

# WAYZATA BOYS CROSS COUNTRY TEAM RULES

These rules are intended to help our team have a successful and orderly cross country season. Your presence on this team signifies your acceptance of these rules- your pledge to all the other team members to abide by these rules. We all must honor that pledge and take it seriously. Please take care of yourself and help us have a great season.

**Enthusiasm-** Policy: Every runner will come to practice in a positive frame of mind and will take satisfaction in the honest physical effort of our running and the joy and camaraderie found in being a participating and contributing member of our team.

Procedure: Runners who do not approach practice and competition with enthusiasm will be asked to leave the practice rather than negatively influence those who bring a passion to the Sport of the Gods. Frequent violations of this rule will result in the coaching staff asking you to go out for another activity and not mess up our passion for our great sport.

**Commitment-** Policy: Every runner will work hard daily to fully develop their racing potential. We all realize that this is only accomplished through hard work on a daily basis over a period of months and years.

Procedure: Slackers will be told to leave our presence and take their lazy and distracting manners with them. Frequent violations of this rule will result in the coaching staff asking you to go out for another activity and not mess up our passion for our great sport and our respect for the power of work and all we can accomplish through it.

**Chemical Use-** Policy: No runner will use or possess alcohol, tobacco, mood-altering chemicals, or any other controlled substance during their high school career- including summers.

Procedure: Upon observing or hearing of a violation of this rule the captains will confront the athlete about the alleged behavior. If the athlete denies violating the rule, he and the source of the rumor will be reminded that rumors are damaging to the team and the coach will be informed of the rumor and denial. If the athlete admits violating the rule, he must inform the coach of the violation and then MSHSL penalties will be enforced.

**Attendance-** Policy: Each runner is expected to attend all required practices or to have received **prior** approval for his absence from Popp. Examples of acceptable excuses are illness or death in the family. Examples of unexcused absences are senior pictures, college visits, SAT practice tests or classes, orthodontist appointments, family vacations, etc.

Procedure: The fourth unexcused absence will result in dismissal from the team for sophomores, juniors, and seniors. Freshmen will be allowed slightly more leeway, but recurring absences are a huge distraction to the team and coaching staff. In all matters regarding attendance, coaches discretion may apply.

**CC Etiquette-** Policy: Runners will always show respect for their teammates, opponents, managers, officials, fans, and even the coaches.

Procedure: A runner will be asked to leave practice the day he acts inappropriately. This then is considered an unexcused absence. Before returning to practice, he must have a conference with Coach Popp

**Behavior-**Policy: At both practice and meets, all runners will behave with pride and class from the moment they enter the locker room to change into their running gear until the moment they return to the locker room to change out of their running gear.

Procedure: Any runner who does not act with class and pride will have a reeducation session with Coach Popp and may be removed from the team.

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**If a coach, captain, or team member observes a rule violation, immediate action must be taken. It is the choice of the runner to break the rule. The rest of us do not have a choice in whether to take action. Please don't put us in this uncomfortable position.**

**DURING MEA BREAK WE NEED ALL VARSITY RUNNERS TO BE IN TOWN TO PRACTICE WITH US.** College visits and vacations are not valid excuses to miss these practices. We need our athletes training together and maintaining regular sleep patterns during this critical period.

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**“Tears will get you sympathy,  
but sweat will get you change.”**

Jesse Jackson