



LAS VEGAS ELITE RUNNERS

TEAM GUIDELINES

Purpose of Competing as a Las Vegas Elite Runners athlete is to have fun, get in shape, competition, camaraderie, self-discipline, self-esteem, college scholarships and whatever the athlete aspires to achieve through training and competition.

1. **Coaching Philosophy**: We have a deep passion for cross country, track and field and helping athletes achieve success through the sports; therefore, we expect the same from our athletes.
2. **Coaching**: NO ADVICE OR COACHING AT PRACTICES DURING THE SEASON from anyone other than the team coaches! This eliminates confusion for the athlete when receiving instruction during practice.
3. **Responsibility**: You are expected to be the role model for the team and all student-athletes.
 - i) You will have:
 - a. greater respect than others
 - b. more spirit than others
 - c. more dedication than others
 - d. a more positive attitude than others
 - ii) You will:
 - a. always tell the truth
 - b. always congratulate your competition after a race with a smile and encouraging words
 - c. not whine – NO WHINING or NEGATIVE thoughts or sayings. Whining and complaining can destroy the chemistry and success of the team
 - d. not curse or use profane language or listen to music with profane language during practices or meets
 - e. respect yourself, your teammates, coaches, parents, and others

Your greatest goal should be personal improvement and encouraging your teammates to improve. You must give 100% in everything you do. Days of hard workouts are to be done hard. Days of rest, you rest. Your seasonal workout routine is carefully designed to have you perform when you need to perform at your best. **To prevent overwork and burnout, never try additional running workouts during the Las Vegas Elite Runners cross country or track and field seasons without discussing with the Head Coach.**

4. **Practice / Meets**:
 - a. **Be on time**: If the athlete is 20 minutes late without prior notice (verbal or written), it will be marked as an unexcused absence.
 - i. Tardiness, within 15 minutes late, will result in 20 warm-up burpees and an extra 2 laps at the end of practice.
 - b. **Notification**: Give the Head Coach 24 hours advance notice if the athlete will miss practice.
 - i. Same day notification will result in an unexcused absence unless it was an unforeseen emergency
 - c. **Unexcused Absences**: 3 unexcused absences from practices within 2 weeks timeframe will result in the athlete sitting out and not competing in the next meet.
 - i. This excludes unforeseen emergencies or written approval.
 - d. **Proper Behavior**: Improper or disrespectful behavior will result in disciplinary actions and the consequences will be as follows:
 - i. 1st offense – verbal warning (parents will be notified)
 - ii. 2nd offense – bleachers workout (parents will be notified)

- iii. 3rd offense – dismissed from practice resulting in an unexcused absence (parents will be notified)
 - e. **Meet Attendance:** Everyone is expected to compete in locally scheduled meets and the events assigned by the Head Coach.
 - i. To participate in Field or Specialized Events, the athlete must make at least 3 practices per week.
 - ii. If the athlete misses 3 or more practices (excused or unexcused) during the week of a meet, the athlete will have to sit out of the upcoming meet. Prior approval to participate may be given by the Head Coach; however, it will be case by case and the request must be submitted in writing stating the reason the athlete should be allowed to participate.
5. **Academic Expectations:** We have high expectations of all our athletes. Do your best academically and socially in the classroom and in school, always. If any of your classroom grades falls below a “C” you must notify the coach or education team immediately. Parents should also communicate if their athlete has any learning exceptionalities, struggles in specific subject areas, and/or needs additional support. Report cards may be requested, and athletes are subject to academic probation and/or other consequences for not meeting or exceeding expectations. Time management is very important. Avoid having to miss practices by planning your homework and study time wisely; **do not procrastinate!** Please do not hesitate to ask for help, we are here to support all athletes on and off the track and field.
6. **Safety**
- a. Always run in pairs. If someone falls behind, someone circles and runs with them
 - b. Always run on the left side of streets unless there is a sidewalk on the other side
 - c. Run single file
 - d. Always cross at the corner of intersections
 - e. Always run where instructed, if not sure, ask questions
 - f. Never get in someone’s car
 - g. Always report injuries or serious ailments immediately to the coach
 - h. Never run with earphones
7. **Awards:** Awards are earned by attendance, being prepared, participation in races, race times, consistency in performance, effort in practice, having a positive attitude, and being helpful to others.
8. **Training and meet area etiquette:** Please pick up after yourself. Leave the area in the same or better condition than how you found it.
9. **Equipment Security:** You are always responsible for securing your belongings. It is your responsibility. **DO NOT** leave cell phones, purses, wallets, etc. unattended. Secure them in your cinch sack or backpack. Do not ask a coach to hold or be responsible for your belongings – only when necessary.
10. **Junior Coaches and Team Captains:** “Lead by Example” and must be the communication “link” between the team members and the coaches. They function as the coach when the coaches are not present; however, they must seek coaching guidance at every opportunity.
11. **Social Events:** Las Vegas Elite Runners has a Team Mom who will schedule and coordinate events that will promote team unity and spirit. Every team member is strongly encouraged to attend. Ask your parents to host an event.

Do the little things. It leads to winning each week!

Practice like a Champion! Run like a Champion! Live like a Champion!

Keep for your records. Sign and turn the separate signature page.



Las Vegas Elite Runners Team Guidelines

*Signature/Acknowledgement Page
Sign and Return*

I have read and understand the Team guidelines. I have a received a copy for my future reference.

Athlete Name (print): _____

Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____