

Bloomfield Hills High School  
2020 Cross Country Season Information



### Coaching Philosophy

A successful program is developed through a student athlete focus, maintaining a positive team culture, leading by example, empowering effective leaders, and being accountable in both victory and defeat.

“Through hard work and perseverance, anything is possible.”

Success is exemplified through hard work, honesty, determination, and showing support for all team members.

To fulfill our mission we will:

- Have fun!
- Be loyal to our coaches, our team members and our program
- Support all team members during practice as well as competition
- Provide the opportunity for athletes to compete at a level where they are continuously challenged
- Practice with the highest work ethic possible
- Persevere to the end- Never give up
- Always present ourselves with dignity, poise, composure, and class
- Emphasize team support and team unity
- Introduce important values such as sacrifice, dedication, and accountability
- Always display a positive attitude and good sportsmanship especially against rival teams
- Support team members while they compete as well as after they compete

## **Bloomfield Hills Cross Country Rules of Conduct**

1. The Bloomfield Hills cross country athletes will follow all rules displayed in the Bloomfield Hills Athletic Co-Curricular Student Code of Conduct as agreed upon at the start of the Cross Country season.
2. Athletes will display the appropriate participation and attendance for the entire season including all practices and competitions.
  - A. Cross Country will practice Monday - Friday, from 2:45 p.m. - 5:00 p.m. during the school year (please check the August schedule for off school year times and locations)
3. Academics come first! Zangle Reports will be printed every Tuesday and passing grades are mandatory in order for athletes to participate in cross country.
4. Athlete Behavior:
  - A. Show respect for BHHS staff sport officials, opponents and parents.
  - B. Participate in every practice, competition, performance, game, tournament, and event required by the Coach.
  - C. Arrive promptly, proper attire, for every practice, competition, game, tournament, unless the Coach has granted an excused absence or tardy.
  - D. Positive role model. Demonstrate sportsmanlike behavior and respect those around you.
  - E. Attitude: Think positive, believe in yourself and teammates, be respectful.
  - F. Help promote and support other BHHS athletic programs
    - Exemplify honesty in school work
    - Show respect and exemplify appropriate behavior in the classroom.
    - Demonstrate appropriate behavior while engaged in school-related travel.

## **Attendance Policy:**

1. Participants will be allowed 3 unexcused absences (personal days) for the Cross Country season. I will call with your son or daughter to ensure everyone is aware of the third absence. Upon the fourth unexcused absence, participants can be officially removed from the team. The athletic office will be notified. The ability to earn a varsity letter award will be forfeited.

a. Absences due to a family trip between prior to the start of the school year will be excused.

b. Examples of absences that WILL count towards the season total include, but are not limited to, the following situations (these count toward your season total of 3 personal days):

- Doctor appointments.
- Job conflicts.
- Tutoring conflicts.
- Outside of school activities (athletic teams, music/dance/choir, drivers training, other lessons, classes, church groups, comm. service, etc.).

c. Examples of EXCUSED absences that WILL NOT count toward the season total of 3 personal days include:

- Formal college testing conflicts (ACT's, SAT's, PSAT's). However, participants will do everything possible to schedule tests outside of the season time frame.
- Student government (if an elected representative).
- School sponsored field trips.
- Make up exams that must be taken after school (note from teacher is required). Try to schedule make-up work in the morning or during advisory.
- Mandatory National Honor Society meeting.
- Out of school illness.
- Some in-school activities only if arranged in advance.
- The coach reserves judgment on the number of conflicts and removal from the team due to these conflicts.

2. All injuries and illnesses should be reported immediately to the head coach and athletic trainer. Athletes are expected to continue to attend practice while injured unless agreed upon by the coach/parent/trainer. Athletes should continue rehabilitation for the injury while also participating in stretching and any other physical activity allowed. Injured athletes are also expected to attend meets during the week and on the weekend.

3. Family emergency: parent (not student) will need to contact Mr. Richardson by email or phone/text. Participants will be excused if a family emergency arises ([drichardson@bloomfield.org](mailto:drichardson@bloomfield.org) (248)-842-4681).

4. **COMPETITIONS:** Attendance at all meets is **MANDATORY**. The meet schedule will be distributed during preseason practices and is on the team website. All participants are expected to attend all meets and the scheduling of all other activities should work around the meet schedule. If an unavoidable conflict arises (illness, family emergency), notification and approval (based on the attendance policy criteria) from coaches is necessary. Failure to attend a meet without prior notice can result in official removal from the team. **ALL SCHEDULED MEETS ARE MANDATORY** even individuals who are injured.

# Varsity and Junior Varsity Selection Process

## Team Selection Process

Cross Country is a non-cut sport and we welcome all students to participate for the 2018 season. The coaching staff will determine whether the cross country athlete has met the listed criteria in order to attain the Varsity Standards or Junior Varsity Standards throughout the season.

### Varsity Letter Performance Standards:

1. Bloomfield Hills cross country athletes must qualify by finishing for the varsity team (top 7) a minimum of three times.

2. The Bloomfield Hills cross country athletes must run a (5K) time standard of:

**Boys** = 18:30.0 (5:58 pace per mile)

**Girls** = 22:00.0 (7:05 pace per mile)

This can be attained at any official meet during the school year.

### Varsity Selection Process

1. Regular season varsity status is based on the times from the previous meet's performance. The top seven performances (Varsity/JV collectively) will typically run varsity the next race. The coaching staff reserves the right to exercise discretion regarding race entrants as necessary and appropriate.

### Junior Varsity Selection Process

1. Athletes must attend practice on a daily basis.
2. Athletes must run a minimum of 3 miles without stopping.

**All athletes must participate in a minimum of one week before competing in a meet per MHSAA rules.**

# Bloomfield Hills Cross Country 2020 Boys and Girls Schedule

<b>Monday August 10</b>	Parent Meeting @ 7:00p.m.	Online
<b>Wed. Aug 12</b>	1st official day of practice 7:30a.m.-9:45	BHHS Track

Once school begins practice will be at 2:45-5:00 unless otherwise noted

## Coaching Staff

**Head Coach:** David Richardson Cell 248-842-4680 [drichardson@bloomfield.org](mailto:drichardson@bloomfield.org)

**Assistant Coach:** Elan Bauer, Jackson Prepolec

**Athletic Director:** Avis Najor- [avnajor@bloomfield.org](mailto:avnajor@bloomfield.org) 248-341-5760 or 248-341-5669

**Athletic Trainer:** John Ciecko- [jciecko@bloomfield.org](mailto:jciecko@bloomfield.org) 248.341.5661

## Websites:

**Google Group:** Release of weekly information every Sunday

Bloomfield Hills HS Cross Country: Click on the link to join

<http://www.bloomfield.org/schools/bloomfield-hills-high-school/athletics/cross-country>

Athletic.net: <http://www.athletic.net/CrossCountry/School.aspx?SchoolID=52002>

Facebook: Black Hawks Cross Country

Instagram: bhhsxc\_tf