



# STUDENT ATHLETE HANDBOOK

2008

All Randolph College cross-country student athletes will hold themselves to a higher standard of excellence than other students. All rules and regulations in the college's student and student-athlete handbook will apply. The following are additional standards expected from each and every member of the cross-country team.

**Coach Cat Phillips**

(434) 444-4134 (c)

(434) 845-1775 (h)

[cphillips@randolphcollege.edu](mailto:cphillips@randolphcollege.edu)

**Coach Peter Sheldon**

(434) 238-5681 (c)

(434) 947-8488 (w)

[psheldon@randolphcollege.edu](mailto:psheldon@randolphcollege.edu)

**Practice:**

ALL practices are mandatory. If you must be **late** for any reason, you need to email BOTH Coach Cat and Coach Sheldon (cphillips@randolphcollege.edu and psheldon@randolphcollege.edu) OR you must speak directly with either coach via phone or in person. No exceptions. The team will decide on appropriate penalty for lateness and for absences. You must discuss class conflicts, and how we will re-schedule your individual practice, with both coaches as soon as you schedule your classes. *Class conflicts with practice time should be avoided unless the class is a requirement.*

**Practice Times:**

Time of practice means ready to run or begin the workout at the designated time. If the athlete has to see a trainer, this must be done BEFORE practice begins. If class schedules conflict, then seeing the trainer by appointment before class is required. If the athlete has a lab or class immediately prior to practice, it is suggested that the athlete wear their practice clothes to the lab to ensure making it to practice on time.

**Prior to Practice:**

Due to the late afternoon practice times, it is recommended that each athlete not only eat lunch, but have a small snack 1-2 hours before practice. This will maximize your muscles' ability to strengthen from the workout. Snack suggestions include: bagel, apple, granola bar, peanut butter & jelly, yogurt, crackers & cheese, Gatorade etc. Stay away from refined sugars and caffeine.

**Practice Equipment:**

All athletes must have proper running footwear, a digital watch, and a water bottle at all practices. Discounts for running shoes and apparel will be given from Riverside Runners to all current Randolph College Cross Country athletes. The athlete will return all team issued equipment at the close of the season. Any gear—uniform, warm-ups, bags, etc—that is not returned will be charged to the student's account at full replacement value. Any athlete that does not complete the season in good standing will also be required to return all practice equipment and shoes, no exceptions.

**Away Meets:**

All eligible athletes must compete at all dates of competition unless there are qualifying standards (NCAA Regionals). Buses/Minivans depart from in front of Main Hall at the designated time in your schedule. All times are subject to change, so pay attention at meetings before and after practice. Meals will be provided at away meets where the time away from campus corresponds with a standard meal. NCAA Regional standards for Randolph College are the top 7 athletes with times averaging 8:00 per mile or better (6K) for women and 6:00 per mile or better (8K) for men. Note: only 7 runners are allowed to compete, thus the fastest 7 athletes per gender that meet this standard qualify for Regionals. If Regionals is held in a location that requires a multiple night trip, the decision on whether or not to attend will be at the discretion of the athletic director.

#### **Non-Traditional Season:**

All eligible cross-country athletes are required to attend the non-traditional season in the spring. There are two exceptions: those students who are spending the spring semester abroad or those students who are playing a spring sport.

#### **Study Hall:**

All students **must** go to study hall during the season regardless of their academic status. Study halls will be Sunday night from 7:30-9:00 pm and will be proctored by team captains and coaches. Study hall will be held in Martin 225. Attendance is mandatory!

#### **Alcohol:**

During our traditional and non-traditional season (fall and spring), all athletes must obey the 24/48 hour rule for alcohol or the teams may decide to have a completely dry season (no alcohol). The 24/48 rule: Alcohol consumption is not allowed 24 hours before a practice or 48 hours before a competition regardless of age. The teams will determine before the season which rule they want to observe. Penalty will be suspension from one date of competition for first offence and suspension from 2 dates of competition for the 2<sup>nd</sup> offense. 3<sup>rd</sup> offense will suspend athlete from competing for the remainder of the season. If the offense is during the non-traditional season, then the penalty will apply to the following traditional season.

#### **Tobacco:**

We will have a zero tolerance policy for use of any tobacco products—smoke or smokeless—during the traditional and non-traditional season. First offense will result in a one date of competition suspension, Second offense will be 2 dates of competition suspension, and the 3<sup>rd</sup> offense will suspend the athlete from further competition that season. If the offense is during the non-traditional season, then the penalty will apply to the following traditional season.

**Drugs :**

Recreational and performance enhancing drugs will not be consumed at any point during the athlete's traditional or non-traditional season. Refusal to participate in the drug-testing program will result in termination from the athletic program.

**Communication:**

Athletes must feel comfortable communicating with the coaches about personal issues ranging from pain to injuries to bodily functions. This is critical to maintaining a healthy and happy team. If the athlete is uncomfortable, but doesn't communicate this to the coaches, the athlete is putting him or herself at greater risk for discomfort and bodily harm. Trust the coaches, most likely they have either done it or seen it before. Don't be embarrassed! What happens at practice stays at practice!

# GO WILDCATS!

Name: \_\_\_\_\_

Student ID #: \_\_\_\_\_

Home Address: \_\_\_\_\_

\_\_\_\_\_ (city), \_\_\_\_\_ (State) \_\_\_\_\_ (zip)

Cell phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Room #: \_\_\_\_\_ Roommate: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Parent's address (if different from above):

\_\_\_\_\_

\_\_\_\_\_ (city), \_\_\_\_\_ (State) \_\_\_\_\_ (zip)

Siblings (age): \_\_\_\_\_

Parent's phone: \_\_\_\_\_ (home)

\_\_\_\_\_ (cell)

# of Years experience: \_\_\_\_\_

XC Eligibility Used (not including this year): \_\_\_\_\_

PRs: \_\_\_\_\_ (5K) \_\_\_\_\_ (mile) \_\_\_\_\_ ( )

Major: \_\_\_\_\_

As soon as you have it finalized, you must print your class schedule and turn it in to the coaches.

I have read over the cross-country handbook, and I agree to comply with the rules and regulations contained within. I agree that if I lose or damage any uniform or equipment that I will be billed the replacement cost on my tuition bill. I also agree to enjoy myself, have fun, and set and achieve personal and team goals as part of the RC XC team.

Athlete's printed name \_\_\_\_\_

Athlete's signature \_\_\_\_\_ date \_\_\_\_\_

# August 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> <b>3:15-5</b> <b>PER</b> <b>7-8:30P</b>	<b>22</b> <b>6:30-</b> <b>7:30AM</b> <b>4-6PM</b>	<b>23</b> <b>8-10AM</b> <b>4-6PM</b> <b>PER</b>
<b>24</b> <b>8-10AM</b> <b>4-6:00</b>	<b>25</b> <b>4-6:30</b> <b>PER</b>	<b>26</b> <b>CAPTAIN'S</b> <b>PRACTICE</b>	<b>27</b> <b>4-6:30</b> <b>PER</b>	<b>28</b> <b>3-5</b> <b>PER</b>	<b>29</b> <b>DEPART</b> <b>FOR VMI</b> <b>2:30</b>	<b>30</b> <b>8-10AM</b> <b>PER</b>
<b>31</b> <b>CAPTAIN'S</b> <b>PRACTICE</b>						

# September 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 CLASSES BEGIN! 4:30-7 PER</b>	<b>2 4:30 CONVO!!</b>	<b>3 4:30-7 PER</b>	<b>4 4:30-7 PER</b>	<b>5 3:30-5:30 PER</b>	<b>6 W&amp;L DEPART 7:30AM MAIN</b>
<b>7 STUDY HALL 7:30-9P</b>	<b>8 4:30-7 PER</b>	<b>9 4:30-7 PER</b>	<b>10 4:30-7 PER</b>	<b>11 4:30-7 PER</b>	<b>12 3:30-5:30 PER</b>	<b>13 JMU DEPART 6:30AM PER</b>
<b>14 STUDY HALL 7:30-9P</b>	<b>15 4:30-7 PER</b>	<b>16 4:30-7 PER</b>	<b>17 4:30-7 PER</b>	<b>18 4:30-7 PER</b>	<b>19 3:30-5:30 PER</b>	<b>20 RC DEPART 7:30AM MAIN</b>
<b>21 STUDY HALL 7:30-9P</b>	<b>22 4:30-7 PER</b>	<b>23 4:30-7 PER</b>	<b>24 4:30-7 PER</b>	<b>25 4:30-7 PER</b>	<b>26 3:30-5:30 PER FAMILY</b>	<b>27 4-MILER 7AM WEEKEND</b>
<b>28 STUDY HALL 7:30-9P</b>	<b>29 4:30-7 PER</b>	<b>30 4:30-7 PER</b>				

# October 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 4:30-7 PER	<b>2</b> 4:30-7 PER	<b>3</b> 3:30-5:30 PER	<b>4 HAGAN</b> <b>DEPART</b> <b>6:00AM</b> PER
<b>5</b> <b>STUDY</b> <b>HALL</b> <b>7:30-9P</b>	<b>6</b> 4:30-7 PER	<b>7</b> 4:30-7 PER	<b>8</b> 4:30-7 PER	<b>9</b> 4:30-7 PER	<b>10</b> 3:30-5:30 PER	<b>11</b> 8-10AM PER
<b>12</b> <b>STUDY</b> <b>HALL</b> <b>7:30-9P</b>	<b>13</b> 4:30-7 PER	<b>14</b> 4:30-7 PER	<b>15</b> 4:30-7 PER	<b>16</b> 4:30-7 PER	<b>17</b> <b>DEPART</b> <b>4PM PER</b>	<b>18</b> <b>TRIBE</b> <b>OPEN</b>
<b>19</b> <b>DAY OFF</b>	<b>20</b> <b>DAY OFF</b>  <b>FALL</b>	<b>21</b> 4:30-7 PER  <b>BREAK</b>	<b>22</b> 4:30-7 PER	<b>23</b> 4:30-7 PER	<b>24</b> <b>INAUG-</b> <b>URATION</b>	<b>25</b> 8-10AM PER
<b>26</b> <b>STUDY</b> <b>HALL</b> <b>7:30-9P</b>	<b>27</b> 4:30-7 PER	<b>28</b> 4:30-7 PER	<b>29</b> 4:30-7 PER	<b>30</b> 4:30-7 PER	<b>31</b> <b>DEPART</b> <b>4PM PER</b>	<b>1</b> <b>ODACS</b>

# November 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> <b>ODACS</b>
<b>2</b> <b>DAY OFF</b>	<b>3</b> <b>4:30-7 PER</b>	<b>4</b> <b>4:30-7 PER</b>	<b>5</b> <b>4:30-7 PER</b>	<b>6</b> <b>4:30-7 PER</b>	<b>7</b> <b>3:30-5:30</b> <b>PER</b>	<b>8</b> <b>8-10AM</b> <b>PER</b>
<b>9</b> <b>DAY OFF</b>	<b>10</b> <b>4:30-7 PER</b>	<b>11</b> <b>4:30-7 PER</b>	<b>12</b> <b>4:30-7 PER</b>	<b>13</b> <b>4:30-7 PER</b>	<b>14</b> <b>DEPART</b>	<b>15</b> <b>REG.</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> <b>NAT'L</b>
<b>23/30</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>

# December 2008

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> <b>LAST</b> <b>DAY OF</b> <b>CLASSES</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <b>EXAMS</b> <b>END</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

# March 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> <b>S</b> <b>B</b>	<b>10</b> <b>P</b> <b>R</b>	<b>11</b> <b>R</b> <b>E</b>	<b>12</b> <b>I</b> <b>A</b>	<b>13</b> <b>N</b> <b>K</b>	<b>14</b> <b>G</b> <b>!!</b>
<b>15</b>	<b>16</b> <b>7:30-9PM</b> <b>PER</b>	<b>17</b> <b>5:30-7</b> <b>PER</b>	<b>18</b> <b>5:30-7</b> <b>PER</b>	<b>19</b> <b>DAY OFF</b>	<b>20</b> <b>DAY OFF</b>	<b>21</b> <b>DAY OFF</b>
<b>22</b> <b>4:30-6</b> <b>PER</b>	<b>23</b> <b>7:30-9PM</b> <b>PER</b>	<b>24</b> <b>5:30-7</b> <b>PER</b>	<b>25</b> <b>5:30-7</b> <b>PER</b>	<b>26</b> <b>DAY OFF</b>	<b>27</b> <b>DAY OFF</b>	<b>28</b> <b>DAY OFF</b>
<b>29</b> <b>4:30-6</b> <b>PER</b>	<b>30</b> <b>7:30-9PM</b> <b>PER</b>	<b>31</b> <b>5:30-7</b> <b>PER</b>				

# April 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> <b>5:30-7</b> <b>PER</b>	<b>2</b> <b>DAY OFF</b>	<b>3</b> <b>DAY OFF</b>	<b>4</b> <b>DAY OFF</b>
<b>5</b> <b>4:30-6</b> <b>PER</b>	<b>6</b> <b>7:30-9PM</b> <b>PER</b>	<b>7</b> <b>5:30-7</b> <b>PER</b>	<b>8</b> <b>5:30-7</b> <b>PER</b>	<b>9</b> <b>DAY OFF</b>	<b>10</b> <b>5:30-7</b> <b>PER</b>	<b>11</b> <b>DAY OFF</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>MAY 1</b> <b>LAST DAY</b> <b>OF</b> <b>CLASSES!</b>	