

SEVEN LAKES HIGH SCHOOL CROSS COUNTRY

PARENT AND STUDENT ATHLETIC GUIDE



YOU ARE AN ATHLETE... A SPARTAN ATHLETE

THE GOAL OF THE SLHS CROSS COUNTRY PROGRAM IS TO PROVIDE THE BEST OPPORTUNITIES FOR STUDENT-ATHLETES TO EXCEL IN TEAMWORK, SPORTSMANSHIP, SELF DISCIPLINE AND MORAL CHARACTER. THE PURPOSE IS TO PROVIDE EACH PARTICIPANT WITH EXPERIENCES THAT WILL BE POSITIVE, MEMORABLE, AND HELP THE ATHLETE DEVELOP THE CAPACITY FOR COMMITMENT TO A CAUSE, ACCEPTANCE OF RESPONSIBILITY AND LOYALTY TOWARDS ANY CHOSEN ENDEAVOR.

AT SEVEN LAKES WE WILL FOLLOW THE PHILOSOPHY OF EXCELLENCE TO MOTIVATE OUR ATHLETES ON A CONSISTENT AND CONTINUAL BASIS BY INTEGRATING THE TRAINING PROCESS INTO HIGH LEVEL RACING BY GIVING OUR RUNNERS THE TOOLS TO DEVELOP AT THEIR BEST, AND BY PROVIDING A TRUE MOTIVATING EXPERIENCE FOR ALL RUNNERS.

HEAD COACH & SUPPORT STAFF

- MARVIN RATHKE HEAD BOYS COACH
- SCOTT KENNEY– HEAD GIRLS COACH
- JEREMY DYE– ASSISTANT BOYS COACH
- JESSICA RATCLIFFE- ASSISTANT GIRLS COACH
- DAVID WORDEN– HEAD ATHLETIC TRAINER
- AMBER KING– ASSISTANT ATHLETIC TRAINER
- ANGELA SPURLOCK– ASSISTANT ATHLETIC COORDINATOR
- KEVIN O'KEEFE– ATHLETIC COORDINATOR

SEVEN LAKES HIGH SCHOOL CROSS COUNTRY

Spartan Philosophy

5 KEY SPARTAN QUOTES

EXTRA EFFORT IS THE KEY TO SUCCESS.

WE GO WITH GOAL ORIENTED PEOPLE.

GOAL ORIENTED PEOPLE FIND WAYS.

EVERYDAY IS A GREAT DAY.

DON'T WASTE A HEARTBEAT.

3 THINGS YOU BRING WITH YOU EVERY DAY

DESIRE TO EXCEL

POSITIVE ATTITUDE

HONESTY (YOUR WORD IS GOOD)

THE 4 SPARTAN BASICS

LISTEN

THINK

DO THINGS ON YOUR OWN

FOLLOW THE RULES OR STRUCTURES

3 THINGS YOU DO WITH ANY GOAL

GET EXCITED

MAKE A COMMITMENT

STAY WITH IT

5 RUNNING BASICS

YOU ARE HERE TO RUN

YOU ARE HERE TO RUN FASTER

YOU ARE HERE TO TRAIN ON YOUR OWN

YOU ARE HERE TO SEEK OUT KEY EXPERIENCES

YOU ARE HERE TO BECOME A TRAINING LEADER

THE SPARTAN MODEL

DO WHAT OTHERS DON'T , WON'T, AND CAN'T DO!

Academics & Equipment

Grading Procedures

“Consistency is the key.”-Dr. Joe Vigil

The daily responsibilities of the athlete will assist in molding the student into respectful maturing adult. In order for this to occur the student-athlete needs to develop consistent positive routines in her daily life. Athletics is not only what goes on out on the running course, but what goes on in the classroom, at home, and in the real world. A major part of becoming a better athlete is the process of becoming a better person and to take ownership of your own training. “You cannot be your best as a runner until you become a better person.”

1. Each athlete should have a three ring binder with 15 dividers, pencils and pens, and notebook paper. A logbook will be kept by each athlete until they finish their eligibility at S.L.H.S. Logbooks will include but will not be limited to the following: Important Information on the SLHS XC program

Key Concepts and Models of the way Spartans Train

How to do your training and why

Training Results-the log sheet- Your daily training is not complete until you logged it.

Racing Results

Supplemental Materials and articles

Daily meeting notes

Competition and Training assessment forms

2. The notebook will be checked daily and turned in weekly. We will check logs for completeness. Keeping a logbook correctly is a required part of our program.

Equipment

1.The students will be required to pay a fifty dollar user fee for the upkeep of equipment supplied by the school. Make checks payable to KISD.

2.The athlete will be provided with a variety of athletic equipment including but not limited to: meet uniform, warm-ups, sweats, practice shorts and t-shirt, and a backpack. The thirty dollars does not cover damage or loss of an item provided by the school. There will be an additional fee assessed when the item is lost or damaged, which is the cost of replacing the item. Athletes are to wear school issued or school colored clothing to practice and meets.

3. Required outside equipment include: watch with chronograph-split and memory mode, running shoes (300 miles/ 3 months), cross country spikes, (running clothing and reflective vests will be issued and kept in locker. We will wash after each practice. We will also supply towels. No towels from home!!!!

4.Athletes will also be responsible for the cleanliness and condition of the locker room. Weekly assignments will be given to athletes to double check specific areas of the locker room for upkeep and cleanliness.



Team Guidelines

1. Katy ISD Athletic Guidelines and Code of Conduct will be followed. This must be agreed to and signed by the student/athlete and the parent/guardian.
2. The student athlete must have the Katy ISD packet with physical, consent to treat, UIL athletic guidelines, and acknowledgement of rules on file with the Seven Lakes Athletic Trainer in order to participate in practices or meets.
3. Runners are required to be on time for all workouts, meetings, meets. (Example: 5:50 A.M. is on time for a 6:00 A.M. practice). Being tardy will result in participation restrictions from practice or meets.
4. Attendance will be taken by the coach each day. Runners must check in before practice **and** at the conclusion of practice.
5. Tardies: If an athlete reports late for academic meetings, they are required to submit a pass from the teacher who detained them showing the time they were dismissed. They must report dressed out no less than 20 minutes after the time indicated on the pass. Repeated offenses in this matter may result in dismissal. (This is for workouts that are after school or during 1st period if the student/athlete was attending a tutorial for example).
6. Excused Absences: The only legitimate excuse from practice is absence from school (i.e. funeral, illness, surgery). When runners return to school, they will bring their blue slip and a note from parents or legal guardians to the coach. It is important that parents and athletes directly communicate with their coaches as soon as they know they will be absent for practice/school.
7. Unexcused Absences: If runners are in school and out of practice three times, which is 3 unexcused absence, they may be dismissed from the team. The first infraction of an unexcused absence may result in the athlete being restricted from participating in the very next meet. Three tardies count as an unexcused absence.
8. Runners must be academically eligible to compete. Eligibility will be checked during each grading period. If a student is failing a single class for any 2 progress report or report card, a parent /student conference will be set up between the student, parent and the coach with a possibility of being dismissed from the team. We must have kids that are dedicated to the classroom. Athletes are required to practice during their ineligible time. All attempts are to be made to attend tutorials, school club meetings, retesting after school. If the assigned training cannot be completed fully, for the reasons above, it may result in restrictions from meet participation or dismissal from the team. An athlete must be able to balance both academics and athletics as a student-athlete.
9. Injured athletes are expected to be present at practices and at meets as they are a part of the Spartan Cross Country Team. Attendance needs to occur so that athletes do not miss out on important information related to the team, they can assist in managing practices, and go to the trainers to get appropriate help. Athletes who are sick or injured for 3 or more days need a doctor's note.
10. In order to compete on our team in meets an athlete is required to complete all workouts, so attendance and completion of training sessions are two big indicators on an athlete's level of meet participation. If an athlete is in another sport in the same season, they are still required to get their practices in and done correctly. During the season and preferably all year, a cross country athlete needs to be in 1st period cross country and practice before school. If an athlete is not in 1st period they must complete their practice in a timely fashion before (6-7am) or after school (2:35-3:35pm) and are required to check in with the head coach daily. An athlete that is not in 1st period cross country but wants to be on the team must get clearance from the head coach and must abide by the policies above.
11. Every attempt should be made by the athlete to schedule doctor appointments, school related meetings and tutorials at a time that does not conflict with regularly scheduled practice times. Cross country runners need to attend these types of meetings in the afternoon.
11. Athletes must be dressed out in Seven Lakes High School colors and/or Seven Lakes High School issued athletic apparel. Athletes are required to wear their reflective vest as all times during the morning workouts. Failure to comply will result in participation restrictions from practice or meets. Wearing reflective vests and school colored clothing is to be taken very seriously for the athletes' safety is our main priority.
12. Anyone using alcohol, tobacco, or other drugs will be subject to the policies of the Katy ISD Athletic Guidelines and Code of Conduct as well as UIL policies.

Parents & Communication

BECOMING INVOLVED

The parent's role is critical in the success of the Seven Lakes High School Cross Country program. Help out our program by getting involved.

1. Booster Club- Sign up and volunteer at athletic events other than cross country. Become a voice for our program at meetings.
2. Fundraising: Ideas and assistance are always needed to be bring in money for special projects and athletic needs.
3. Help at meets: Get meet times, splits and results. Help set up before team arrives! Help close down camp as athletes cool down.
4. Important UIL Information: http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf
-Gifts and Team Dinners: Please check with me before you take action. It is against UIL Rules to give away gifts to team members, this includes food. If you have a dinner at your house the athlete must pay.
5. Parent's Guide to High School Track & Cross Country—Marc Bloom
6. Forms: Athlete Packet with physical, consent, acknowledgement of rules, insurance info.
Birth Certificate Copy
Verification of Bona Fide Residence form
Copy of last utility bill
PAPF form if new to SLHS from outside of SLHS attendance zone.
7. **Consistency starts at home: nutrition (diet), sleep, weekend workouts**-Athletes daily mileage is based on a 7 day running schedule.
8. Emotional Support- Cheer, Cheer, Cheer!!!
9. Respect the team environment and camp throughout practices and meets. The sport and each race requires tremendous focus.
10. Please save all good lucks and great jobs for before and after the meets. Please take as many photos and video as possible while not impeding on the warmup, race, and cooldowns.

Contact Information and Important Websites

Cell Phone: Marvin Rathke 281-435-5280 Jeremy Dye: 832-367-5747

Cell Phone: Scott Kenney 281-658-3835 Jessica Ratcliffe 972-408-5289

Campus Phone: 281-237-2895 (Kenney) 281-237-2896 (Rathke)

Campus Fax: 281-644-1785

Email Address: marvinrathke@katyisd.org and jeremiahadye@katyisd.org

Email Address: scottkenney@katyisd.org and jessicamratcliffe@katyisd.org

Room Number: 1019 (Kenney) 2643 (Rathke)

Conference Period: 6th Period

<http://www.katyisd.org/curriculum/athletics.htm> : VALUABLE DISTRICT INFORMATION, ATHLETIC FORMS, ETC

www.rankonesport.com : Roster, schedules, directions, etc

Ballcharts.com/SevenLakesGirlXCTF (Girls) www.sevenlakesboysxctf.com (Boys)

DIRECT TEAM INFORMATION, TEAM UPDATES-PRACTICES AND MEETS, ETC, TEAM INCLUSIVE

www.uil.utexas.edu : THIS IS OUR GOVERNING BODY FOR HIGH SCHOOL ATHLETICS-PLEASE READ UP ON THE POLICIES

2011-2012 TEA / UIL ELIGIBILITY CALENDAR

This document is intended to bring clarity to the eligibility calendar for UIL participants. Specifically be aware of the following issues:

- Grade periods for eligibility are seven (7) calendar days after the evaluation, with the exception of holidays.
- Students may only lose eligibility at the six weeks grading period.
- Students can regain eligibility at both the three weeks progress report and at the six weeks grade report.
- All students are eligible during Christmas Break and Spring Break holidays.

KATY INDEPENDENT SCHOOL DISTRICT 2011-2012 TEA / UIL ELIGIBILITY CALENDAR

• Friday	9/30	Evaluate All Students	(6 weeks grade check)
• Friday	10/07	Students gain/lose eligibility	(2:35 pm)
• Friday	10/21	Re-evaluate failing students	(1 st 3 weeks progress report)
• Friday	10/28	Students may regain eligibility	(2:35 pm)

• Friday	11/04	Evaluate All Students	(6 weeks grade check)
• Friday	11/11	Students gain/lose eligibility	(2:35 pm)
• Tuesday	11/22	Re-evaluate failing students	(2 nd 3 weeks progress report)
• Tuesday	11/29	Students may regain eligibility	(2:35 pm)

• Friday	12/16	Evaluate All Students	(6 weeks grade check)
○	CHRISTMAS BREAK – ALL STUDENTS ARE ELIGIBLE		
• Wednesday	1/11	Students gain/lose eligibility	(2:35 pm)
• Monday	1/23	Re-evaluate failing students	(3 rd 3 weeks progress report)
• Monday	1/30	Students may regain eligibility	(2:35 pm)

• Thursday	2/16	Evaluate All Students	(6 weeks grade check)
• Thursday	2/23	Students gain/lose eligibility	(2:35 pm)
• Friday	3/09	Re-evaluate failing students	(4 th 3 weeks progress report)
○	SPRING BREAK – ALL STUDENTS ARE ELIGIBLE		
• Monday	3/26	Students may regain eligibility	(2:35 pm)

• Friday	4/13	Evaluate All Students	(6 weeks grade check)
• Friday	4/20	Students gain/lose eligibility	(2:35 pm)
• Friday	5/04	Re-evaluate failing students	(5 th 3 weeks progress report)
• Friday	5/11	Students may regain eligibility	(2:35)

NOTE:

- * IN 2011-12 WE DO NOT HAVE THE THANKSGIVING "ALL ARE ELIGIBLE" WEEK.
- * FOLLOWING WINTER & SPRING BREAKS, INELIGIBLE STUDENTS RETURN TO BEING INELIGIBLE UNTIL THE NEXT GRADE CHECK & GRACE PERIOD.
- * ALL STUDENTS ARE ELIGIBLE THROUGH THE SUMMER.
- * TOTAL CREDITS DETERMINE THE FIRST 2011-12 SIX WEEK ELIGIBILITY FOR 9-12 STUDENTS.

REGION III-5A CROSS COUNTRY TEAMS

District 18

Alief Elsik
Alief Hastings
Alief Taylor
Houston Aldine
Houston Carver ~
Houston Eisenhower
Houston MacArthur
Houston Nimitz

District 19

Houston Memorial
Houston Strake Jesuit +
Katy
Katy Cinco Ranch
Katy Mayde Creek
Katy Morton Ranch
Katy Seven Lakes
Katy Taylor

District 20

Houston Bellaire
Houston Carnegie
Vanguard
Houston Chal Early College
Houston Chavez
Houston DeBakey Health Prof.
Houston HS -Law Enforcement/Crim
Houston Jordan
Houston Lamar
Houston Madison
Houston Math Science & Tech
Houston Milby
Houston Westbury
Houston Westside

District 21

Baytown Sterling
Beaumont West
Brook
Channelview
Galena Park North
Shore
La Porte
Port Arthur Memorial

District 22

Deer Park
Pasadena
Pasadena Dobie
Pasadena Memorial
Pasadena Rayburn
Pasadena South
Houston

District 23

Fort Bend Austin
Fort Bend Bush
Fort Bend Clements
Fort Bend Dulles
Fort Bend Elkins
Fort Bend Hightower
Fort Bend Kempner
Fort Bend Marshall
Fort Bend Travis
Fort Bend
Willowridge

District 24

Alvin
Clute Brazoswood
Dickinson
Frndswd Clear Brook
Houston Clear Lake
LC Clear Creek
LC Clear Springs
Pearland



Varsity Letter

Be a senior on the team for 3 years and is competing in a full senior season.

Compete/Alternate at Varsity level at district, regional, or state meets.

Ran Varsity Level & completed entire season

Individual circumstances may results in the coach 's discretion to award the Varsity Letter.



Travel & Meets

Athletes, **traveling as part of a team**, will be expected to adhere to the following guidelines:

1. arrive at the designated location prior to schedule meeting and departure time **Failure to fulfill this obligation may result in the athletes being excluded from the trip.**
2. Assume responsibility for bringing appropriate equipment.
3. Dress in a neat and appropriate manner that complies with all dress and grooming guidelines as directed by the coach and in compliance with Katy ISD Athletic Guidelines and Code of Conduct .
4. Demonstrate appropriate behavior and good citizenship from the time of departure and upon return to the campus within compliance with the Katy ISD Athletic Guidelines and Code of Conduct .
5. **Travel and return on the bus** unless prior written request via a “Request for Post-Activity Student Release” has been correctly filled out and given to the coach 24hrs before the competition in order for the student to be released to their custody at the completion of the activity. All athletes must ride the bus to the event, and no athlete will be released to anyone other than a parent or guardian at the conclusion of the activity. Athletes must complete cool down and be dismissed by the coach before leaving.

Meet Behavior

Student Athletes are expected to exhibit good sportsmanship at all times. During competitions, student athletes will display respect for officials and leave the resolution to any conflicts to the coaches. Student athletes, as leaders, should demonstrate the ability to accept defeat as well as to be gracious winners.

Personal Appearance and Grooming

Athletes at SLHS will conform to a higher standard on personal appearance and grooming because these student leaders represent their team, coaches, school, district, and community. These standards will apply at all times, whether in school, practice or during travel to and from athletic competitions. To be eligible for participation on the track team, students will adhere to the following guidelines for grooming and dress.

Hair- Hair will be clean, well groomed and out of eyes and styled in a way that is not distracting and or/ designed to be conspicuous. You must shave. If you have facial hair you cannot run!!! No tattoos will be visible and all visible piercings must be removed for meets.

Multiple Sport Participation

I encourage athletes to participate in any sport they would like to participate in. Communication between the athlete, coaches, and parents is a must and athletes will always be required to attend cross country practice or make prior arrangements with the head coach. Participation in other athletic events is not an excuse to miss practice or to not complete a workout. **Attendance to “Club Sports” is not an excuse to miss practices and meets.**

Concurrent Participation

Athletes must complete a sport before beginning another sport unless agreed upon by both coaches. If both sports are in the same season we will decide on a workable schedule between the coach, the parent, and the athlete. Athletes are required to hand in all assigned equipment and pay all assessed fines before they can attend the concurrent sport.

Meals

Athletes **must** bring their own meals to meets. A meet agenda will be sent home with the athlete each week before a meet outlining recommended foods to bring as well as other things to pack for a meet. Nutrition is extremely important and all athletes will need to be prepared to eat within 45 minutes of workouts and meets. Think about the perimeter of the store when buying nutritious meals and drinks.

At the varsity level, meals will be included for regional and state competition.

2011 Seven Lakes Cross Country

Meet Schedule

SAT. AUG. 20	CYPRESS CROSS COUNTRY RELAY	CY-RANCH HS, HOUSTON, TX
SAT. AUG. 26	COUGAR CLASSIC XC CARNIVAL	BUFFALO BAYOU PARK, HOUSTON TX
FRI. SEPT. 2	FRIDAY NIGHT LIGHTS	BEAR BRANCH PARK, THE WOODLANDS, TX
FRI. SEPT. 9	SEVEN LAKES SHOWCASE	SEVEN LAKES , KATY, TX
SAT. SEPT. 24	CORPUS CHRISTI ISLANDER SPLASH CY-FAIR ISD MEET	WEST GUTH, PARK SPRING CREEK PARK, TOMBALL, TX
SAT. OCT. 1	CY-WOODS INVITATIONAL	SPRING CREEK PARK, TOMBALL, TX
SAT. OCT. 8	STRATFORD INVITE	GEORGE BUSH PARK HOUSTON , TX
SAT. OCT. 16	TOP TIER INVITATIONAL	GIDDINGS , TX
THUR. OCT. 27	DISTRICT 19-5A CHAMPIONSHIPS	BEAR CREEK PARK, HOUSTON, TX
SAT. NOV. 5	REGION III-5A CHAMPIONSHIPS	ATASCOCITA HS, HUMBLE, TX
SAT. NOV. 13	STATE CHAMPIONSHIPS	OLD SETTLERS PARK, ROUND ROCK, TX

Seven Lakes High School (SLHS)

9251 South Fry Road

Katy, TX 77494

P: 281-237-2800

F: 281-644-1785

Ted Vierling- Principal

Kevin O'Keefe- Athletic Coordinator

Angela Spurlock- Assistant Athletic Coordinator

Scott Kenney- Head Girls Cross Country

Jessica Ratcliffe- Assistant Girls Cross Country

Marvin Rathke- Head Boys Cross Country Coach

Jeremy Dye- 1st Assistant Boys Cross Country Coach

Forms

Katy ISD
101914

STUDENT ACTIVITIES:
TRAVEL

FMG (REGULATION)
(EXHIBIT)

EXHIBIT D

Katy Independent School District
Request for Post-Activity Student Release

Student's Last Name	First Name	Middle Name	Grade Level
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As the parent/guardian of the above-named student, I understand that all students are required to ride to and from school-sponsored activities in District-provided transportation according to Board Policy FMG. An exception may be granted for a student to be released to the custody of his/her parent at the completion of the activity if a written request is received and approved prior to the trip.

I am hereby requesting that approval be considered for my child to be released into my custody at the completion of the following activity:

Organization	Destination	Date of Trip
Reason for Request		

I understand that, if approval is granted, my child will only be released to me if I am present at the completion of the activity, otherwise he/she will be expected to ride on the District-provided transportation.

Parent/Guardian's Printed Name	Telephone Number
Parent/Guardian's Signature	Date

FOR SCHOOL USE ONLY

<input type="checkbox"/> Approved <input type="checkbox"/> Denied	Signature of Sponsor	Date
<input type="checkbox"/> Approved <input type="checkbox"/> Denied	Signature of Principal or Designee	Date

Forms

Katy ISD
101914

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TRAVEL

FMG (REGULATION)
(EXHIBIT)

EXHIBIT D

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Parent/Guardian's Signature	Date

FOR SCHOOL USE ONLY

<input type="checkbox"/> Approved <input type="checkbox"/> Denied	Signature of Sponsor	Date
<input type="checkbox"/> Approved <input type="checkbox"/> Denied	Signature of Principal or Designee	Date

I AGREE TO THESE GUIDELINES FOR THE SEVEN LAKES
HIGH SCHOOL CROSS COUNTRY TEAM AND THE KATY IN-
DEPENDENT SCHOOL DISTRICT AND RESPECT THE
COACHES' FINAL SAY IN THE DECISIONS MADE:

Athlete Signature:

Date:

Parent Signature: Date:

Seven Lakes High School Cross Country

9251 South Fry Road

Katy, TX 77494

Phone: cell 281-658-3835

E-mail: scottkenney@katyisd.org

