

Newport Cross Country  
2018 Fall Season



Athlete Participation Contract

I, \_\_\_\_\_, have read and agree to the  
(print student-athlete name legibly)

Newport Cross Country athlete expectations and team policies. I understand I play a key role in supporting the team philosophy and commit myself to upholding these values as a representative of Newport Cross Country. I understand my participation on the team is contingent on my adherence to team policies; should I violate these policies, I accept responsibility for the natural consequences of my actions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Parent Policy Agreement

I, \_\_\_\_\_, have read and agree to the  
(print parent name legibly)

Newport Cross Country athlete expectations and team policies, regarding my child. I understand I play a key role in the success of my child as student-athlete and commit myself to supporting the athletes, coaches, and team philosophy of Newport Cross Country. I understand that student participation on the team is contingent on adherence to team policies; should my child violate these policies, I support my child in accepting responsibility for the natural consequences of his/her actions.

As a member of the Cross Country Booster Club, I further authorize the sharing of my email between the cross country coaches and booster board, so that I may be fully informed of opportunities to support my child and their team throughout the cross country season.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\* This signed contract acknowledging Newport Cross Country team expectations and policies must be submitted to the coaching staff before an athlete's first competition \*\***

## Newport Cross Country 2018 Fall Season



### Team Philosophy:

Our purpose as a cross country team is to build up exceptional young men and women through the pursuit of sport. Together, we strive for excellence in our commitment, dedication, and work ethic, both on and off the course. As such, we intend to hold each other accountable and aim to conduct ourselves with the integrity and professionalism of Newport Knights Student-Athletes. We operate in a culture of respect for each other, the team, and our sport. We believe in the ability of each individual to make an impact and to push their peers to be the best version of themselves. We train, laugh, tackle challenges, and compete as a team. All are welcome.

### Team Mantra:

“Knights always CHARGE”

C // Commitment : we are committed to each other, the team, our academic pursuits, and quest for personal growth through sport

H // Honor : we understand sport is a privilege and and strive to represent Newport High School honorably

A // Attitude : we maintain a positive, sportsman-like attitude, which is reflected in our daily work ethic and presence in competition

R // Respect : we display respect for our coaches, teachers, competitors, and the uniqueness of individuals

G // Grit : we are persistent and gritty, with a readied toughness when faced with a challenge

E // Engagement : we are mentally present and engaged in the spirit of competition, and physically involved in the development of our surrounding community

### Athlete Expectations:

- Attend ALL practices, with punctuality
- Attend ALL league meet and invitational competitions
- Communicate all injuries, illnesses, and absences to coaches
- Demonstrate a commitment to the team philosophy
- Support teammates constructively
- Contribute to the team atmosphere by cheering on and encouraging teammates in all heats of races until completion of meets
- Maintain appropriate classroom attendance
  - Please see: <http://www.bsd405.org/nhs/wp-content/uploads/sites/2/2015/09/BSD-Daily-Attendance-Policy.pdf?x54935>
- Maintain an academically eligible grade point average

- Please see: <http://www.bsd405.org/nhs/wp-content/uploads/sites/2/2015/09/BSD-Academic-Standards.pdf?x54935>
- Uphold BSD anti-bullying policies
  - Please see: <https://www.bsd405.org/wp-content/pdf/policy/3207.pdf>
- Refrain from unlawful use of alcohol, tobacco, marijuana, and controlled substances, in accordance with the BSD athletic activities code
  - Please see: <http://www.bsd405.org/wp-content/pdf/policy/2151P.pdf?x54935>

### Team Policies:

- Athletes must attend a minimum of 8 practices for a jamboree style meet
- Athletes must attend a minimum of 10 practices for an in-league or invitational meet
- Athletes participating in cross country to receive P.E. Credit must communicate their intention to coaching staff by Friday, September 7th. P.E. credit standards mandate that a student must log and maintain records of practice hours throughout the season. If the minimum threshold of hours is met, and the student-athlete is in good standing with the team, P.E. credit will be approved. P.E. credit students are expected to maintain the attendance and competition commitments, as outlined in the above athlete expectations. P.E. credit forms may be presented to coaching staff for approval at the end of the competition season. Please note the P.E. credit option is not available for freshmen.
- Any absences or early departures must be communicated to and approved by coaches
  - This is the primary responsibility of ATHLETES, not parents
  - Planned absences must be communicated via email for approval to the coaches a minimum of 24 hours in advance to be considered for an excused absence
  - Examples of absences considered excused with prior 24 hour approval: doctor appointments that cannot be scheduled to avoid conflict with practice, PSAT/SAT/ACT exams
  - Examples of exceptions to the 24 hour policy, but still require communication: sudden and contagious illness such as the flu, family emergencies, etc.
  - Athletes and parents will make every effort to respect the team commitment and organize optional activities outside scheduled practice and cross country competition, including weekend trips, extended vacations, extra and test prep classes, haircuts, etc.
  - **\*\*ONE "Get Out of Practice Free" card will be issued to each student-athlete upon submission of his/her signed contract. This card entitles the holder to one cross country mental health day, no questions asked. Cards must be submitted in person on the day it is intended for use. Please note, "get out of practice free" cards are not valid for meet days or the practice the day before meets (required for athletes to be competition eligible). Cards are non transferable and will be documented upon receipt.**
- Accumulation of 3 unexcused absences will result in dismissal from the cross country team
- Accumulation of more than 5 excused absences will result in a review of standing on the cross country team, with possible loss of competition opportunities
- Athletes must attend practice the day before a meet and invitationals in order to compete
- Athletes competing in a league or invitational meet must ride the team bus to the meet, unless otherwise approved by coaches

- Missing the team bus departure for a meet may result in being held out of competition
  - Athletes leaving a meet via a method other than the team bus must formally check out with coaches before departing
    - To be driven home from competition by a parent other than his/her own, an athlete must have their parent email coaching staff with permission in advance of the scheduled competition
  - Athletes may not leave a meet until all races have been completed
  - Music listening devices are prohibited during team practices and meet warmups. Phones may not be used as GPS devices during workouts and are not allowed on the track or infield during practice.
  - Shirts must be worn on campus and while on the track. This expectation will be enforced for both boys and girls. Tank tops or practice singlets are acceptable alternatives to a t-shirt; race uniforms may not be worn at practice.
- \*\* A signed contract acknowledging the above expectations and policies must be submitted to the coaching staff before an athlete's first competition \*\*

Required Equipment:

- A sports watch with a minimum of digital stopwatch capabilities
  - Suggested gear: Timex Ironman 10 Lap or better
- Water bottle, labeled with name
- Daily nutritious post-workout snack
- Sweatpants or running tights, and sweatshirt or running jacket
  - Athletes are expected to show up to all practices and meets with warm up sweats in weather where the temperature is below 65 degrees
- Running-specific training shoes
  - Athletes should have a minimum of one new pair of training shoes per calendar season they plan on running. Running shoes typically have a lifetime of 400-500 miles and must be replaced regularly to prevent injury.
  - Running shoes should be selected according to each athlete's unique biomechanics and foot strike pattern. A reputable running store will have knowledgeable sales associates who will analyze running form and recommend appropriate footwear (e.g. neutral, stability, maximalist, minimalist).
  - Recommended Local Shop:
    - Super Jock 'n Jill // 16095 Cleveland St, Redmond, WA 98502
    - Plateau Runner // 1490 NW Gilman Blvd, Issaquah, WA 98027
    - Roadrunner Sports // 12200 Northup Way Bellevue, WA 98005
- Strongly recommended: Cross country spikes
  - These will help with traction on a majority of our courses we will be competing on. They are about 4-5 oz lighter than regular running shoes. A reputable store like Super Jock 'n Jill will be able to recommend a good racing shoe for the season.
  - See flyer for our team spike night at Super Jock 'n Jill attached at the end of packet.
- Race uniform

- All participants are required to sign a uniform contract at the time of team uniform issue (example attached at end of packet). Return of the uniform in good condition (clean and folded in a bag labeled with participant's name) is required. Uniforms must be returned by the Friday following an athlete's final race. Failure to do so results in the participant being billed through NHS for a replacement uniform.

#### Spirit Wear

- All participants of Newport Cross Country are encouraged to order additional Newport XC branded gear with the 2018 team designs, including a ladies team-specific design. Spirit wear will include Under Armour tees, sweatshirts, rain jackets, etc. Athletes may also purchase uniform compatible race shorts, should they wish to own their uniform bottoms. Missed out on summer camp? - our custom Knights XC Strideline socks will also be available for purchase. Spirit wear online store links will be emailed out and will be open until September 7th, with orders fulfilled and delivered to NHS at the end of September.

#### Practice Schedule:

- Mandatory Practice will be held daily Monday through Friday, 4:00-6:00pm at Newport High School; meet at Newport track
- Saturday morning practices will be held on non-meet weekends, 9:00-10:30am at Newport High School. All athletes are expected to attend.
- Regular season practice and competition runs August 20th - October 20th
- Post season practice and competition runs October 20th - November 3rd for WIAA State Championships qualifiers
- Practices are held rain or shine; adjustments to the practice schedule due to inclement weather will be made at the discretion of the coaching staff and athletic director
- Attendance will be taken at the beginning of every practice; students must be on time to be considered present at the practice
- Athletes must also check out with a coach before departing each day

#### Team Communication:

- Team website: [www.newportxc.com](http://www.newportxc.com)
- Team Facebook: Newport Cross Country (request to join)
- Team announcements to parents will be made via email by Coach Lafler and Coach Kayla. Please email Coach Kayla if you are not receiving emails or have an additional email you would like added to the Newport Cross Country mailing list.
- Parents and students may communicate directly with coaches via email. Coach Lafler and Coach Kayla will check and respond to cross country emails approximately once a day, primarily between the hours of 8-10pm.
  - Coach Lafler: [laflerj@bsd405.org](mailto:laflerj@bsd405.org)
  - Coach Kayla: [evansk@bsd405.org](mailto:evansk@bsd405.org)
  - Athletes are strongly encouraged to be in daily communication with either head or assistant coaches at practice and via remind, regarding training, technique, and

aches/injury; however, head coaches should be the main point of contact for matters concerning team policies.

- Any absences or early departures must be communicated to and approved by coaches. Planned absences must be communicated via email to the coaches a minimum of 24 hours in advance to be considered for an excused absence. This is the primary responsibility of ATHLETES, not parents.
  - Please see the team policy section for examples of excused and unexcused absences
- The Newport Cross Country team will have an official [remind.com](https://remind.com) group. This messaging app is designed for use by teachers and coaches and will allow coaches to share practice and meet announcements straight to team members' phones via text, email, or app push notifications. Students will also be able to clarify an announcement by replying back to the text, email, or app message. Students may join the Newport XC 2018 class group via [rmd.at/newportxc](https://rmd.at/newportxc) or by texting our class access code @newportxc to the number 81010.

### Lettering Requirements:

- Varsity letter awards will be given to approximately 7-10 athletes of each gender who consistently competed in the varsity squad throughout the season
  - The varsity squad consists of the 7 fastest runners on the team at any given time, who are then entered in the most competitive race of a meet. The varsity 7 earn the team's scores in a race and resulting place relative to other teams.
- Letter awards may also be awarded to 4-year athletes who have demonstrated outstanding commitment and dedication to the team
  - Attendance, attitude, effort, and sportsmanship will all be considered by coaching staff when making letter award decisions

### Team Captain Expectations:

Newport Cross Country values the team community and relies on student-athlete leadership to promote the attitudes of excellence and cohesion outlined in the team philosophy. Each year, the coaching staff selects 6 captains, typically Juniors or Seniors, to serve as leaders among both the varsity and junior varsity squads. Captains are nominated for their outstanding commitment to the team, coach-ability, and leadership skills. To maintain this honor, captains are expected to uphold the following standards:

- Adhere to all athlete expectations outlined in this document, as a model student-athlete to his or her teammates
- Gently reinforce daily routines and conduct
- Lead daily drills at practice
- Lead post-run abs and circuits as necessary
- Group up team members for race warmups and cool downs
- Provide inclusive encouragement and support for ALL teammates, across ability ranges
- Promote a team culture of dedication to the sport and an atmosphere of joy in running
- Maintain a positive attitude

## Cross Country Camp

Newport Cross Country hosts a team camp every summer at Fort Flagler State Park on the Olympic Peninsula. Camp has been a program tradition that allows incoming and returning runners to get in shape for the season and bond as a team. Camp activities include daily runs, informational talks, a camp relay, a camp race, skits, lip sync battles, bonfires, and more fun! Cross Country coaches attend and run the camp, while parent volunteers chaperone and cook. Next summer's camp will run from Monday, July 22nd to Friday, July 26th, 2019. Look for upcoming information to register and volunteer. Camp fills up quickly; be quick off the line to sign up, so as to not miss out on the fun!

## Parent Involvement:

Newport Cross Country has several opportunities for parents to get involved with the program. Newport hosts two home cross country races this season at Kelsey Creek Park on Wednesday, September 12th and Wednesday, October 3rd. We welcome parents to join our organized team of set-up, tear-down, finish chute, and course monitor crews. Parents may also assist in staffing the end-of-season banquet. We would also appreciate talented parent photographers who are willing to volunteer their time to capture racing photos of the team at competitions.

We encourage parents to inquire as to whether their company has a volunteer time or donation match program. These programs may allow families to further enhance the benefits of their volunteer involvement.

All volunteers must be cleared as official Bellevue School District volunteers. If interested, please find the BSD volunteer application here: <http://www.bsd405.org/wp-content/uploads/2016/02/Volunteer-Packet-Parent.pdf?x81547> Completed applications may be returned to the Newport Main Office.

All Cross Country Parents are supporting members of the Newport XC Booster Club. The booster club's mission is to support our team through financial and fundraising assistance. Your participation in the booster club allows our athletes to refuel with healthy post-race snacks, supplement the team with extra spikes, provides custom team spike bags to each new athlete, and equips our athletes with gear and equipment beyond the bare minimum the district funds. Together we can boost our athletes to achieve some very big dreams!

- President: Sandi Tampa    newportxcboosters@outlook.com
- Secretary: Anette Grabski    xcsec@outlook.com
- Treasurer: Beth Hanley    xctreas@outlook.com

## Newport Cross Country 2018 Fall Season Race Schedule

Regular season practice and competition runs August 20th - October 19th

The logo for Newport Knights is a large, stylized shield. At the top is a knight's helmet with a red plume. Below the helmet is a yellow shield with a red cross. The word "KNIGHTS" is written in large, bold, red letters across the middle of the shield. At the bottom, the word "NEWPORT" is written in bold, black letters on a yellow background.

Wednesday, 9/5	Kingco Class Jamboree @ Lake Sammamish State Park
Wednesday, 9/12	Tri Meet vs. Mt. Si & Issaquah @ Kelsey Creek Park
Saturday, 9/15	Fort Steilacoom Invitational @ Ft. Steilacoom Park
Wednesday, 9/19	Tri Meet vs. Woodinville & Redmond @ Hartman Park
Saturday, 9/29	Nike Twilight XC Invitational @ Cedarcrest Golf Course
Wednesday, 10/3	Dual Meet vs. Inglemoor @ Kelsey Creek Park
Saturday, 10/6	Nike Hole in the Wall XC Invite @ Lakewood High School
Wednesday, 10/10	Tri Meet vs. North Creek & Bothell @ Bothell High School
Thursday, 10/18	League Championship @ Lake Sammamish State Park
Saturday, 10/20	Sub Varsity League Invitational @ Lake Sammamish Park

Post season practice and competition runs October 19th - November 3rd for  
WIAA State Championships qualifiers

Saturday, 11/3	State Championship @ Sun Willows Golf Course
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Reference <https://www.athletic.net/CrossCountry/School.aspx?SchoolID=412> for  
further schedule details

Athlete Uniform Contract

I, \_\_\_\_\_, have been issued a Newport Cross  
(print student-athlete name legibly)

Country uniform consisting of the following items (check all that apply and indicate size):

- 1 competition singlet, size:      S      M      L      \_\_\_\_\_  
(specify color/style)
- 1 pair competition shorts, size:      S      M      L      \_\_\_\_\_  
(specify color/style)
- 1 warmup jacket, size:      S      M      L      \_\_\_\_\_  
(specify color/style)
- 1 athletic duffel bag

I agree to to return my issued uniform in good condition, clean and folded in a bag labeled with my name. I agree to return my uniform by the Friday following my final competition. I understand that failing to do so will result in my account being billed through Newport High School for a replacement uniform.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Newport XC - It's time to get spiked up and psyched up!

### Newport Cross Country SPIKE NIGHT Tues. 8/28 6:30-8pm



*super jock 'n jill*

Hosted by

**Running Store**  
16095 Cleveland St  
Redmond, WA 98052

Join us for pizza, prizes, and spike & shoe fittings!

Newport HS XC team members get 15% off shoes and spikes  
at this special event. Sale merchandise will be 50% off.