

# West Deptford Cross Country

## 2012

Head Coach: Mark Drummond

Coaching Experience: 7th Year at WDHS, 10<sup>th</sup> Year as a Head Cross Country Coach

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The West Deptford Cross Country Program is a program on the rise. Our numbers have been increasing steadily the last 7 years due to heavy recruiting, positive support from the school, team success, the creation of a “home” cross country course, and the support of the parents.

You are all a positive influence on your children. Cross country is a physically demanding sport that builds character and strength, both physically and mentally. Please help support the continued growth of our program by supporting your children and the team in any way that you can, whether that be helping other parents support our fundraisers, or simply coming out to a home meet when you can to cheer on the team.

Some team rules to be aware of:

1. Team members are expected to attend every practice and meet, unless excused by the coach. Any conflicts in schedule should be discussed with the coach AT LEAST 2 weeks in advance. Even though team members run individually, they are TEAM MEMBERS and have others relying on them. Please consider this before scheduling any doctor or dentist appointments, etc. MANDATORY practices start on August 20th, as instructed in the June meetings and via the website. Any misses after this point are marked as unexcused.
2. 3 unexcused absences are grounds for dismissal from the team. Absences are contagious and cannot be tolerated when trying to build our program. If 2 unexcused absences are accumulated, the runner will be warned and a 3rd unexcused absence is grounds for dismissal.
3. Hazing and/or bullying will not be tolerated. Anything interpreted as being demeaning to others, name calling, an “initiation” ritual, etc. will result in a suspension and/or removal from the team.
4. Negative attitudes towards other team members will not be tolerated. Again, continued growth of the team and program requires the athletes work together and train together. Anyone making another teammate or teammates feel unwelcome or uncomfortable will be warned about the behavior. If the behavior continues, it will be grounds for dismissal from the team.
5. Please use the West Deptford Cross Country Website as a reference. It can be located in the Athletics section of the High School Website. School directions, schedule, any changes, team history, results, photos, etc. will be posted on the site. I encourage you to visit the site!
6. All athletes are part of the team and are expected to go to and from meets on the team bus and attend meets in their entirety. Notes to leave early from a competition should be reserved for extreme circumstances which cannot be avoided. Any such requests should be submitted to the coach AT LEAST 2 weeks prior to the competition.
7. Please be aware that student-athletes must be on-time to school. A lateness to school of over 1 hour (8:30am) excludes participation from sports for that day. Absences and latenesses will be addressed by the coach if they become a repeated problem.

**\*\*\*Please Note: November 3rd is our Sectional Meet and is usually also an SAT day. Please do not schedule your son to take the SAT test on this date\*\*\***

Finally, the team and I are looking forward to another successful year. You are a big influence on our success. I look forward to seeing you all during the season.