

# Thunderbird Cross Country & Track

## 2025 Policies & Procedures

### Attendance Policy

Practice is **MANDATORY!** Everyday at practice is an opportunity to get better, whether that is through workouts or recovery. Each athlete is expected to attend all practices Monday through Saturday. Every effort should be made to schedule appointments so that they do not conflict with daily practice.

- If a valid reason for missing practice exists (dr appt, illness, family emergency, etc) the athlete must notify a coach **prior** to the absence. There are 2 ways to notify us:
  - Text Coach Carney at (909) 496-4888 with athlete name, date of absence, and reason for absence **OR** speak with Coach Davis in room Q-105.
- Any athlete that fails to notify the coaching staff about an absence prior to practice will result in an Unexcused Absence.
- Consequences:
  - 3 Excused Absences = Missing the next race
  - First Unexcused Absence = Missing the next race
  - Second Unexcused Absence = Dismissal from the team
- Excused absences can be cleared by posting your make-up run on Strava and showing it to the coach at the next practice.
- Any athlete that is dealing with an injury must attend every practice unless they have permission from a coach to miss.

### Social Media

If any athlete in the program utilizes social media (Tik Tok, Instagram, Snapchat, etc) to bring discredit to or cyberbully another athlete, coach, the program, or school, the athlete will be immediately removed from the team. **There are no warnings for this!**

### Varsity Designation

The coaching staff determines the “varsity lineup” on a weekly, race-by-race basis. Varsity athletes will be chosen and announced prior to a meet based on a variety of factors, including previous performances, practice attendance, effort at practice and history of injuries/illnesses.

## **Practice and Meet Conduct**

- **Practice**: Every member of the team is required to wear appropriate attire during practice. Running shoes, shorts and a shirt are all that is needed. A watch is highly recommended. Athletes must conduct themselves in a manner at practice that is respectful to themselves, their teammates, coaches, YHS and the program itself.
- **Meets**: At meets athletes must wear attire that represents Yucaipa Cross Country. Uniform, shirt, and sweats are essential to meet attire. Other teams need to be able to recognize who you run for. Athletes must conduct themselves in a manner that is respectful to themselves, their teammates, coaches, YHS and the program itself.

## **Strava**

Each athlete is required to register on the Strava App. Athlete progress, training, and feedback are provided through this system. After you sign up on Strava, be sure to join our Club: Yucaipa Cross Country 2024

## **Communication**

The following resources are our main forms of communication:

- thunderbirdtc.com (team website)
- Instagram: @yhsxc
- Remind App: athletes text @yhsxcs to 81010  
parents text @yhsxcross to 81010
- Line App: athletes can speak with Coach Davis at practice to get signed up