

Esperanza Distance Crew Grading Policy
From Coach Green

Roll Call

Tardies

I will be taking roll at the beginning of 6th period in my room. If you are not in your seat when the bell rings, you will be marked tardy. We need to begin on time and at the same time each day. I will release you immediately after roll to get dressed and meet out on the track by 2pm.

Everyone will start with an **A** grade. For every two (2) tardies your grade will be marked down. For example two tardies will result in an **A** being marked down to an **A-**.

Attendance

If attendance begins to become an issue it hurts team morale and confidence. This is a team and you are preparing for competition. **Plan on coming to practice and staying until 4pm. Doctor and dentist appt's need to be planned accordingly.** There is no way to build consistency in a program when members of the team are missing. Every four practices missed your grade will be marked down.

Hours

Being on the track or cross country team means that you are representing our program on and off the field. Your behavior in the classroom and on campus is a reflection of every one of us. If you miss practice due to hours your grade will be marked down one whole grade. For example one hour slip will result in an **A** being marked down to an **A-**.

Non-Suit

A non-suit will occur when an athlete chooses not to dress out for the period. No more forgetting! Be prepared for yourself and the team. One non-suit will result in a whole grade drop. For example an **A** will now become an **A-**.

Notes from home

This is not a PE class. You are participating on a highly competitive sporting team. Your coaches have extensive background with this sport and can help you make the best decision regarding your training. I have your best interest in mind. My goal is to help make you the best athlete that you can be. If you have an illness or a sore toe don't bring a note from home. Come to your coach and inform us of your situation. Give us the opportunity to assess your needs and come to some mutual conclusions on how to proceed. Personally, I've been involved with running since 1983. Coach Britt, the head track coach, has been involved with the sport since the 1960's. Coach Medellin has been involved with the sport since the 1970's. Also there is a physical trainer on campus that you can go see. You need to learn to communicate and this is a great opportunity.

Missing Meets

If you miss any league meet during the season that is an automatic drop of a FULL LETTER GRADE. An **A** grade would become a **B**.

Being on a team means that the coach can depend on you to participate when needed. Invitational meets are an opportunity for you to race against better competition. Except for college entrance exams, there is no excuse for missing an invitational meet. Please plan accordingly.

Athlete Signature _____

Parent Signature _____

Date _____