

Benjamin Franklin High School/Junior High Cross Country Expectations 2022-2023

1. Please register your student at <http://registermyathlete.com>. You cannot practice or be with the team without your completed on-line registration. We have 2 teams: a high school team with an athletic fee of \$125.00 and the registration is due before August 8 and a junior high team with an athletic fee of \$75.00 and the registration is due before August 15. Fees for HS and JH are due by 8-29-22 and can be paid with tax credit. We run a XC training program within the teams.
2. Please support BFHS XC by helping us with tax credit, it is a benefit to any tax payer including businesses and will help reduce the amount of fundraising. Please note BFHS Cross Country when making payment!
3. Follow the school's code of conduct and review the JH/HS Athletic Handbook. This is a great opportunity to be in the best shape of your life. This is a coed sport; there will be zero tolerance for inappropriate behavior.
4. We understand unforeseen circumstances may occur and you may need to miss a practice, please contact your coach ahead of time. We must hear from you and your parent if you will not make practice, otherwise it will be unexcused. HS athletes must attend 14 practices prior to the first competition.
5. Please see the attached practice calendar for dates and times of practices and meets. Practice may end earlier or run a little later depending on workouts and there will be no practice on event days. We will notify you of time changes through Remind (See Below). All practices, meets and invites are subject to change.
6. Academics come first. Please make arrangements ahead of time with your teacher for any time you will miss. You are responsible for having your assignments done on time. You must be in attendance at least 50% of the school day to participate. Release time (Seminary) is not included as part of their school day. Please review the grade check procedures. Home-Schooled athletes please email grades every Thursday to hsathletics@bfcsaz.com. If you are too sick to come to school, you are too sick to travel and compete. Get rest and feel better for the next competition. If your athlete is sick, please keep them home and contact the Coach.
7. If transportation is provided for us to travel to meets and invitationals you must ride the bus to and from the event. If you have a special circumstance and must sign your athlete out after a meet or invitational, you must notify the coach one week prior and fill out a release form that will be reviewed by the administration. Athletes cannot drive other athletes. Athletes can be picked up at Benjamin Franklin High School after events. There is no transportation provided for Junior High.
8. Be proud of your team and your school. Do your best at every practice and at meets, encourage each other; we are a TEAM! As a team, we will stay together during events.
9. Miscellaneous:
 - Eat well and hydrate frequently. Bring a water bottle to school and drink water during the day.
 - We are expecting the cross-country parents and athletes to make a full commitment through November 12, 2022 for HS and November 5, 2022 for JH; which is the date of the State Championships.
 - Attending practices during our fall break will be expected. A fall break schedule will be sent out separately. HS will have a competition the second week of fall break, practices are mandatory for competing in it.
 - We are required to register each student one week prior to an invitational, if a student is registered to attend an invitational, they are committed to being there. If a student does not attend an invitational they are registered for, we cannot make any last-minute changes or substitutions, which could have a negative impact on our team scoring. Please notify of vacations/events etc. ahead of time.
 - We monitor the weather before each practice. We will send out a message if practice is cancelled. It will be HOT; we will still run!
 - Running/pacing/biking alongside any athlete during competition is prohibited.
 - In addition to using Register My Athlete (RMA) for communication, all parents and students **MUST** sign up for Remind, this will be our main form of communication. (Text 81010 @xcbfhs for high school and @xcbfjh for junior high) Remind is private, any messages sent or received can only be viewed by the Coach. Please use your full name when signing up.

Please feel free to see me with any questions! Thank you for all your help and support! We are looking forward to an amazing season! Coach Valentine: cvalentine@bfcsaz.com

Additional Benjamin Franklin Cross-Country information 2022-2023

Athletes MUST bring their own water. They will be required to carry it while running. It is suggested each athlete bring a hand-held water bottle, backpack/running vest or a waist belt that holds water. No Hydroflasks, or large containers will be allowed on a run. A small plastic water bottle will work. Athletes that do not bring water, will not leave campus.

Athletes must be in appropriate running attire. No heavy sweatshirts or sweatpants. Running sneakers must be worn (No Vans or Converse). The locker rooms will be available for use, please bring your own supplies. Lockers can be assigned; you must provide your own full-size combination lock. If you need a locker, please see Coach Jefferies during your lunch. Items should not be left out in the locker rooms.

If your athlete arrives late to practice, they may not be able to participate and will be sent home. If our team has already warmed up and/or has left campus your athlete will not be able to join us and should contact their parent for pick up.

No headphones or Airpods allowed at practice.

XC Training program: Athletes will be coached to run properly and train for the required race distance. Athletes must show the ability to follow directions, cross major roads, and be able to communicate concerns to the coach before moving out of the training program. The XC training program will follow the JH schedule.

During any event/invitational/practice etc., please do not let your athlete leave without saying good-bye to the coach.

For athletes who are issued a team uniform you must wear the uniform to all competitions, you are not allowed to wear your uniform to practice.

Attached is a suggested list of items to bring to meets and invitationals. Please keep all your belongings inside a bag/backpack while at events.

Information sheets that include invitational date, race times, location etc. will be sent home or emailed prior to each event. There may be entrance/parking fees charged at events. Approximate events: HS - 8 events. JH - 6. Volunteers will be needed for the JH Home Meet.

All practice, meets, invitationals and event times are subject to change. We do our best to plan ahead but there are some circumstances that are not in our control. We will notify you of any changes as soon as we are aware of the change. We thank you in advance for your understanding.

If your athlete receives a refocus/acknowledgment form, it will need to be reviewed and signed by the athlete and the parent and returned to Coach Valentine.

We all want what is best for each athlete, and we are here to help and support them. Safety will always be our number one priority. We are all on the same team!

I will be available after every practice if you would like to chat! You can also send me a message on the Remind or send me an email cvalentine@bfcsaz.com