

Leesville Road High School

2025 Cross Country Rules & Agreement

Welcome to the Leesville Road High School Cross Country Team. The following are a list of rules that Athletes and Parents/Guardians need to review and agree to prior to attending first practice following Tryouts.

- 1. We will obey all Leesville Road Academic/Athletic rules, WCPSS Academic/Athletic rules and NCHSAA rules at all times.**
 - a. To be eligible for interscholastic athletics, students must meet all requirements set up by the NCHSAA and Wake County Schools as well as those set by Leesville Road High School.
 - b. Athletes will be expected to abide by all school rules as if they are our team rules. To violate a school rule is to violate a team rule.
 - c. Regular school attendance and being on time is required of all athletes.
- 2. Academics is to be a priority above this team and this sport.**
 - a. Your reason for attending Leesville Road High School is to obtain the best education possible.
 - b. Do your homework, participate in class, and study for everything required.
 - c. Budget your time. This is the key to being a good student.
 - d. Don't expect any favors because you are an athlete.
 - e. Formulate plans now for the future. Establish goals and try to attain them.
 - f. Academic and/or School Attendance Ineligibility hinders your participation.
 - g. If an athlete needs time away from this sport to focus on academics or to better meet academic deadlines and requirements, notify a coach, explain, and get academics in order (including missing practices and/or meets).
- 3. An Athlete's Dragonfly profile is to be current (not expired) and complete with latest information.**
 - a. **Contact Information.** Athletes, Parents, and Guardians are required to provide the most current and up-to-date information for email communication, medical information, and emergency contacts.
 - b. **Concussion Awareness:** Athletes, Parents, and Guardians have reviewed the Gfeller-Waller NCHSAA Student-Athlete & Parent/Legal Custodian Concussion Information Sheet located in Dragonfly in the Athlete's Dragonfly. Athlete has completed Crash Course Concussion video training.
 - c. **NCHSAA Eligibility, Consent to Participate and Release.** Athletes, Parents, and Guardians have reviewed and signed the NCHSAA Eligibility, Consent to Participate and Release Form for 2024-2025 located in Dragonfly.
 - d. **WCPSS High School Athletic Participation Form.** Athletes, Parents, and Guardians have reviewed and signed the WCPSS High School Athletic Participation Form located in Dragonfly.

4. Practice and Competition Expectations

- a. Athletes are expected to support and promote a positive team culture.
- b. Be ready for practice and on-time. If you have after-school conflicts which delay your participation, let a Coach know in advance.
- c. Attendance will be taken. If in school you are required to attend practice unless otherwise exempt for a valid reason as agreed to by one of the Coaches or overall school policy. Coaches should be notified of any absence or late arrival. If not attending practice, you must notify a Coach via email.
- d. An overall practice attendance during the school semester is expected to be above 75%. If attendance falls below this, Coaches may consider removing you from the 2025 Roster.
- e. In order to participate in a meet, you must be at practice the day prior unless otherwise indicated by one of the coaches. For meets which you are eligible, participation in at least 75% is expected.
- f. If you are going to miss a meet, you must notify a coach at least 72 hours ahead of time. Failure to do so could result in a loss of participation in the next meet. Emergencies and injuries will be excused on a case by case basis.
- g. Practices may be suspended or rescheduled due to non-typical weather – this includes lightning, storms, and “code black” (excessive heat/humidity). Athletes are to seek appropriate shelter in these situations.
- h. Typical weather events include rain, heat, and cold. Do not expect changes in practice schedules for typical weather events.
- i. Athletes are expected to help each other focus while at practice. Athletes who choose to distract other athletes and/or coaches may be asked to leave practice at the discretion of any of the coaches (this includes continued talking while coaches are talking to the team).
- j. An athlete who is asked to leave a practice by a coach must meet with the Head Coach prior to attending any further practices or meets.
- k. Off-campus running will be allowed for athletes who also sign the attached Off Campus Running Form. This privilege is for RUNNING. Athletes who engage in non-running activities outside of the track and during practices will lose the privilege and may be asked to leave practice by a coach. Athletes must be capable of running 30minutes continuous, without walking, before being allowed off the track during after-school practices (safety).
- l. Earbuds, headphones, cell phones, etc. are not permitted at practice. They are to remain in your backpack during practice times.
- m. Athletes must be supervised by a Coach while in the Weight Room.
- n. Athletes are expected to participate through the start of post-season competition, which begins on 10/25/2025.
- o. Saturday practices and meets are part of our schedule for Cross Country. These are counted for attendance after following the start of the semester. If an athlete has a personal conflict or transportation issues, notify a Coach.
- p. Athletes must log and track their mileage. Estimate this each day, and total it each week. Garmin Connect & Garmin Clipboard are free apps that we recommend for logging mileage. Include things like soccer games.

5. Recovery, Hydration, Nutrition, and Pre-Injury Awareness are Essential Components of Training and Competition Preparation

- a. Communication. Make sure a Coach is aware of any potential injuries or sickness developing. If not sure, ask, and meet with a trainer when possible (Away Meets will have on-site trainers also). As an athlete, you know your body better than anyone else – listen to it, communicate with a Coach or Parent, and don't just assume "pain" will go away. There is a difference between "pain" and "discomfort" – discomfort is part of athletic development; pain and sickness should be evaluated.
- b. Notify one of the Coaches prior to visiting the training room. If a Coach is not available, have the Trainer text or call the Coaches.
- c. If missing a practice for injury or medical condition, notify a coach in writing, including the details of issue/injury. Missing more than 5 days of practice for injury will require a doctor signed "Return to Play" form (NCHSAA rule).
- d. Shoes are the most important piece of training equipment you will purchase in this sport. Buy good running shoes, and if you cannot afford good running shoes, talk with a Coach.
- e. "Dropping" in a race, workout, or training run – this simply means stopping any intense effort such as racing or running. Athletes are always free to make this choice as a measure of caution and safety. Get the attention of a Coach when possible or another teammate who can communicate with a Coach.
- f. Recovery and Individuals. No two athletes are the same, and each athlete responds differently to training stress and recovery. It is common for us, as coaches, to prescribe "recovery days" for athletes.

6. Clarification, Questions, Concerns and Disagreements related to this team are to be addressed in the following order, until satisfied or resolved:

- a. Arrange a meeting with the Head Coach (Coach Gamble).
- b. Schedule a meeting with the Athletic Director, Coach Frazier.
- c. Schedule a meeting with Athletic Director (Coach Frazier) and Assistant Principal over Athletics, Mr. Kelley.
- d. Schedule a meeting with Athletic Director (Coach Frazier) and Assistant Principal over Athletics (Mr. Kelley) and LRHS Principal, Mrs. Jacobs.

Athlete/Parent/Guardian Acknowledgement:

I have read these rules, I understand these rules, and I am agreeing to follow these rules as a member of the LRHS Track & Field Team.

Athlete Name (Printed): _____

Parent/Guardian Signature

Date

Student/Athlete Signature

Date

GUIDELINES FOR OFF-CAMPUS RUNNING WAKE COUNTY PUBLIC SCHOOLS

The following guidelines are recommendations for all interscholastic teams who incorporate off-campus running as part of their conditioning. Coaches will provide the athletic director with the courses used for practices and/or meets. Prior to the start of the season, the coach and athletic director will approve the courses. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the school approved course as designated by the coach.
- Run on sidewalks or shoulders where available, not on the street.
- Run on the street only when another approved course is unavailable; then, run FACING oncoming traffic and run single file except when passing another runner.
- Wait and cross with the traffic light green at all intersections. If there is a caution light or no traffic light, cross only when it is clear to do so. DO NOT assume a driver has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any car that is in your running path. This is particularly important when a car is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, or "horseplay with" another runner.
- NEVER run with headphones.
- Acknowledge your presence with a command, such as "runner approaching." when you approach another runner or pedestrian.
- Watch for bicyclists and in-line skaters; use the same precautions as you would with a vehicle.
- Avoid confrontation with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach, immediately.
- NEVER run alone.

We understand the above off-campus running rules and agree to follow them.

PARENT(S)_____ATHLETE_____DATE_____

STUDENT ATHLETE'S PARENT PLEDGE

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

_____PARENT(S)

STUDENT ATHLETE PLEDGE

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

_____STUDENT ATHLETE