

# Junction City Middle School Cross Country 2020

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## Practice

*Concussion and heat-related illness courses are required by KSHSAA rules and must be completed before athlete(s) can practice, as well as each athlete must have up-to-date physical form turned in.*

We will begin morning practice on Monday, August 17<sup>th</sup>-Friday, August 28<sup>th</sup> from 7:00-8:00 am. Please do your best to have your athlete(s) present. Parents/guardians are welcome to stay and watch or run with us! Parents/guardians are required to wear masks if not social distancing. Athletes should bring their own water bottles full of water as well as wear a mask. At this point, no water will be provided. Masks will be worn at all times except for when running or actively warming up. Athletes and coaches will social distance when no masks are worn. Please pick up your athlete at 8:00 am.

Starting on Monday, August 31<sup>st</sup>, practices will be after school from 3:05-4:45 pm. Please be sure to pick up your athlete by 5:00 pm at the latest. Athletes will change into practice clothes (running appropriate, no jeans or sandals) in the locker room and then bring all of their things (backpacks, etc.) to the track. Social distancing and masks will be required in the locker rooms and outside unless actively running or warming up. Athletes must bring their own water bottle. They should fill up in the school building before coming outside to begin warm up and practice.

Remote learning athletes should arrive no later than 3:05 pm dressed and ready to practice.

Practices will consist of warm-up jogging, stretching, running workout, cool down, and more stretching. Cool down and stretching will be in the shade or indoors during extreme heat. Practice will be indoors if there is lightning spotted.

## Meets

*There will be seven cross country meets in the 2020 season. The first meet is Thursday, September 3<sup>rd</sup>.*

**Athletes must have completed at least nine practices in order to compete at a meet.** The number of allowed entries per race is different at each race, but there may be meets that only the top 10 runners get to go. The team will travel together by bus; parent or legal guardian may drive their athlete(s) home from the meet with a signed permission form (provided by the coach at the meet or via email prior to the meet per parent/guardian request). Athlete(s) will need a change of clothes so they can leave the uniform with coach. Athlete(s) will be excused from class but are responsible for getting their class work from their teachers. Uniforms will be distributed the day of the meet and must be returned before leaving. Coaches will wash all uniforms.

All runners are expected to follow the JCMS Athletic Department handbook and school expectations at any practice, bus, and meet.

## Remind

Coaches will communicate primarily through the Remind App throughout the season. Please sign up for our Remind messages to receive texts and reminders regarding JCMS Cross Country. Text @acck78 to the number 81010. (Standard messaging rates will apply.) Please include your athlete's name in your information [*Example: Hannah Brown (Lincoln's Mom) or Nick Brown (Waverly's Dad)*] if possible.

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## ATHLETIC DEPARTMENT MISSION STATEMENT

Athletics programs in USD 475 provide an educationally based opportunity that will positively influence students, school, community, and society and help prepare our student-athletes to become

**Champions in Academics, Champions in Athletics, and Champions in Life.**

Our mission is accomplished by:

- Teaching and modeling the five athletic department core values of teamwork, respect, responsibility, integrity and sportsmanship
- Promoting excellence in individuals by providing opportunities for positive competition.
- Developing and reinforcing fundamental athletic skills specific to each sport.
- Promoting respect of self and valuing of others.
- Developing adherence to lifetime fitness and sound healthy training principles.
- Providing healthy competition through cooperation and teamwork.
- Encouraging a sense of dedication to a goal and awareness of the efforts necessary to achieve excellence.
- Encouraging and expecting academic success.
- Valuing sportsmanship by developing a healthy perspective in regard to winning and losing.
- Providing safe experiences that minimize injury possibilities.
- Developing athletes who are good citizens and who represent themselves, their school, and the community in positive ways.
- Encouraging experiences that are fun for the participant.
- Promoting the emotional and physical well-being of athletes through the teaching and modeling of lifelong guidelines and life skills.
- Developing positive personal responsibility toward team goals.

## ATHLETIC DEPARTMENT CODE OF CONDUCT

Extra-curricular programs are a valuable part of the educational experience in USD 475. The

five core values which define our code of conduct for players, coaches, and parents are: **TEAMWORK, RESPECT, RESPONSIBILITY, INTEGRITY, and SPORTSMANSHIP**. Participants are highly visible representatives of their team, school, district, and community and as such participation is considered to be a privilege rather than a right.

**TEAMWORK:** To serve the greater good while focusing on the team's mission and purpose.

- I will encourage my team to improve
- I will work hard everyday
- I will be committed to my team
- I will accept my role on the team

**RESPECT:** Treating myself and others with honor and dignity - respect authority

- I will be an active listener
- I will be courteous and polite
- I will be tolerant and appreciative of others
- I will accept individual differences and beliefs without prejudice

**RESPONSIBILITY:** Being in Charge of choices

- I will dress/behave in a way to honor myself, team, school, and community
- I will meet attendance requirements of teachers, coaches and school
- I will do my best in the classroom and meet all academic requirements of teachers, coaches and school
- I will abide by this Activities Code of Conduct, District, State, School and team rules.

**INTEGRITY:** Always doing what is right even when no one is watching

- I will be honest to myself and to others
- I will positively represent my team and school.
- I will honor commitments
- I will be reliable and trustworthy

**SPORTSMANSHIP:** Character displayed in competition

- I will treat opponents with respect
- I will exercise self-control at all times, play hard and within rules
- I will win with grace and lose with dignity
- I will respect officials and accept their decisions without gesture or argument

It is important that your behavior be above reproach in school, classroom, home, community, practice, competition, and travel.

## Coaches Code of Conduct

- Coaches will promote positive relationships with students, staff, community, officials, spectators, news media, parents, opponent schools, and fellow coaches through all modes of communication. *teamwork*
- Coaches will conduct themselves in a way, by action and public communication, which reflects confidence and respect upon USD 475 and its student athletes. *respect*
- Coaches will be organized and plan well in advance of the season. *responsibility*
- Coaches are honest and fair while respecting the fundamental rights, dignity, and worth of all those taking part in sport. *integrity*
- Coaches will model the attributes of sportsmanship that are expected from players and fans by winning with grace and losing with dignity. *Sportsmanship*

## Players Code of Conduct

- I will remember that I am part of a team and will do my utmost, on and off of the fields of play, to positively promote the success of my team. *teamwork*
- I will demonstrate respect to my teammates, opponents, coaches, and officials at all times. *respect*
- I commit to honor myself, family, team, and school by being responsible for meeting expectations set forth by coaches and school. *responsibility*
- I will not engage in any activity which would reflect poorly on me, my team, or my school. *integrity*
- I will encourage good sportsmanship from my coaches, officials, parents and peers at all events in which I participate by modeling the same. *sportsmanship*

## Parents Code of Conduct

- I will demonstrate support for the adults working with my child in order to encourage a beneficial, positive, educationally based athletic experience. *teamwork*
- I will demonstrate respect for fans, officials, players, and coaches at all times. *respect*
- I commit to helping my child be accountable to the expectations set forth by coaches and the school, creating honor for themselves, family, team, and school. *responsibility*
- I will discourage my child from engaging in any activity which would reflect poorly on themselves, their team, or their school. *integrity*
- I will encourage sportsmanship through demonstrating positive support for all coaches, officials, and players at all events which I attend. *sportsmanship*

## Students Athletes Will Use Technology in an Appropriate Manner

### *Network/Internet: Acceptable Use Policy – USD 475*

The goal of USD 475 is to maximize the educational benefits of network and Internet capacities. To better prepare students for the future, USD 475 provides opportunities for students to problem solve, manage, and retrieve information, think creatively, and communicate effectively. These skills can also be reinforced through technology, giving the students additional preparation for an information-based society and technological workplace. In compliance with FERPA and CIPA guidelines, USD 475 is committed to making advanced technology and increased access to learning opportunities available to all students and staff members.

Technology protection measures (or Internet filters), to the extent practical, shall be used to block or filter Internet access (or other forms of electronic communications) to inappropriate information. Specifically, as required by the Children's Internet Protection Act, blocking shall be applied to visual depictions of material deemed obscene or child pornography, or to any material deemed harmful to minors. Technology protection measures may be disabled or, in the case of minors, minimized only for bona fide research or other lawful purposes subject to staff supervision. To the extent practical, steps shall be taken to promote the safety and security of users of the Geary County School District online computer network when using electronic messaging and media.

### **Unacceptable Use:**

- Sending, posting, or downloading electronic messages or pictures that are abusive, obscene, sexually oriented, threatening, harassing or cyber bullying
- Using the network for commercial or financial gain
- Damaging computers, electronic media, or computer networks
- Vandalizing the data of another user or other networks including so-called "hacking" and other unlawful activities
- Using another's password, folders, or files
- Unauthorized use of copyrighted material
- Purposefully bypassing Internet safeguards
- Willfully accessing inappropriate Internet content
- Unauthorized disclosure, use, and dissemination of personal identification information regarding minors

## Students Athletes Will Meet Attendance/Academic/Behavior Requirements

Students are expected to meet team and school expectations in regards to attendance, academics, and behavior. Students are expected to be on time and attend all of their classes. Students will display academic honesty and responsible decision-making at all times. The coach, and/or the administration, reserves the right to limit extra-curricular participation in cases of non-compliance.

**Students Will Refrain from Unsportsmanlike Conduct and Other Unacceptable Behavior** Behaviors not specifically covered in the Code of Conduct, Student and/or Team Handbooks, but which are contrary to the spirit of the Code of Conduct, are subject to an appropriate penalty at the discretion of the Principal, Athletic Director, and/or Coach, taking into consideration the seriousness of the offense, any harm or injury to person or property, the remorse of the athlete and any other relevant factors.

## Due Process

The determination of suspension/dismissal of students from extra-curricular activities will remain the responsibility of the coach and/or athletic director. When a student is suspended/dismissed from an extra-curricular activity the student and his/her parent(s), guardian(s)/custodian may appeal the decision to the building administration within two days of the suspension/dismissal. The administration will render their decision within 3 days of the consideration of the appeal. A final last step appeal may be made by the student and his parent(s)/guardian(s)/custodian to the District Hearing Officer within 2 days in writing or by phone wherein a hearing will be held to review the circumstances of the case and the Hearing Officer will render a decision as to the facts presented. The decision of the Hearing Officer will be final. Any penalties put in place at the onset will remain in effect during the time of the appeal. If at any level the decision is reversed, the student will be immediately eligible and re-instated.

A student is deemed to be a participant, for purposes of the Code of Conduct, once the student is notified by the coach/sponsor that the student has made their first team. Thereafter, the student is deemed to be a participant for the remainder of their middle/high school career. The Code of Conduct applies to behavior that takes place **ON or OFF** school grounds and at **ANY TIME** during the student's enrollment, this includes the off season as well as summertime.

Coaches may set higher expectations and impose stricter penalties for their athletes. School consequences

resulting from hearings may take precedence over coach/AD consequences. Consequences resulting from violating school, team, and/or code of conduct rules/expectations may carry over into the next season, even if this means carrying over into the next academic year. (Clarification: If a student violation occurs towards the end of a season the penalties may carry over to the next activity.) Students who are suspended from school are prohibited from participation in practices and interscholastic events during the length of the suspension and/or until they are considered to be in “good standing” with the administration.