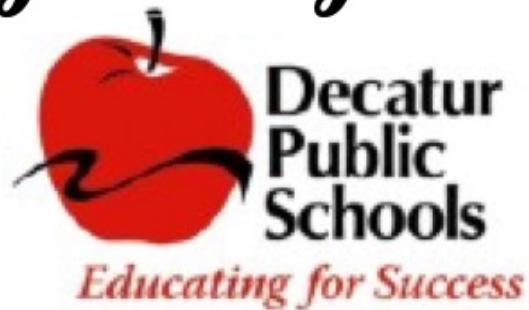


Elementary School Athletics

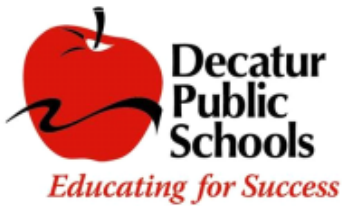
2019-2020

“Try Everything!”



Cross Country

Updated 6-3-19



Elementary School Athletics

2019-2020

Cross Country

Eligibility

- Permission form must be signed by parent/guardian and returned to the school
- School Office, Principal, Coach to monitor eligibility either electronically and/or manually
- Passing Grade in all subjects
- Good behavior inside and outside the classroom
- Consistent practice attendance & communicating to the coach if practice must be missed
- Grades, Misbehavior and resulting consequences will be addressed by the coach and principal
- Building Principal has final say on student's eligibility
- Building Principal may suspend and/or re-instate student athlete at any time

Requirements

- Each school team must have a team coach
- Students able to safely complete 1 mile distance by running, walking or combination thereof
- No sports physical is required, but parent/guardian should advise school/coach of medical issues
- No activity fee is required

Uniform

- No official team uniform is required
- Some schools do provide Team T-Shirts to wear in meets, but it is not required
- Running and/or decent pair of gym shoes
- Shirt, Shorts, Shoes and Socks

Age Groups

- 3-4-5-6 Grade Boys & Girls
- No Cut Sport
- DPS Internal/Intramural Program

5th & 6th Grade Dual Participation

- As previously approved by our BOE, 5th & 6th graders are allowed to participate in the District wide Elementary Cross Country Program as well as their Middle School Cross Country Program. Cross Country is a "No Cut" sport, no sitting on the bench and everyone is allowed to participate. By allowing 5th and 6th graders to participate in both programs it helps foster continued interest in our Cross Country Program.

New Fall 2019! ¼ Mile Tot Trot! Kindergarten, 1st Grade, 2nd Grade!

- To help build an interest in Cross Country Running at a younger age and to help foster a healthy lifestyle through teenage years and beyond, we are allowing Grades K-2nd to participate in a weekly 1/4 Mile Tot-Trot before each weekly meet. The K-2nd Grade Students will not participate in weekly practices & will ONLY participate in the Weekly Tot Trot for those parents/guardians who transport them to the meet and allow them to participate.

City Meet Participation & Transfer Policy

- Students must have competed in a minimum of 2 weekly meets in order to run in the City Meet
- Transfer students, new to DPS or not, may only run in the City Meet if they competed in a minimum of 2 weekly meets either at their former DPS School, new DPS School or combination thereof.



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Cross Country

Practice and/or Meet Cancellation

- In the event of heat, lightening and/or other act of nature, DPS 61 will make the decision to cancel and/or delay Elementary School Athletic activities including Cross Country Practice and/or Meets
- In the event that a School Cross Country Coach needs to cancel/delay a weekly practice, they are to ensure the School Office, Principal, Parents, Students have been notified in advance of canceling practice.
- As a Rule of Thumb, if DPS 61 cancels and/or shortens the school day due to heat all after school Elementary School Athletic activities will be canceled including Cross Country Practice and/or Meets.

Practice Time

- Help make Cross Country Running FUN
- If Cross Country Running is NOT FUN kids will lose interest, shut down and/or may quit
- Cross Country is more than running! Help make memories that last a lifetime!
- Incorporate games into your running workouts to help make practice more fun such Fox & Hounds or Fox & Bunnies, Scavenger Hunt, Candy Bar Relays anything that make running fun! There are numerous running articles on-line that you can search and find running games
- Coach is to conduct 2-3 practices a week
- The emphasis on practice is to ensure the students can safely complete a 1 mile distance by running, walking or a combination thereof
- No one practice is to be longer than 60 minutes in length
- Coach is to ensure kids have water and/or restroom breaks
- Coach either provides water or requires students to bring their own water
- Make sure your students have properly stretched and warmed up before engaging in a running/walking work-out
- Ensure your kids know how to Start, Run and Finish a Race
- Work on a Team Cheer to be performed by your Team before each event!
- Ensure your Students know to breathe in through the nose and breathe out through their mouth
- Work on a running form including running on front ball of foot, thumb and index finger pulling an invisible string and/or rope, head up, eyes forward, relaxed arm swing
- Ensure your Students know that arms make the legs go!

Coach Responsibilities

- Conduct a team sign up via sign up signup/parent permission form
- Make sure parent/guardian sign the permission form
- Document team rules and share with Principal, Parents and Students
- Ensure the Parents and Students understand Team Rules and Expectations
- Communicate to the Principal, Parents and Students the Practice & Meet Schedule
- Be aware of student poor behavior/sportsmanship, bullying, etc... and report all infractions to your Building Principal to help address, correct and/or suspend.
- Make sure your PARENTS know they are to provide transportation to and from Practice & Meets
- Coaches are not allowed to transport students to/from Practice & Meets
- Coaches are to stay after practice/meet until all kids on your team have been picked up by parent
- Help out at our Cross Meets including Finish Line, Starting Line, Timing, etc...



Elementary School Athletics

2019-2020

Cross Country

Season

- Cross Country Practice may begin the first day of School no matter if Half Day or Full Day
- Practice may begin 8-14-19
- The Season concludes with the City Meet or the Decatur Festival, whichever comes first
- The Season is normally from the middle of August, start of school, through 1st week of October
- Roughly an 8 week season including start of school practice

Meet Location

- **ALL MEETS** are held at 3909 W. Main Street in Decatur formerly Scovill Golf Course

2019 Meet Schedule

• Weekly Meet	Thursday	8-29-19	4:00 PM Start	Scovill Golf Course
• Weekly Meet	Thursday	9-05-19	4:00 PM Start	Scovill Golf Course
• Weekly Meet	Thursday	9-12-19	4:00 PM Start	Scovill Golf Course
• Weekly Meet	Thursday	9-19-19	4:00 PM Start	Scovill Golf Course
• Weekly Meet	Thursday	9-26-19	4:00 PM Start	Scovill Golf Course
• City Meet	Thursday	10-3-19	4:00 PM Start	Scovill Golf Course
• Festival	Saturday	10-5-19	10:30 AM Start	Scovill Golf Course

Order of Events for Weekly Meets

- 3:30-3:45 pm Grades K, 1st, 2nd ¼ Mile Tot Trot (*New Addition!*)
- 4:00-4:10 pm 6th Grade Girls 1 Mile
- 4:10-4:20 pm 6th Grade Boys 1 Mile
- 4:20-4:30 pm 5th Grade Girls 1 Mile
- 4:30-4:40 pm 5th Grade Boys 1 Mile
- 4:40-4:50 pm 4th Grade Girls 1 Mile
- 4:50-5:00 pm 4th Grade Boys 1 Mile
- 5:00-5:10 pm 3rd Grade Girls 1 Mile
- 5:10-5:20 pm 3rd Grade Boys 1 Mile

New! Weekly ¼ Mile Tot Trot (Grades K-2nd Boys/Girls)

- FUN Activity to help introduce K-2nd Grade Boys & Girls to the sport of Cross Country Running
- Parent/Guardian decision to allow the K-2nd Grader to Participate
- K-2nd Grade is not the responsibility of the Cross Country Coach
- K-2nd Grade will not attend the team's Cross Country weekly practices
- At the Weekly Cross Country Meets, parent/guardian o transport K-2nd grader to the meet by 3:30
- Parent/Guardian are to have their K-2nd Grader @ The Starting Line by 3:30 pm
- **Order of Tot Trot Events:**
 - 3:30-3:40 pm K-2nd Grade Girls ¼ Mile
 - 3:40-3:50 pm K-2nd Grade Boys ¼ Mile
- **¼ Mile Course:**
 - Starter will line the runners up, give directions and start the race
 - Runners will leave the starting line and follow the course path
 - Runners will never leave the sight of parent/guardian
 - Runners will end up at the 1 Mile Finish Line, but will only run ¼ Mile (400 Meters)
 - Hands will not be marked, but runners can see their time on the Finish Line Clock

Cross Country

Weekly 1 Mile Meet Overview (Grades 3rd, 4th, 5th, 6th Boys/Girls)

- Tough 1 Mile Course with 3 Big Hills before the ½ Mile Mark
- The 3 Big Hills are known as the **Three Sisters** (Hazel, Helen & Hilda)
- Runners should always be listening for the start of their event
- Starter will line the runners up and explain the set and start commands
- Starter will use a Blank Starters Pistol to start each event
- Starter will start each event, standing on a small ladder, behind the starting line
- Before each event, each team may stretch and perform a team cheer
- Once each event begins, runners are to follow the course through the finish line
- As runners cross the finish line, they may get their time by looking at the finish line clock
- Each runner will have their hand marked with their order of finish within their age group

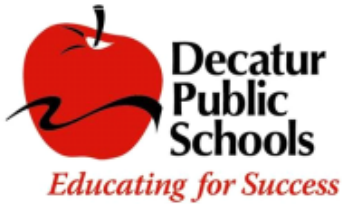


Three Sisters

- The 3 Hills before the ½ Mile Mark of the 1 Mile Course are called the **Three Sisters**
- The **Three Sisters** by name are **Hazel, Helen and Hilda**
- We know most of the kids are not thrilled with the 3 Big Hills on the Course
- To have some fun, we will decorate the Hills with the **Three Sisters** and slogans of encouragement to help push the kids up the Hills!
- The point is to turn the 3 Big Hills into a source of fun and not dread!

City Meet

- 4-6 pm Including Award Ceremony
- **Order of Events (4:00 pm START) (4 Events)**
 - 5-6 Grade Girls
 - 5-6 Grade Boys
 - 3-4 Grade Girls
 - 3-4 Grade Boys
- Each runner will wear a bib number with a bib tag & 4 pins
- Same 1 Mile Course as our Weekly Cross Country Meets
- Coaches will enter their team roster using Endresult.com



Elementary School Athletics

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Cross Country

City Meet (continued)

- As each runner crosses the finish line they will be given an official time and place
- All results will be computer timed

City Meet Awards

- **Finisher Medal**
 - All Finishers will receive a Finisher Medal as they cross the finish line
- **Team Awards**
 - Top Team in Each Age Group & Gender will receive a Team Award
 - Must have a minimum of 3 Runners in an Age Group & Gender to qualify for a Team Score
 - Top 3 Overall Female Teams will receive a Team Award
 - Must have a minimum of 5 Female Runners to qualify for an Overall Female Team Score
 - It does not matter what grade your first 5 Females are in
 - Your first 5 females to cross the finish line is your Overall Female Team Score
 - Top 3 Overall Male Teams will receive a Team Award
 - Must have a minimum of 5 Male Runners to qualify for an Overall Male Team Score
 - It does not matter what grade your first 5 Male Runners are in
 - Your first 5 males to cross the finish line is your Overall Male Team Score
 - Top 3 Overall Female & Male Team Combined will receive a Team Award
 - Top Overall Female & Male Team Combined will take home the Panther
- **Individual Awards**
 - Top 10 finishers in each age group and gender will receive an individual award