

# GIRLS CROSS COUNTRY TEAM SYLLABUS 2019

HEAD COACH: Gabrielle Bournes Email: Jacrabbits@lbgxc.com Phone: 562-760-7449 Team Website: <a href="http://www.lbgxc.com">www.lbgxc.com</a> Remind: Download app and join the class @polygxc Or enter 81010 and text @polygxc	TEACHER OF RECORD: Mike Phillipow Email: Mfillipow@lbschools.net Phone: 562-754-8009
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## **Location**

Class meets daily during period 7/8<sup>th</sup> period on the track or unless otherwise specified.

## GRADING POLICY

90-100% = A  
80-89% = B  
70-79% = C  
60-69% = D  
59% and below = F

## GRADING CATEGORIES & WEIGHTS

### **Participation = 85% of grade**

#### ***Participation is defined as the student –athlete being:***

- on time
- properly dressed for the class, practice, or contest
- focused
- fully engaged
- encouraging of others
- a positive role model for others
- helpful
- in attendance during full class period daily
- in attendance at all practices and contests
- in attendance at all fund raisers
- actively running in all workouts, not walking

### **Athletic Clearance = 15% of grade**

#### ***Athletic Clearance is defined as the student-athlete being:***

- cleared by the Athletic Secretary at least two weeks prior to the first in-season athletic contest
- at or above an overall GPA of 2.0
- varsity at least a GPA of 2.5

## COURSE/TEAM POLICIES

- The athlete and or parent must communicate with the Head Coach prior to missing any class, practice, or contest. A Head Coach or Teacher of Record will require a note from a doctor following an absence or a missed practice or contest.
- Participation on an athletic team is a privilege and it is expected that student-athletes exemplify the highest standards of behavior both on and off of our campus as their behavior also reflects on the team and our school.
- Full participation in all practices and contests is expected (3 Moore League Meets). Earning course credit for athletic team participation requires many more hours than other courses. Failure to fully participate will be reflected in the course grade and removal from the course and team may occur.
- All athletes are expected to complete practice to the best of their ability. Athletes who walk on their runs or during practice will be asked to stay on campus and will not be allowed off campus.
- Athletes need to be able to complete 3 miles in 30 minutes or less in order to run off campus with the team.
- Please read weekly emails. Emails have all the information that you need for class/practice and meets. Check the Remind app for daily updates @polygxc.