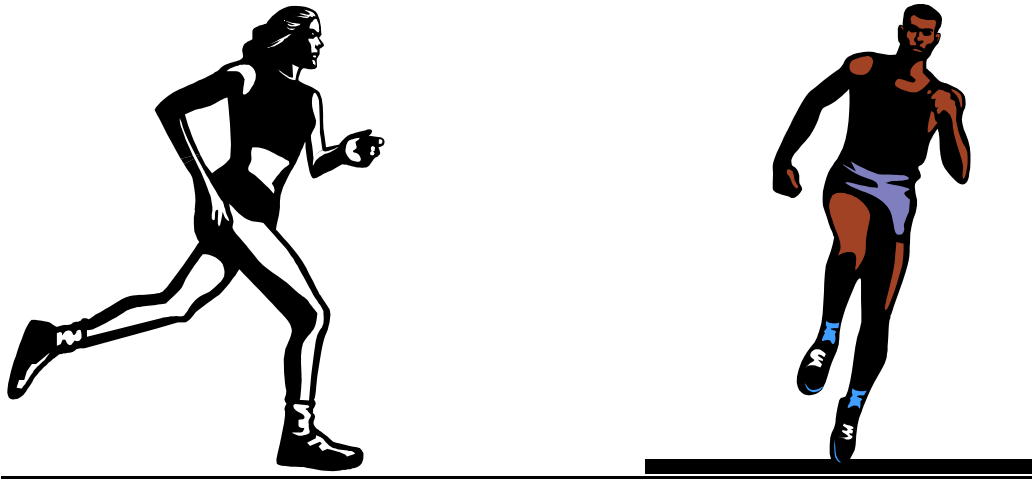


# BELLA VISTA HIGH SCHOOL GIRLS AND BOYS CROSS COUNTRY GUIDE

## Coaching Staff

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Official Website: <http://www.bvtrack.com/>



The following guide summarizes the rules and awards system used for the Bella Vista High School Girls and Boys Cross Country Program. It is important that you and your parents (or guardian) read and understand this information and that you and your parents sign the form on the last page of the guide and return it to the head cross country coach.

## **Rules and Guidelines**

These rules apply to all athletes participating in the Bella Vista High School Girls and Boys Cross Country Program:

1. You must be at all practices on time, with proper equipment, and prepared to workout. Proper equipment includes: (a) running shoes; (b) running shorts; (c) water bottle; and (d) digital stopwatch with split lap time capability. If you are participating in other activities that conflict with cross country practice, you must notify the head coach in advance to discuss the conflict and receive approval to miss cross country practice.
2. If you are not able to attend practice, you must notify the head cross country coach in advance of practice that day.
3. Absences from practice and/or meets must be excused by head cross country coach. It is preferred that athletes use link in [xcstats.com](http://xcstats.com) to "Notify your coach of a planned absence". If you are not sure what constitutes an excused absence ask your coach but here is some guidance:
  - a. Excused Absence
    - Sickness
    - Family Emergency
    - Injury (if cleared by coach)
    - Doctor/Dentist Appointments
    - Religious reasons
  - b. Unexcused:
    - Homework/Projects
    - Social activities
    - After school jobs
    - Leaving Practice Early w/o clearance from coach
    - Not completing the workout w/o clearance from coach
4. Attendance at practice means completing the entire workout, including warm-up and cool down. Leaving early and/or not completing the workout is considered an "unexcused absence".
  - a. Consequences for "Unexcused absences"
    - i. First "Unexcused absence": A verbal warning
    - ii. Second "Unexcused absence": A verbal warning
    - iii. Third "Unexcused absence": Athlete will not be allowed to compete in the next meet.
    - iv. Fourth "Unexcused absence": Athlete will not be allowed to compete in the next meet.
    - v. Fifth "Unexcused absence": Athlete will not be allowed to compete in the next meet and Athlete will not be allowed to earn a Varsity letter or attend the "Reward trip" at the end of the season.
    - vi. Missing more than 20% of the scheduled workouts for the season will result in not receiving a participation award at the end of the season and the athlete will not be able to attend the awards Banquet.
5. All Workouts should be logged in XCStats and/or through Strava.

6. There should be little to no walking at Practice. Walking should only occur with new (first year) runners as they are just developing conditioning in order to complete a workout without walking.
7. Training runs are off the streets as much as possible. However, occasional runs on the streets must be completed in compliance with the "Bella Vista High School Cross Country - Rules of the Road" (see below).
8. Although attendance at all cross country meets is important, there are some competitions that are more critical to team goals and success. Therefore, it is important that athletes do everything that can do to avoid missing league meets and all post-season competitions (Sub-Sections, Sections and State meets). To get credit for participating in a meet, you must complete the entire cross country course, unless you are injured during the competition.
9. During a meet you cannot pull yourself out of a race unless you receive permission from the head cross country coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head cross country coach. We encourage athletes to "cheer on" the other members of the team in their races.
10. Failure to show up for any meets without the prior approval of the head cross country coach is unacceptable. You have a meet schedule (see BVTRACK.COM website), make sure your work schedule, academics, appointments, etc. work around it. Please notify the head Cross Country coach as soon as you know there is a possibility that you will miss a meet for any reason.
11. In order to maintain your eligibility on any athletic team at Bella Vista High School, you must maintain certain academic standards. Please see the "Parent and Student Athletic Handbook" for details on this requirement. Notify your head coach if you are having difficulty meeting this requirement so that academic assistance can be arranged before Athletic eligibility is lost.
12. You must wear the complete Bella Vista High School cross country uniform (Singlet and solid black shorts) at all meets. You may wear additional clothing underneath your uniform (such as under armor) for comfort and/or to keep warm, as necessary, but your undergarments worn in competition must match other members of the team. Please confirm the preferred color for the undergarments with the head Cross Country coach.
13. You are encouraged to purchase your uniform from the coach at the beginning of the season. This uniform can be used for both Cross Country and track seasons during your time at Bella Vista. If you are unable to purchase your uniform you may check out a loaner uniform from the coach. You are responsible for any equipment assigned to you. If your uniform is lost or stolen you must reimburse the Bella Vista High School cross country program the following amounts (see Table 1):

Table 1. Reimbursement Costs for Uniforms	
Item	Amount (dollars)
Singlet (top)	46.00
Sweat outfit (tops)	80.00

**All uniforms must be returned to the head cross country coach before or at the awards banquet (in order to receive your awards) or within five (5) days of the completion of the cross country season. Uniforms must be washed before they are returned. Be sure to wash and dry your uniforms and sweat outfits as per the "care instructions" contained in the uniform. The sweat outfits must be machined washed separately in the "cold, gentle" cycle - do not bleach the sweat outfits and be sure to line dry them. The sweat outfits cannot be "dry cleaned".**

14. All injuries must be reported to the head cross country coach. If it is serious enough you will be expected to see your family physician or a sports medicine physician, which I can refer you to. **Extended absences from practice due to an injury must be supported by a note from your physician.**
15. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found involved in this activity.
16. No outside competitions (including road races, club age-group competitions, triathlons, etc) allowed during the season without the approval of the head coach.
17. No one person is above the **team**. Fighting, "trash talking", mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important - no matter how fast or slow they run, and deserves your respect and encouragement.
18. No outside coaching is allowed during the season without head coaches permission.
19. Swimming in bodies of water, including ponds, lakes, or rivers, is prohibited without prior consent.

### **Rules of the Road**

The following are the rules, which should be followed by all Bella Vista High School cross country runners when participating in off-campus running workouts:

1. Each day a course will be set up for all athletes that minimizes the use of busy streets. You must not deviate from the designated course.
2. All Runners will run on the "buddy system". No runners run alone.
3. Athletes will not stop at stores or school campuses for water. Put your water bottle in one of the coach's vehicles and get it from him/her at the checkpoints or at the end of practice.
4. Cross streets only at controlled intersections with stoplights, stop signs, and crosswalks. Always look both ways when crossing at the intersection. Do not run against red lights or "jaywalk".
5. Run on the proper side of the street and where you minimize your exposure to traffic. When running along the bike path runners should stay on the shoulder of the trail as much as possible and face the flow of traffic.
6. All runners must be checked in by the coaches before going into the locker room or home.
7. If an athlete intentionally violates these safety regulations, they will be dismissed from the team.

### **Awards**

All awards are presented at the cross country banquet at the end of the season. The awards you receive at the banquet are determined by your: (1) participation at practice and at meets; (2) ranking on the team; and (3) race performances.

### **Annual Awards:**

All athletes are eligible to receive their participation award if they participate in at least 80% of the required practices throughout the season and minimum 3 races. Attendance at the Summer Running Camp will count as having completed the equivalent of one competition. If an athlete misses a significant portion of the season due to illness or injury, they will still be eligible to receive a participation award at the end of the season as long as they have met any of the criteria listed below:

1. Participated in the Summer Cross Country Camp and at least two additional competitions. Plus, the athlete must make themselves available, if possible, to assist the coaching staff throughout the season (i.e. timing practice, assisting with the Bronco Invitational, etc.)
2. Competed in at least 25% of the season competitions. Plus, the athlete must make themselves available, if possible, to assist the coaching staff throughout the season (i.e. timing practice, assisting with the Bronco Invitational, etc.)

### **“BV” Varsity Block Letter and Graduation Numeral Requirements**

To receive a “BV” varsity letter an athlete must exceed the participation requirements above. They must attend 6 days a week of practice attendance with no more than 5 unexcused absences throughout the season and any of the following criteria:

1. Compete on the Varsity Cross Country team at Sub-Sections, Sections, or State Finals.
2. Make a Varsity time standard in at least one varsity race:
  - A girl who runs 23:00 or faster on the Willow Hills Course
  - A boy who runs 18:45 or faster on the Willow Hills Course.
  - Adjustments may be made with these times to account for adverse weather conditions. We will also consider times on similar courses that are not listed above, and reserve the right to award Varsity letters on the basis of other performance-related characteristics.
3. Is ranked in the top 7 on the varsity team at the time of a season-ending illness or injury.
4. Receives a “4-year award” for participation in cross country all 4 years.

### **Special Awards:**

A number of special awards are also given at the awards banquet. These awards go to the team captains (captain's pins) and awards to the 1) Most Outstanding 2) Most Improved and 3) “Workhorse” Award for the athlete who demonstrates consistency in practice attendance and race participation and hard work during practice. In addition, special “Coaches Awards” may be given for various reasons at the discretion of the coaching staff such as “Most Inspirational” athlete or other notable achievements by an athlete throughout the season. In addition, all Senior athletes who receive their participation award for cross country will receive recognition at the banquet, but those who participated for at least 3 years of cross country receive a special senior award. In addition, if the team wins the Varsity League and/or Section championship, each athlete who has earned a participation award for the year will receive a league/ or section championship T-shirt.

Finally, the coaching staff would like to recognize a Student athlete with the Prestigious “Power of the V” award for an athlete who goes above and beyond in their service to others and their community. This award is not given out each year and is only given out if an athlete clearly goes “above and beyond” in their service to the team and or community. This service must be directly related to their participation on the Cross Country team. Examples of past winners include Eugene Kim for Organizing the “GO Bro’s Scholarship fund”, and Justin Lack for Organizing River/Bike Trail Clean-up efforts.

### **Summary**

The athletes and coaches are looking forward to another successful and enjoyable cross country season. By working together, we can all achieve our individual and team goals for the upcoming season. Not all of those individuals whose names appear in the Bella Vista High School Cross Country Performers List were the most talented athletes to participate in the cross country program. They do have one trait in common, however, the “will to succeed”. By developing the self-discipline and physical and mental toughness that is required to succeed in any sport (especially cross country), you “will succeed” as both an athlete and a person.

**!! GO BRONCOS !!**

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## **BELLA VISTA HIGH SCHOOL GIRLS AND BOYS CROSS COUNTRY GUIDE**

PLEASE FILL OUT THE PORTION OF THIS PAGE BELOW THE DOTTED LINE. MAKE SURE THAT YOU AND YOUR PARENTS OR GUARDIAN SIGN IT AND RETURN IT TO THE HEAD CROSS COUNTRY COACH IN ORDER TO RECEIVE YOUR UNIFORM. RETAIN THE REMAINDER FOR YOUR RECORDS.

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We have read and agree to abide by the rules set forth for the Bella Vista High School Girls and Boys Cross Country Program.

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

Athlete's Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Parent's or Guardian's Name: \_\_\_\_\_

Parent's or Guardian's Signature: \_\_\_\_\_