

CASTLEBERRY LIONS

CROSS COUNTRY

GUIDELINES

2018





Sign up for important updates from Coach Beasley.

Get information for Castleberry High School right on your phone—not on handouts

Pick a way to receive messages for CHS XC 2018

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link

rmd.at/goldin18

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

The image shows a smartphone screen with the Remind app interface. At the top, it says "rmd.at/goldin18". Below that, it says "Join CHS XC 2018". There are three input fields: "Full Name" with the placeholder "First and Last Name", "Phone Number or Email Address" with the placeholder "(555) 555-5555", and a third empty field.

B If you don't have a smartphone, get text notifications.

Text the message @goldin18 to the number 81010

If you're having trouble with 81010, try texting @goldin18 to (425) 279-7378

Standard text message rates apply

The image shows a text message interface. The "To" field contains the number "81010". The "Message" field contains the text "@goldin18".

Don't have a mobile phone? Go to rmd.at/goldin18 on a desktop computer to sign up for email notifications

Castleberry Independent School District

Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

...Violation of the *Athletic Code of Conduct* will be considered on an individual basis.

... You will be treated fairly.

... You are an athlete year round.

... Comply with school policy.

... Conduct yourself as a lady/gentleman at all times.

... Always tell the truth.

... Do not steal.

... Do not make excuses.

... Do your best in the classroom.

... Respect your teammates.

... Do not participate in other non-school related sports while your sport is in season.

For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.

... Do not use tobacco, alcohol, drugs or any mood-altering chemical.

... If you have a concern, talk to your coach in private.

CASTLEBERRY LIONS

CROSS COUNTRY GUIDELINES

- 1 ALL STUDENT/ATHLETES ARE EXPECTED TO BE AT ALL SCHEDULED WORKOUTS IT IS SUGGESTED THAT ALL STUDENT/ATHLETES ARRIVE NO LATER THAN 15 MINUTES PRIOR TO THE SCHEDULED PRACTICE TIME IN ORDER TO WARM UP AND STRETCH PRIOR TO PRACTICE STARTING
- 2 ABSENCES ARE NOT ACCEPTABLE AND MISSED RUNNING MUST BE MADE UP A PHONE CALL IS REQUESTED WHEN AN ATHLETE WILL BE, OR IS ABSENT FROM PRACTICE MAKE UP FOR EXCUSED AND UNEXCUSED ABSENCES, ALONG WITH DEFINITIONS FOR EACH IS LISTED BELOW

***EXCUSED ABSENCES:**

(MAKE-UP = 8 HILLS)

- MEDICAL DOCTORS NOTE + PHONE CALL (MAKE-UP)
- ILLNESS PHONE CALL/EMAIL NOTIFICATION (MAKE-UP)
- ILLNESS PRESENT AT PRACTICE (NO MAKE-UP)
 - *note must be in attendance at school 5 out of 8 periods (CHS & IMMS)
- DEATH IN FAMILY PHONE CALL (NO MAKE-UP)
- TAKS RELATED (NO MAKE-UP)
- FAMILY EMERGENCIES + PHONE CALL (MAKE-UP)

***UNEXCUSED ABSENCES:**

(MAKE-UP = 10 HILLS AND MUST SIT OUT NEXT SCHEDULED MEET)

- ABSENCES DUE TO VACATION / THANKSGIVING / CHRISTMAS / SPRING BREAK
- ILLNESS – NO CONTACT
- ABSENT FROM PRACTICE
- ATTENDANCE SCHOOL

- 3 DETERMINATION OF PLACEMENT ON VARSITY OR JUNIOR VARSITY WILL BE BASED ON INDIVIDUAL TIMES FROM THE PREVIOUS MEET AND ALSO FROM TIME TRIALS AT PRACTICE PLACEMENT ON THESE TEAMS MAY CHANGE EACH WEEK BASED ON EACH INDIVIDUALS PERFORMANCE
WE WILL TAKE AS MANY RUNNERS AS POSSIBLE EACH WEEK BUT ONLY THE TOP 7 WILL BE ELIGIBLE FOR THE VARSITY RACE
- 4 PARENT/GUARDIANS AS WITH ALL PROGRAMS AT CISD, THE COACHING STAFF WILL ALWAYS COMMUNICATE WITH YOU AND YOUR SON OR DAUGHTER ON WAYS OF IMPROVING HIS/HER FUNDAMENTALS & SKILLS, BUT THE FOLLOWING WILL NOT BE DISCUSSED
 - PLAYING TIME
 - PLAY SELECTION
 - PERSONNEL
- 5 THANK YOU FOR DEDICATING YOUR TIME AND EFFORT TO THE CHS CROSS COUNTRY PROGRAM
- 6 IF YOU EVER HAVE ANY QUESTIONS OR CONCERNS, FEEL FREE TO CONTACT US AT THE FOLLOWING

COACH BEASLEY (Head Coach):

COACH Hartson (Asst. Coach).

SCHOOL 817/252-2149
CELL 903/388-1793
EMAIL beasleyb@castleberryisd.net

SCHOOL 817/252-2139
CELL 325/716-3993
EMAIL hartsonc@castleberryisd.net



CASTLEBERRY HIGH SCHOOL CROSS COUNTRY SCHEDULE 2018



DATE	DAY	SITE	CITY	HOST SCHOOL	TIME
August 16	Thursday	Lynn Creek Park	Grand Prairie	Arlington Sam Houston	6.00 PM
August 24	Friday	MLK Sports Complex	Arlington	Kennedale	8:00 AM
August 31	Friday	Hidden Creek Complex	Burleson	Burleson	8.00 AM
September 6	Thursday	Texplex Park	Midlothian	Midlothian	8:00 AM
September 14	Friday	Buddy Stewart Park	Cleburne	Cleburne	8:00 AM
September 21	Friday	Red Oak High School	Red Oak	Red Oak	8:00 AM
September 27	Thursday	Lynn Creek Park	Grand Prairie	Arlington Sam Houston	8:00 AM
October 2	Tuesday	Haltom XC Course	Fort Worth	Haltom	8.00 AM
October 10	Wednesday	Harold Patterson Sports Complex	Arlington	District 9-4A Meet	10:00 AM
October 22	Monday	Lynn Creek Park	Grand Prairie	Region 2-4A Meet	TBA
November 3	Saturday	Old Settlers Park	Round Rock	UIL State Meet	TBA

Head Coach. Bart Beasley

Assistant Coach. Cameron Hartson

Head Athletic Trainer: Taylar Ogden

Principal· Dr Elizabeth Priddy

Executive Director of Student Services & Operations. Lenny Lasher

Superintendent· John Ramos

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Practice 9 00am</i>	2 <i>Practice 9 00am</i>	3 <i>Practice 9 00am</i>	4 <i>Practice 7 00am</i>
5	6 <i>Practice 9 00am</i>	7 <i>Practice 9 00am</i>	8 <i>Practice 9 00am</i>	9 <i>Practice 5 40am</i>	10 <i>Practice 5 40am</i> <i>Lion Night 6pm</i>	11 <i>Practice 7 00am</i>
12	13 <i>Practice 5 40am</i>	14 <i>Practice 5 40am</i>	15 <i>Practice 5 40am</i>	16 <i>Arl San Houston</i> <i>Meet 6 00pm</i>	17 <i>Practice TBA</i>	18 <i>Practice TBA</i>
19	20 <i>Practice 5 40am</i>	21 <i>Practice 5 40am</i>	22 <i>Practice 5 40am</i>	23 <i>Practice 5 40am</i>	24 <i>Kennedale Meet</i> <i>8 00am</i>	25
26	27 <i>Practice 5 40am</i>	28 <i>Practice 5 40am</i>	29 <i>Practice 5 40am</i>	30 <i>Practice 5 40am</i>	31 <i>Burleson Meet</i> <i>8 00am</i>	

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Practice 7 00am</i>	4 <i>Practice 5 40am</i>	5 <i>Practice 5 40am</i>	6 <i>Midlothian Meet 8 00am</i>	7 <i>Practice 5 40am</i>	8
9	10 <i>Practice 5 40am</i>	11 <i>Practice 5 40am</i>	12 <i>Practice 5 40am</i>	13 <i>Practice 5 40am</i>	14 <i>Cleburne Meet 8 00am</i>	15
16	17 <i>Practice 5 40am</i>	18 <i>Practice 5 40am</i>	19 <i>Practice 5 40am</i>	20 <i>Practice 5 40am</i>	21 <i>Red Oak Meet 8 00am</i>	22
23	24 <i>Practice 5 40am</i>	25 <i>Practice 5 40am</i>	26 <i>Practice 5 40am</i>	27 <i>Arl Sam Houston Meet 8 00am</i>	28 <i>Practice 5 40am</i>	29
30						

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Practice 5 40am</i>	2 <i>Haltom Meet 8 00am</i>	3 <i>Practice 5 40am</i>	4 <i>Practice 5 40am</i>	5 <i>Practice 5 40am</i>	6
7	8 <i>Practice 5 40am</i>	9 <i>Practice 5 40am</i>	10 <i>District Meet @ Arlington 10 00am</i>	11 <i>Practice 5 40am</i>	12 <i>Practice 5 40am</i>	13
14	15 <i>Practice 5 40am</i>	16 <i>Practice 5 40am</i>	17 <i>Practice 5 40am</i>	18 <i>Practice 5 40am</i>	19 <i>Practice 5 40am</i>	20
21 <i>Regional Practice @ Grand Prairie TBA</i>	22 <i>Regional Meet @ Grand Prairie</i>	23 <i>Practice 5 40am</i>	24 <i>Practice 5 40am</i>	25 <i>Practice 5 40am</i>	26 <i>Practice 5 40am</i>	27
28	29 <i>Practice 5 40am</i>	30 <i>Practice 5 40am</i>	31 <i>Practice 5 40am</i>			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Practice 5 40am</i>	2 <i>To Round Rock</i>	3 <i>State Meet @ Round Rock</i>
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2070



STANDARD REQUIREMENTS FOR LETTER JACKET RECIPIENTS (GRADES 9 - 12)

When determining letter jacket recipients, sponsors will observe the following standard requirements:

- 1) The student and parent/ guardian must sign the organization's extracurricular participation agreement.
- 2) The student must be considered a participant from the first until the final date of the season.
- 3) The student must remain academically eligible from the first until the final date of the season.
- 4) The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
- 5) The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
- 6) Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career. An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student.

In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program.

Organization	Dates	Additional Requirements
Football	Aug.-Oct.	Play in a minimum of eight (8) quarters at the varsity level.
Cross Country	Aug.-Oct.	Participate in three (3) varsity meets and the District Cross Country Meet.
Volleyball	Aug.-Oct.	Participate in ten (10) games at the varsity level. Academically eligible.
Basketball	Nov.-Feb.	Participate in ten (10) games at the varsity level.
Track	Feb.-May	Earn 15 points in the season or 4 point at the District Track Meet.
Baseball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings
Softball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings.
Tennis	Feb.-Apr.	Participate in two (2) varsity meets and the District Tennis Meet.
Golf	Feb.-Apr.	Participate in two (2) varsity meets and the District Golf Meet.
Athletic Training	Aug.-May	Standard Requirements (see above).

DESCRIPTION OF AWARDS

GRADES 9-12

A participant school or member school district may give an award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in U.I.L. interschool competition. Each year a participant school or member school district may present additional awards, not to exceed \$10 each, for participation in each additional interschool organization.

The major award (\$70) presented to a student participating in the organization in grades 9-12 is a jacket with an attached 5" letter. This award will be presented to the student in the sport in which he/she first earns a letter. An additional symbolic award will be presented to a student who earns an additional letter/s. The additional award shall not be given to a student for an activity during the same school year that a major award is earned, if the total award exceeds \$70.

GRADES 7-8

A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$8 per year (total for all U.I.L. activities). A student may accept a symbolic award in recognition of his / her achievement in an interschool contest if it is given by the organization conducting the contest (all tournament awards, ribbons, plaques, and medals).

Individual certificates of achievement will be presented to students in grades 7 and 8 for each sport in which the student participates and fulfills the Standard Requirements for Award Recipients as identified in this section.

I have read the above information and consent to the responsibilities outlined in the Standard Requirements for Letter Jacket Recipients.

Student Signature

Date

Parent/ Guardian Signature

Date

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2071



CASTLEBERRY HIGH SCHOOL CROSS COUNTRY PLAYER/PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School Cross Country Player/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player

Signature of Player

Date

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School Cross Country Player/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)

Relationship to Player

Signature of Parent/Guardian

Date