

# Appalachian Track and Cross Country Policy and Procedures

## *Mission*

The program at Appalachian is constantly seeking the highest levels in the Southern Conference and the NCAA in track and cross country both individually and as a team. The program seeks out athletes who rank high in track performance, are personally committed, disciplined and display a work ethic that breeds success individually and for the team. These athletes are motivated to succeed academically to secure their future and athletically to enrich their lives while preparing themselves to become successful citizens. We feel the quality of the athlete determines the quality of the program and its success. There is a price to pay for anything worth doing; however, the price is not anything near the benefits that can be realized personally both academically and athletically.

## *Campus*

We expect all of our athletes to know, follow and obey all campus rules of conduct. We have no control over student judiciary situations. We will abide by all rulings while supporting our athletes. We expect our athletes to set an example of good conduct in the dorms, in the classrooms and in all campus and community environments. We will abide by all policies and procedures set forth in the Appalachian Athletics Handbook and the Appalachian Student Handbook. We expect our athletes to know those policies as outlined in those handbooks.

Our athletic facilities are special and our place of business. We expect team members to help take care of these facilities. We expect our athletes to use the equipment properly and return equipment to their storage areas when finished with workouts.

## *Academics*

Your primary objective is to earn a degree and graduate within 4 to 5 years. Therefore, the policies listed below should agree with you. We know they agree with your parents and the coaching staff. If you choose not to abide by them, you choose not to be a member of the team.

### **Study Hall**

All scholarship freshman and recruited freshman attend study hall or an assigned academic visitation in their first semester. We expect you to take a positive approach and fulfill all obligations of study hall or visitation. Be mature and use the study hall or visitation to its best advantage.

Any athlete in study hall will attend all study hall or visitation sessions and maintain a 100% attendance rating. Any study hall or visitation that is missed will be made up by attending a makeup study hall or visitation. 100% attendance is the minimum. Anyone not fulfilling this criteria will be put back in study hall until the 100% attendance requirement is completed.

### **Team Academic Policy**

Anyone with less than a 2.25 cumulative GPA at the end of any semester will be placed in a study hall or visitation situation with tutors the next semester. They **may** also be suspended, if deemed necessary, from the team until approval to reinstate comes from the Athletic Academic Advisor assigned to our team.

If an athlete receives an attendance contract for having missed too many classes (four), they will be suspended from a track meet for every class they miss once they sign the attendance contract. This includes the conference championship. If an athlete misses

more than two meets because of not attending class, the athlete will be suspended and/or may not have their scholarship renewed the next season.

### **Probation Policy**

The first time you are placed on academic probation by the university, you will be placed in a study hall with tutors. If this is a less than 2.00 GPA situation, you may be suspended from the team until approval to reinstate comes from the Athletic Academic Advisor that is assigned to our team.

The second time you are placed on academic probation, you may be suspended from the team for the entire semester or part of a semester as well as be placed in study hall with tutors. **You will forfeit one half of your scholarship money** until such time as you come off probation and are eligible to workout with the team and compete.

**KEEP IN MIND THAT THERE IS NO THIRD TIME. YOU WILL BE SITTING AT HOME WONDERING ABOUT WHAT YOU SHOULD HAVE DONE.** After the second probation, the athlete is suspended from attending the University.

### **Scholar Athlete Ring**

All graduating members of the team with a cumulative GPA over 3.00 will receive a Scholar Athlete Ring presented at halftime of a football game by the Athletics Department after they graduate.

### ***Practice***

You don't want to miss any of the advantages of practice. There is no success coming out of talent alone - hard work, talent and a Good Attitude breeds success. We do have a make-up system that is explained later.

If you have a problem and anticipate a late arrival or absence from practice, make sure you call your event coach well in advance of the practice time. If they are not in, make sure you let the phone ring enough to get the secretary or the answering machine and leave a message. Please don't call five minutes before practice. However, any missed practice without prior approval will be made up. The make-up policy is explained on the next page.

Please don't get defensive about your coach questioning you when you are tardy. Your late arrival automatically requires they talk with you. Explain it calmly! If you messed up, be mature and admit it. Blaming someone or something else is not what we want to hear. Explain the situation but prepare to accept whatever consequences are given. However, if you come to practice tardy more than once in a week; then, a make-up will be necessary.

Anyone that is officially considered one of Coach Weaver's assistants is always to be considered with the utmost respect. We have full-time, part-time and student assistants. We will not tolerate anyone not respecting them all. The fastest way off the team is to make yourself a problem to the assistants. You are, however, always welcome to discuss a problem with Coach Weaver.

There will be times when you will be given a workout or part of a workout to do alone or with partners. Your ultimate success in track and cross country will depend on how well you complete those tasks. If you cut it short or leave without doing a good job - you are letting the team down and that will not be tolerated.

The training room and trainers are there as allies in your quest for athletic excellence. **If you need treatment, come early enough to get the treatment and make practice on time.** If there is a problem, see Coach Weaver before the problem gets worse. Miss treatment and you get no sympathy or understanding. Miss treatment continually and the discussion will be about your commitment to your training, to the team and whether you belong among dedicated track athletes.

### ***Make-Up Process***

If you miss a workout of any kind for any reason without approval by Coach Weaver, you will be required to make it up on a day selected by Coach Weaver at 6:30 am. Coach Weaver will personally contact you when to come to makeup and where to meet him. This is not your only workout for the day. You must still attend the regularly scheduled workout for that day.

If you miss the mandatory make-up session, you will then be required to come the next two makeup sessions. If you miss either of the two, you will be suspended from the team for one week. At the end of the week, you must attend a conference with Coach Weaver at an agreed upon time and place to discuss reinstatement. If you don't show up for the conference - you are suspended from the team for the remainder of the year and will forfeit any scholarship money.

Dedicated, committed athletes do all the things necessary to be successful. A disciplined person with personal and team pride, will see this process as a means for you to extenuate your desire to be successful. You will see the make-up system as a means to that end. If you are a leader, you will be a role model for all others and use this system to maintain the integrity of the team and make this program special and full of the "right people with the right stuff". If you aren't gifted with the discipline and desire you should have - then maybe this system will help you achieve it or you will not be with us long.

### ***Team Selection Process***

We have things we must do in our program to comply with NCAA, Southern Conference and ASU Athletic Policy. We have minimum standards that indicate the level of performance in all events which we need on our team to continue our success. We strive to encourage and recruit athletes that meet those minimum standards. We will be limiting our men's squad to 45-50 athletes and our women's squad to 45 -50 athletes. We will make the **final** selection for the team each year after the December indoor meet. Scholarship and recruited athletes are automatically on the team for the year. Anyone in a tryout process will be subject to review on whether we choose to keep them on the team.

**Tryouts will be required to sign a Tryout Agreement with explanation from Coach Weaver. Tryouts will not receive any equipment, apparel or any other issued items during their tryout. If a tryout makes the team, these items will be given to them as any other team member.**

**The coaching staff reserves the right to release any athlete from our team at any time between the first day of workouts to the meet in December that is in a tryout process.** Once the list has been posted, the team is selected for that year.

The Southern Conference has initiated guidelines for the Indoor and Outdoor Track Championships. Teams will not be allowed to bring more than 25 men's athletes and 25 women's athletes total to the indoor championships. Therefore the coaches selection of the conference team will be primarily influenced by the ranking of the athletes in the Southern Conference Track Ranking Lists. An athlete's potential to score in the conference based on conference rankings will be the sole determination of who makes the 25 list to compete in the conference indoors. The conference limits us to 28 athletes outdoors for men and

women. The same procedures apply there as well.

The selection process for cross country is determined by performance in a time trial conducted during the first week of school. Those athletes not performing at minimum levels will be released from the team. Tryouts are welcome, but only scholarship and recruited athletes are team members. Tryouts must compete at a minimum standard determined by the coaching staff at the time trial in order to be selected to the team.

### ***Competition***

Even after making the team squad list, not everyone travels to away meets. It merely makes you eligible to travel with the team. Occasionally other reasons arise that warrant you not traveling with the team. Coach Weaver will discuss them with you when the time comes. Don't ever be afraid to come to him if you want to talk about decisions or situations. There are entry limitations, travel restrictions, etc that must be considered in college athletics. However, we will always take our best.

You have chosen to be a part of a successful track program. We have worked hard over the years to earn the good reputation and respect our team enjoys. Don't go with the team if you aren't healthy or capable of competing at the highest levels possible. You will get other opportunities, particularly if you are one of our best.

Show some pride and team spirit. Always be willing to step in and fill a spot on a relay team if needed. Show the coaching staff that we have a team full of "winners" who relish each challenge and opportunity and truly "have no fear". This is not a social club. It is a team of college athletes striving to be the best.

### ***Travel Rules***

At away meets, curfews will be established. Please don't test them - it's not good for team morale and unity in preparing for the Southern Conference Championships. No one leaves the hotel/motel without the permission or prior consent of Coach Weaver. We are there to compete, not party. If permission is given, curfew time will be strictly enforced. If the team means that little to you - you won't be on the team. We expect you to be on your absolute best when staying at motels and hotels. There are other guests and we will make a good impression.

When we are away, punctuality at team meetings, meals, etc is absolutely essential. We don't feed athletes who come late to meals. We are also very unsympathetic with athletes that miss meals. We expect all athletes to dress neatly for meals and give a good impression. A Dress code is listed later.

We leave campus or the motel at the announced departure time. We don't call you, go by the dorm or room, etc. If we leave without you, prepare to explain your absence when we return. If you are a relay team member, be prepared to explain to three others as well. If you think you're too good for us to leave you - try it and see what happens. Once you have missed the bus, do not attempt to come to the meet on your own. You will not be allowed to compete. You will be a spectator and will have to ride back to Boone on your own.

Prepare for all possibilities -- pack the night before and never assume anything concerning the weather. It is better to have too much, than to have too little in the way of clothing.

### ***Uniforms***

**You will wear only team issued clothing and equipment for the competitions. The NCAA has uniform rules that must be followed.**

You may wear what you wish for pre-meet workouts on the day before meets unless indicated otherwise by the coaching staff, but we expect your attire to consist of ASU Track or Cross Country apparel. We require that all our athletes wear the uniform properly. Look good, give a good impression of yourself. Coach Weaver will always have the last word on proper attire.

The issued competition uniform and equipment must be used only for competition. Do not wear any of it around campus or to workouts. **THIS IS A NCAA RULE!** This includes travel bags.

If you lose any part of your uniform or equipment, you will have to pay for it. Don't throw your uniform around during meet day and expect to find it later. Put all unused parts of your uniform in your travel bag and zip it up. Take good care of your uniform and take some pride in your appearance by laundering your uniform properly.

The initial bill for lost or stolen items will be sent to the ASU Cashier. You will not receive grades or schedules until this bill is paid.

**It is understood that only you will wear your uniform and issued apparel. We don't expect to see anyone not on the team wearing any part of the uniform or using any of the equipment. This includes workout equipment.**

We purchase good training equipment and competition uniforms. We provide training and competition shoes for team members that qualify. We expect and require any member of our team to treat these articles with respect at all times.

### ***Dress Code***

We insist on proper clothing and appearance by our athletes. If you know we are going straight to the motel on trips and not stopping for a meal, you can dress casually. If you know we will be stopping for a meal, dress nicely and give a good impression. Some thoughts on what is OK and what is not:

**Yes:**

Dress attractively, show some class and dress to give a good impression. Shirts and slacks, shoes, sandals only in warm weather...shorts are OK if you have a nice shirt with it..

**No:**

Cotton sweat pants, t-shirts hanging out, vulgar printing on shirts, suggestive printing on shirts, or attire with other school logos or names on them. Hats will not be worn in a restaurant. Underwear will not be visible and we will not see belly buttons. No torn jeans or raggedy t-shirts.

**Yes:**

For breakfast meals with the team, we require you to wear warmups, bottom and/or top with shoes. If it is warm, then a team t-shirt with a warmup bottom will be fine.

**No:** At breakfast, no flip flops, hair curlers, shorts, etc

### **Practice**

Do not wear clothing of any kind with logos from other schools other than your high school. If you won the shirt at a college meet, that is OK. Show some pride and prove yourself to be a Mountaineer. Remember you chose Appalachian.

Don't even begin to be upset if you wear some other schools stuff and our coaches or captains ask you to remove it or turn it inside out.

Competition apparel will never be worn to workouts.

### ***Team Awards***

You can earn a varsity letter and jacket when you score in a Southern Conference Championship indoor or outdoor which includes relays. You can letter in cross country if you finish in the top seven of our team in a conference championship. However, Coach Weaver has the final word on who letters. We only give letters to student/athletes that are still with the team when they are awarded at the beginning of Fall Semester and end of the Spring Semester.

Championship rings are awarded to athletes who compete in the indoor and/or outdoor championships and win the championship. The nine athletes comprising the team in cross country will earn one if they win a championship. One ring per year regardless how many championships won.

### ***Athletic Scholarships***

We intend to reward outstanding performances with additional scholarship whenever possible. We have a limited amount of aid; therefore, the distribution is on merit. It must be understood that many factors come into play when these distributions are made. The amount of funds available, the number of people qualifying for additions and the performance levels of those eligible. And yes, the overall attitude and cooperation of the athlete is a final factor. We look for individual excellence but, also, that athlete who thinks about the good of the team. However, any athlete who works hard enough and competes well enough to make the NCAA Championship qualification list, they will be given a substantial increase if needed the next year. A full grant is only what it costs to go to school at ASU (room, board, tuition, and fees). **This does not include the high meal option, extra expenses for living at Appalachian Heights, Winkler Dorm or Newland Hall.**

We always evaluate the current team members before offering aid to recruits. However, remember that if we think of the present too much, we won't have a future. There are times that we need to recruit and sign an athlete that will help us maintain the quality of the team with the money we have available.

The money side of attending college is always a factor. If it were in our power, we would help everyone on our team. That is not possible; however, the experiences, friendships and memories are invaluable and will stay with you the rest of your life. It is more gratifying to be a part of something successful and know you had made a contribution to that success than to hear others talk of theirs. On top of that, we hope those things you take with you as reminders of your college athletic experiences (jackets, watches, rings, etc) will be pleasant reminders of a time you dedicated yourself to personal excellence and team success.

**We will never be as proud of the championships won, as we are of the champions who won them. It is all about people.**

### ***Fund Raising***

We are in a situation where we must augment our budget to be able to do the things we do. This includes the quality of the equipment, travel, lodging, meals, etc. The Athletic Department has always been very supportive and given us our share of increases and support in special need areas. However, we are but six of 20 sports at ASU. The funds we earn take us to another level which benefits you.

The coaching staff conducts and works four camps in the summer along with the Grandfather Mountain Marathon and the "Bear" 5K Run to make money for the program. It takes away a major part of our sum-

mer.

Other ways we help ourselves.

Jogathon: This is the single most important fundraiser. We will explain this situation in a team meeting later in the Fall semester. This is the project that requires our full attention.

We have not begun to reach the potential for help this project could bring.

High School Meets: We conduct several high school meets in cross country and track which help us make some money. The help of our athletes is essential to the success of these meets and gives us some great exposure to future recruits.

### ***Intramurals***

Participation in any intramural programs while a member of the track or cross country teams will not be permitted. There are many reasons while this is a strict policy within our program. We have had several athletes suffer broken bones and other injuries that prohibited them from continuing their training and competition. You have chosen to join our program to further your athletic potentials. It requires dedication, commitment and focus in both training and rest from training. If you want to participate in intramurals, you will have to make a choice. Either continue with us, a Division I NCAA program, or compete within the intramural program. You can not do both. If we find out you are participating in intramurals, you will be immediately suspended from the team indefinitely and risk losing your scholarship or place on the team.

### ***Special Thoughts on the Program***

You are special; however, no one has forced you to be a part of this program. You are ultimately responsible for your success and failure and the team's. Our objectives as coaches are to provide you with opportunities and the knowledge to enhance your athletic abilities in a successful way. We want you to be a better athlete than when you arrived at Appalachian. That takes time, cooperation, understanding and a mature approach to all aspects of training and competition. We are anxious to jump into the dreams and goals you have and begin an exciting journey to areas you have only imagined and want to finally realize. It should not be an ordeal, but an adventure. You will learn more about yourself and your abilities to coexist with others and make a successful environment.

Academics is still your number one priority in attending Appalachian. Please get all you can out of it. It is your future. Failure in this area is unacceptable.

You are in college level competition now...leave high school attitudes behind. If you settle for less than college performances, you will not be on the team very long.

The only real rule we want to follow in this program is the "Golden 'Rule'". Do what is right and everything will work out. Communication is all important. Give your coaches feedback and have the maturity and grit to talk with them openly and maturely.

If you choose to test a team policy or requirement, then you have automatically chosen to accept the consequences.

We all make mistakes. If we make a mistake, we will apologize or set it straight. We hope you will have the same degree of maturity in accepting apologies and in issuing them if you are wrong.

You are developing your style, thoughts, beliefs and outlooks -- make them something special that will bring you fame and admiration. Make words like understanding, considerate, mature, responsible,

hard-working, role model and motivated, major adjectives that describe “YOU”.

Your appearance, attitude and methods of communication are a reflection of you, your family and our team. We feel only quality people are on our roster and in our program. Display that quality with pride! Look like someone special, act like someone special, compete like someone special and talk like someone special -- you will be treated like someone special. Present yourself less and you will be treated less and may not last very long on our team.

There isn't anything we can't do if we harness each others energy and combine our efforts. If we take the individual uniqueness we have and make it a intregal thread in the team fabric, only good will result.

There aren't any problems we can't solve as long as we don't abandon our ability to reason and work together!

We do not condone the use of alcohol, tobacco, illegal drugs or any performance enhancing substance. There are laws about alcohol and drugs. We will obey them. If you can't obey the Law of the Land, then you may or will have to sacrifice your membership on the team. We handle all legal situations individually, but follow the Athletic Handbook in almost all cases.

