

DEUBROOK AREA CROSS COUNTRY GUIDELINES 2016 SEASON

Head Coach: **Mr. Don Ray**
Phone: 605-629-1101 (school – ext. 117
 605-629-1117 (school – direct phone)
 605-629-8181 (home)
E-Mail: don.ray@k12.sd.us

Assistant Coach: Mr. Paul Ekern

Cross Country information may also be found on Mr. Ray's home page under the tab Cross Country.

ANY STUDENT IN GRADES 7-12 IS ELIGIBLE TO PARTICIPATE IN CROSS COUNTRY

- Follow SDHSAA guidelines if eligible to participate
- Academic eligibility is determined by Deubrook Policy (see school website)

PRACTICE BEGINS: First allowable date as set by the SDHSAA

2016 – Thursday, August 11, 2016

PRACTICE SCHEDULE:

1. Can be found on Principal's/AD's website
 - a. Can be subject to change due to various circumstances
 - b. If any doubt about practice times – contact head coach

GUIDELINES:

1. Participate in all practices
 - a. Notification that you will not be at practice (note, e-mail, phone, in person)
 - b. If participating in another sport during the cross country season, individual practices will be scheduled and or practice schedule will be set up
 - c. Meet all guidelines set by the Deubrook Area School District

GUIDELINES (CONTINUED)

2. Participate in all scheduled meets
 - a. Notification that you will not be at practice (note, e-mail, phone, in person)
 - b. If participating in another sport during the cross country season, contests that one can participate in will be worked out with coach(s)
 - i. If no scheduled contest for other sport on day of a scheduled cross country meet, expected that you would participate in cross country meet.
 1. Conflicts with Volleyball
 - a. September 1st (volleyball @ DeSmet)
 - b. September 6th (volleyball @ Estelline)
 - c. September 8th (volleyball @ ORR)
 - d. September 13th (volleyball @ Summit/Waubay)
 - e. September 17th (volleyball @ Hamlin Tourney)
 2. Conflicts with Football (Jr. High and Jr. Varsity)
 - a. September 12th (JV only with Deuel)
 - b. September 17th (JH/JV @ Chester Jamboree)
 - c. September 19th (JH/JV with Colman/Egan)
 - c. Meet all guidelines set by Deubrook Area School District
3. Maintain academic standing in all classes
 - a. Academic eligibility follows Deubrook policy
 - b. Meet all guidelines set by the Deubrook Area School District

2016 RACE DISTANCES

Varsity Boys - 5000 meters (3.11 miles)

Varsity Girls - 5000 meters (3.11 miles)

JV Girls/Boys - will vary between 3000 meters (1.86 miles) and 4000 meters (2.5 miles)

We will run 3000 meters (1.86 miles) at the Deubrook Invite

DETERMINING VARSITY ROSTER FOR REGION MEET:

Only time there is a restriction on the number of runners that can run at the varsity level is at the region meet

1. "B" Region
 - a. Maximum of 5 runners can participate in the Girls Division
 - i. The 5 runners that will participate will be determined by how individual runners did during the regular season
 - b. Maximum of 5 runners can participate in the Boys Division
 - i. The 5 runners that will participate will be determined by how individual runners did during the regular season

EARNING A VARSITY LETTER:

1. Participate at the varsity level in a scheduled meet
 - a. Place in the top 20 at a scheduled meet or
 - b. Place in the top 30 at the Deubrook Invite or
 - c. Part of a Championship team at the DVC Conference meet or Region meet or
 - d. Coach discretion
2. If involved in another sport must run at the Deubrook Invite, DVC Conference meet and Region meet (if selected to run Varsity) to letter

END OF YEAR AWARDS:

(DETERMINED BY THE COACHES)

If it is felt by coaches that no individual has earned one of these awards, the award will not be given

1. MVP for Girls
2. MVP for Boys
3. Most Improved Girls
4. Most Improved Boys
5. Dolphin Spirit Award
6. Academic All State (Senior; 3.5 cumulative GPA, been involved in cross country 3 years (participant or manager))

Other awards may be given based on makeup of cross country team