

# 2020-2021 Irons Boys/Girls Cross Country Parent/Athlete Information Guide



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## Athletes and Parents:

(Please read to the end, there are important directions there.)

Congratulations! It is a privilege and an honor to represent the Irons Boys/Girls Cross Country Team. You should be very proud of your child/children. This privilege comes with the high expectations outlined below.

### PRACTICE & ATTENDANCE POLICY

Practices are NOT optional! You are expected to be on time and attend EVERY practice for the ENTIRE practice unless you have an excused absence (sick at home, family emergency, etc.) or have made prior arrangements with the coach.

If you are unexpectedly absent from practice, you will be required to have a note (or email) from your parent/guardian upon returning to practice. No note/email constitutes an unexcused absence and is subject to “conditioning make-up.”

While excused absences are acceptable and understandable, please try to do your best with communicating absences. Excessive tardiness and/or absences are subject to player dismissal from the team at the Head Coach’s discretion.

7<sup>th</sup> Grade & 8<sup>th</sup> Grade Boys/Girls practice begins promptly at **7:15 AM Monday through Thursday** and gets out at **8:15/8:20 AM**. **There are NO Friday practices!** Please drop your child off at the front of the school by the double gym doors if you are driving them to Irons. The doors will open at 6:45.

**Early busses are as follows and will begin transporting students on September 8th:**

Kaufman: Bus #4033 @ 6:25am

Oak Ridge Elementary: Bus #4019 @ 6:30am

After practice, the students are expected to wait in the cafeteria until the bell rings (after they get ready for the day). They are not allowed to hang out in the locker room once they have finished getting ready, even if they have first period athletics.

### BEHAVIORAL POLICY

Athletes are expected to act as young ladies and gentlemen and be well disciplined at all times while in school, away from school, at home and on the track/field. I will be sending notices to all teachers announcing the individuals representing the Irons Cross Country Teams asking them to let us know of any poor behavior and disrespect in the classroom. The Administrative Staff and Assistant Principals will also be informing us of referrals and incidents that are unbecoming of an Irons Athlete. **Any negative report from a teacher will result in extra work consequences and is subject to a one meet suspension. Multiple occurrences will result in immediate dismissal from the team.**

If an athlete is given ISS (In School Suspension) as a consequence for their behavior in school they are suspended for as many meets as days they have ISS (Two Days of ISS = Two meet Suspension). Any more than a three-day punishment of ISS is subject to immediate dismissal from the team. Students are unable to practice or play on days they have ISS. Those meets missed due to being in ISS do not count toward their suspension.

While it is impossible to list all types of misbehavior, here are several types of behavior that are sure to earn you dismissal from the team this year and prevent you from making the team in any remaining years in Junior High.

1. Using drugs, alcohol or tobacco products.
2. Bullying or picking fights with other students.
3. Stealing personal property of others.

***\*The Head Coach’s discretion will apply to all occurrences and the final decision on the athlete’s consequences and/or status as a member of the team.***

## **BOYS/GIRLS CROSS COUNTRY ACADEMIC POLICY**

We expect all of our athletes to put academics FIRST and adhere to a stricter policy than the Texas UIL Eligibility Rules.

Athletes' grades will be checked every three weeks as progress reports are distributed to students. Athletes must be passing all classes with a 70% or higher or they will be suspended from running in future meets (minimum one meet) until they bring their grade up to a passing level. Grades will be monitored and checked weekly every Tuesday to determine if the student has regained their eligibility.

**\*Please note that if an athlete is ineligible at the end of the first semester then they will be ineligible for the remainder of the season due to UIL eligibility standards and will be removed from the team.**

## **DRESS AND GROOMING**

We expect our students to strictly adhere to the Irons Junior High Dress Code. Please dress appropriately as you are constantly on display and representing the Irons Boys/Girls Cross Country Team.

### **Practice Uniforms**

P.E./Athletic clothes or appropriate attire should be worn to practice.

### **DO NOT WASH OR DRY ANY UNIFORMS ON HOT!**

*Note: Athletes will be held responsible for the cost of replacing any lost or damaged uniforms and gear. Take care of your stuff!*

## **EXTRACURRICULAR ACTIVITIES**

Please contact Coach Sorbo or Coach Scurto if you have questions regarding a conflict with extracurricular activities.

## MEET DAY PROCEDURES

A copy of our meet schedule is attached and can also be found on Boys/Girls Athletic website. Both 7<sup>th</sup> and 8<sup>th</sup> Grade Girls/Boys meets are at the same location.

Please see schedule for more information on times/locations of meets.

### Away Meets

This year UIL has limited how many athletes each team can take to meets. We are only allowed to take five runners per division (five 7<sup>th</sup> grade girls, five 7<sup>th</sup> grade boys...). That means runners will have to compete for a spot for each meet. Runners will be notified by the end of practice on Thursday if they will be going to the meet that week.

Runners attending that week's meet will report to the locker room immediately when dismissed via PA system (or pre-arranged time) to change clothes and then board the bus to travel to our away meets. Seventh and eighth grade athletes will ride the same bus and will be spread out with a seating chart. There are no return busses to Irons! All athletes must ride home with parent/guardian! If riding home with another parent, I will need email confirmation from BOTH SETS OF PARENTS PRIOR TO THE MEET!!

*Please keep in mind that meets are earned through hard work in practice and maintaining a reputable status as a part of this team. Runners need to maintain practice performance, behavior, attitude, and grades.*

## COMMUNICATION

For communication purposes, the best way to reach us is through email. We will reply or call as quickly as possible. We encourage both you and your athlete to sign up for REMIND. Send a text to: **81010** with the message @IronsCr, but also check the Boys/Girls Athletic website regularly for important announcements/updates.

Runners, we would like to thank you for your upcoming dedication and commitment to excelling as a student athlete and your role in helping to build a successful Cross Country program. Thank you parents, for the support of your children, our policies and our program. We feel the best way for you to support your athlete is to simply show up and cheer for them and the team they are a part of. We look forward to seeing you at the course in just a few short days.

**There is a link to an acknowledgement form on the main Cross Country Website. Please click on it and fill it out and have physicals uploaded by August 26<sup>th</sup>.**

### **Cross Country 2020 Meet Schedule (subject to change)**

Date	Meet	Location	Time (tentative)
Friday, Sept. 11th	Hartwell Brown Invitational	Stockton Jr. High	4:30
Friday, Sept. 18th	TBD		
Friday, Sept. 25th	Oak Ridge Invitational	Oak Ridge HS	5:00
Friday, Oct. 2nd	McCullough	McCullough JH	4:15
Friday, Oct. 9th	TBD		
Friday, Oct. 16th	District	Caney Creek HS	