*   | or | 4:00 pm*  |
| <b>Wednesday:</b> Depending on heat, we might have AM practices.  |    | 4:00 pm   |
| <b>Thursday:</b> 6:20 AM zero period practice*  | or | 4:00 pm*  |
| <b>Friday:</b> 6:20 AM zero period practice*  | or | 4:00 pm*  |
| <b>Saturday:</b> Practice at 6:30-7:30 start times...sites TBA.<br><b>Saturday Practices are MANDATORY for all.</b> |    |   |

**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.
- 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. Same goes for days we have subs, you have to check in for attendance, otherwise the sub can and will mark you absent.
- Some, not all, varsity athletes will be required to do double-day or pool workouts/runs August-October

**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 in order to be entered into competitions.

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.

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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