



SUNSET CROSS COUNTRY 2019

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229

Head Coach Dan Neeway

Assistant Coaches Ellie Rozendaal, Kara Durham, Richard Arnold

TEAM RULES AND EXPECTATIONS

ACADEMIC:

Athletes are expected to maintain satisfactory academic standing including...

1. Being enrolled in *at least* 5 academic classes (2.5 credits) at all times during the fall semester.
2. Having passed 5 classes in the spring semester of the 2018-2019 academic school year.
3. Being “on track to graduate”. *Concerns about this academic expectation can be raised on an individual basis with the athletic office.*

SOCIAL/SCHOLASTIC:

1. Athletes and coaches are expected to be good citizens, obeying all school rules and state and federal laws.
2. Athletes and coaches are expected to show the highest levels of respect to peers, teachers, administrators, school staff, and the learning process.

TEAM ROLE AND SPORTSMANSHIP:

1. Athletes are expected to comply with all reasonable requests of the coaches.
2. Athletes and coaches are expected to communicate in a positive and open manner.
3. Athletes and coaches are expected to treat all teammates, opponents, coaches, and officials with respect and dignity.
4. Athletes and coaches are expected to be supportive of their teammates at all times.

ATTENDANCE:

1. Athletes are expected to adhere to our **practice policy**.
2. Athletes are expected to adhere to our **attendance policy**.
3. Athletes are expected to be in full team uniform at all meets.
4. Athletes are expected to travel to and from all meets with the team.
 - Special arrangements must be made in writing at least **24 hours** in advance.

Any violation of these rules and expectations can result in consequences ranging from:

	Minimum Consequence	Maximum Consequence
1st Offense:	Verbal Warning	Removal from Team
2nd Offense:	Suspension from Team	Removal from Team
3rd Offense:	Removal from Team	

ATTENDANCE POLICY



Daily cross country practice attendance is mandatory for team membership. While **Sunset Cross Country** is a *non-cut/non-tryout* sport, ours is a highly competitive program with equally high expectations. Like other high school sports, expectations go beyond those in middle school sports and/or recreational sports programs. Please familiarize yourself with our expectations, including:

- Attendance at practice means completing the entire workout as assigned by coaches.
- Leaving practice early, without consent of coaches, is considered an unexcused absence.

PLANNED ABSENCES:

Please use the attached document to identify **PLANNED ABSENCES** for the season. Not all reasons for absences will be “excused” (*see examples below*). Please consider changing plans to accommodate your commitment to Sunset Cross Country. The coaching staff reserves ultimate say about which absences are excused.

Excused	Unexcused
Doctor’s appointments <i>However, we ask that parents refrain from scheduling new appointments during practice time.</i>	After-school job <i>If work is mandatory, adjust your hours. See coaches if you anticipate a conflict.</i>
Grandfather’s 100th birthday <i>Weddings, memorials, and other family events like these are honored and valued by coaches.</i>	Second cousin’s 7th birthday <i>And other insignificant family events... we ask you to use judgment when considering their importance.</i>
Model UN tournaments / College visits <i>Coaches encourage the academic pursuits of athletes, SAT and PSAT tests are included here.</i>	Photography Club meeting <i>Clubs take a backseat during the season</i>
Academic help after an extended school absence <i>By arrangement only.</i>	Tutoring, study groups, make-up tests, etc. <i>Academics are important to us but please schedule these items around practice times.</i>

 **Communication is vital.** If a conflict is anticipated (music lessons, science bowl, club sports, etc.), please see a coach *immediately* to discuss options and the potential for compromise as well as to avoid punitive consequences. 

VACATION/FAMILY VACATION:

VETERAN EXPECTATIONS: Absences due to vacation before the school year are not acceptable for those who have been informed of team expectations in a previous season. Athletes who miss weekday practice for “vacation” can expect to be penalized with suspension from a meet (one vacation = one suspension).

NOVICE EXPECTATIONS: We understand that there is a learning curve associated with joining a high school athletic program. Novice athletes will be granted a reprieve on vacation expectations before the start of the school year only.* A subsequent absence for “vacation” will result in a meet suspension. This message serves as an athlete’s lone warning and is good for next season, as well.

* Depending on the length and nature of the absence, athletes may face the consequence of being dis-included from select-team meets. These decisions are subjective and are made by the coaches.

UNPLANNED ABSENCES:

In the event of **sickness** or **emergencies**, athletes must notify coaches BEFORE PRACTICE BEGINS. Coach Neeway is best reached by phone (**971-645-2112**) or email (**daniel_neeway@beaverton.k12.or.us**). During the school day, athletes should locate either Coach Neeway or Coach Rozendaal in person.

Failure to notify coaches *prior to practice* will result in the absence being labeled “unexcused”.

PARENTS: We work to empower your sons and daughters with an increased ownership of their responsibilities. Please help us facilitate this process by leaving any unplanned absence communication to them.

We view team membership like a job. Just as a worker must notify a boss about an absence to avoid termination, athletes must notify their coaches. Thank you for supporting our efforts to teach personal responsibility.

There may be other unplanned absences that arise after the season begins. Again, we ask discretion when planning: *is it possible to schedule the conflict outside of the season or outside of practice time?* Please **communicate** openly and as far in advance as possible with coaches.

ACADEMIC ABSENCES: (*partial- or whole-day absences from class*)

To participate in cross country, class attendance is required. Unexcused absences during the day could prevent an athlete from being allowed to attend practice or compete in meets on the afternoon of the absence.

Athletes who are absent from one of more classes during the school day will be considered “excused” only in the following situations:

- Doctor/dentist appointments
- College visits
- Field trips
- Family emergencies

*It is the opinion of this team’s coaches that if an athlete is **too sick** to attend a class during the school day, then that athlete is too sick to participate in after school activities.* We trust that parents will agree with this opinion.

UNEXCUSED ABSENCES:

Unexcused absences are those that do not meet the expectations above. These absences have the following consequences:

- | | |
|--|--------------------------------------|
| 1st Unexcused Absence: | One Meet Suspension + Parent Contact |
| 2nd Unexcused Absence: | Dismissal from Team |

Two consecutive absences without communication will result in an athlete’s automatic suspension from the team, pending a conference with parents, athlete, and coaches.

PRACTICE POLICY

We host practice *every* weekday during the season. Except for the first week, practice begins promptly at 3:00 and generally lasts about two hours.

As an athlete at practice, you are expected to:

1. Arrive on time, prepared with all required clothing and equipment.
2. Listen to your coaches and complete all assigned workouts.
3. Give your best effort and strive for improvement every day.
4. Be supportive of your teammates.
5. Attend *every day*. If you are **injured** or **sick** but still attend school, you must also attend practice and complete assigned therapy or alternative workouts. *“If you are well enough to attend classes, you are well enough to attend practice.”*
6. Communicate with your coaches *before* seeking treatment from training staff and other medical professionals (see note below about doctor visits).
7. Have fun!

DOCTOR’S VISITS

District policies require any athlete visiting a doctor (or other medical professional) during the sports season for a sports-related ailment/injury to get a doctor’s note with the doctor’s recommendation. This note must be presented to the school’s athletic trainer before the athlete can return to practice and competition. This policy holds true even in cases where the school’s athletic trainer has referred an athlete for medical care.

COMPETITION POLICY

An athlete must demonstrate an ability to run the entire competition distance without walking before they will be permitted to compete at the distance in a meet/competition.

VARSITY LETTER POLICY

Varsity letters are intended to reward those people who represent Sunset Cross Country at the competitive varsity level or JV athletes who demonstrate varsity leadership and/or commitment. To earn a varsity letter, an athlete must:

1. Complete the season as a member in good standing.
2. Obey all team and school rules.
3. Be academically eligible at the conclusion of the season.

AND, an athlete must also do at least ONE of the following:

1. Compete at the Varsity League Championships and/or State Championships.
2. Win a leadership award as recognized by peers.
3. Obtain a unanimous vote of the coaching staff.



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SCHEDULE OF EVENTS

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFFICIAL MANDATORY PRACTICES BEGIN – CLEARANCE REQUIRED						
(All practices at Sunset Track unless otherwise noted)						
↓	↓	↓	↓	↓	↓	↓
18	19	20	21	22	23	24
	Practice 9-11:30am	Practice 9-11:30	Practice 9-11:30 <small>Parent Meeting 7:00</small>	Practice 9-11:30	Practice TBD <i>Miles that Matter</i>	<i>Miles that Matter</i> Breakfast 9am
24	26	27	28	29	30	31
	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Wilsonville Night Meet	Varsity only Practice 9:00am

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Practice 3-5 <small>Labor Day Non-mandatory*</small>	Practice 3-5 <small>1st Day of School Freshman only</small>	JHS@AHS <small>1st Day of School All grades</small>	Practice 3-5	Practice 3-5	Select Team** Tahoma Coed Relays
8	9	10	11	12	13	14
	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Varsity only Practice 9:00am
15	16	17	18	19	20	7
	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Select Team** Woodbridge Classic
22	23	24	25	26	27	28
	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Practice 3-5	Nike Portland XC
29	30	<p>* Labor Day practice is not mandatory. However, we encourage all athletes to participate and require written notice in the event of an absence. ** Only athletes who attended enough summer conditioning sessions will compete at the Tahoma Co-ed Relays. More detail is available in the summer kickoff packet.</p>				
	Practice 3-5					

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Practice 3-5	AHS/BHS/MS @ SHS	Practice 3-5	Practice 3-5	Varsity only Practice 9:00am

OCTOBER CONT'D

6	7 Practice 3-5	8 Practice 3-5	9 Practice 3-5	10 Practice 3-5	11 Practice 3-5	12 Varsity only Practice 9:00am
13	14 Practice 3-5	15 Practice 3-5	16 Practice 3-5	17 Practice 3-5	18 Practice 3-5	19 Varsity only Practice 9:00am
20	21 Practice 3-5	22 Practice 3-5	23 AHS/SR @ WV	24 Practice 3-5	25 Practice 3-5	26 Warner Pacific XC Classic
27	28 Practice 3-5	29 Practice 3-5	30 Metro League Championships	31 Practice 3-5 (State qualifiers only)		

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5					1 Practice 3-5 (State qualifiers only)	2 Practice 3-5 (State qualifiers only)
3	4 Practice 3-5 (State qualifiers only)	5 Practice 3-5 (State qualifiers only)	6 Practice 3-5 (State qualifiers only)	7 Practice 3-5 (State qualifiers only)	8 Practice 3-5 (State qualifiers only)	9 Qualifiers Only OSAA State Championships

- Nov. 9** **State Championships** – Rooter Bus – 10:30am
- Nov. 13** **End-of-Season Awards Dessert** – Sunset Cafeteria – 6:30pm
- Nov. 16** **Nike NXR Northwest** – Boise, ID
- Nov. 23** **Nike Borderclash 21** – Nike World Campus, Beaverton

STANDARDIZED TEST DATES 2019-2020

SAT Aug 24, Oct 5, Nov 2*, Dec 7, Mar 14**, May 2, Jun 6 **PSAT** Oct 19
ACT Sep 14, Oct 26***, Dec 14, Feb 8, Apr 4, June 13, July 18

* Coaches ask varsity-level athletes to discuss tests on November 2 with coaches before registering.

** No SAT Subject Tests offered.

*** The October 26 ACT does not conflict with the Warner Pacific XC Classic buses.



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PLANNED ABSENCES

All athletes must complete and return this form to coaches within **5 days** of joining Sunset Cross Country.

Athlete Name: _____

Parents and Athletes: After reading Sunset Cross Country’s attendance policy, please identify **all** planned absences from practice during our season in the table below. Apart from absences for sickness or emergency, any other absences **not** identified below will be considered **unexcused** and subject to penalty.

While we ask families to consider changing plans to accommodate a commitment to Sunset Cross Country (e.g., rescheduling a dental exam), we understand there are circumstances and situations that make rescheduling impractical and/or impossible.

Date of Absence			Reason for Absence
Day of Week (Circle One)	Month (Circle One)	Date(s) (Be specific)	
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled

* For the health of our runners, there should be no college visits or other travel between October 21 and November 9.

To the best of my knowledge, the dates above are the only dates of practice from which I will be absent, excepting sickness and emergencies.

Athlete Signature: _____

Date: _____

Parent Signature: _____

Date: _____



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ACKNOWLEDGEMENT OF RULES (TEAM AND SCHOOL RULES)

After reading all rules regarding Sunset Cross Country please read and sign the following statements:

ATHLETE:

I have read and understand the **Attendance Policy**, including all definitions, processes, and consequences.

Please initial: _____

I have read and understand the **Sunset Cross Country Rules and Expectations**. I agree to abide by these rules and become a member of the Sunset Cross Country team.

Print Name: _____

Signature: _____

Date: _____

PARENT/GUARDIAN:

I have read and understand the **Attendance Policy**, including all definitions, processes, and consequences.

Please initial: _____

I have read and understand the **Sunset Cross Country Rules and Expectations**. I agree to help my son/daughter abide by these rules and become a member of the Sunset Cross Country team.

Print Name: _____

Signature: _____

Date: _____