



HIGH SCHOOL OF AMERICAN STUDIES

CROSS COUNTRY FAQ SHEET



Team Membership

- The Sport of Cross Country allows for a generous inclusion policy. All athletes wishing to abide by the team's stated policies and continue to train to improve their personal performance will be considered a full member of the American Studies Cross Country Team.
- All member athletes may attend all meets whether they are competing in them or not.
- All member athletes compete in at least two 5k races unless they are underclassmen.
- Participation in Invitational Meets and the City Championship Meet are based upon qualifying times. If only one athlete qualifies for the City Championship Meet then we will all attend to support them for their event(s).
- Varsity Membership is a little more attainable of a niche within the Cross Country Program at the High School of American Studies. Varsity status does imply whether an athlete will compete in competitive meets. The top seven athletes in a race from a school are considered Varsity at the race. Team Varsity comes when an athlete has been in the top 7 for 80% of the season's meets.

Behavior Becoming an Athlete (Code of Conduct)

- Consistency & Attitude (PSAL & Team Requirements)
 - Athletes must attend the minimum number of practices before their first competition.
 - Lateness and infrequent attendance will be grounds for punitive action or dismissal.
 - On days of normal school attendance, an athlete must be present in school in order to participate in any team practice or competition.
 - Each athlete must have all of their required forms up to date and on file.
 - All rules included in signed contracts remain in effect unless otherwise noted.
 - Fighting and inappropriate behavior at practices and ESPECIALLY at competitions will be met with swift and appropriate action. (Please do not discover what is meant by this statement)
- Appropriate Attire at Practices & at Competitions
 - Cool Practice (*Outdoors below 65 degrees*)**
 - Mandatory Dress - Running Training Shoes; sweat pants; long sleeve shirt; wool hat; gloves/mittens; white socks; athletic support; Plastic Water Bottle.
 - Optional Dress - scarf; ear cups; running suit; spandex. (No Boxers ever)
(All mandatory attire must be worn through stretching, warm-up and workout)
 - Warm Practice (*Outdoors between 75 & 65 degrees*)**
 - Mandatory Dress - Running Training Shoes; sweat pants; long sleeve shirt; white socks; athletic support; Plastic Water Bottle.
 - Optional Dress - Shorts above the knee; t-shirt. (No Boxers ever)
(All mandatory attire must be worn through stretching & warm-up; optional dress may be worn during the workout only)
 - Hot Practice (*Outdoors over 75 degrees*)**
 - Mandatory Dress - Running Training Shoes; sweat pants; white socks; t-shirt; athletic support; Plastic Water Bottle.
 - Optional Dress - Shorts above the knee. (No Boxers ever)
(All mandatory attire must be worn through stretching & warm-up; optional dress may be worn during the workout only)
- All Competitions & Meets**
 - Mandatory Dress - Running Training Shoes; UNIFORM Sweats; white socks; t-shirt; athletic support; Full UNIFORM worn under sweats; Plastic Water Bottle.
 - Optional Dress - Running Spikes. (No Boxers ever)
(All mandatory attire must be worn through stretching & warm-up; Uniforms are visible only during actual races; Uniforms are to be clean and unwrinkled)



Where is Van Cortlandt Park?



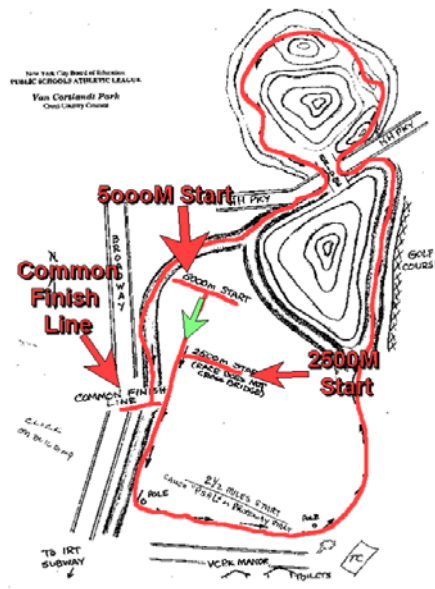
The Park

By Car: Take the Major Deegan Expressway to the Van Cortlandt Park South exit. Off the northbound exit ramp, make a sharp left turn at the yield sign and head through the underpass to the Van Cortlandt Golf House. Off the southbound exit ramp, make a left on Van Cortlandt Park South, and the next left at the traffic light. Bear to the left and drive through the underpass to the Golf House.

Or come up Broadway and look for street parking. Look for the rabbit and tortoise statue on your right if traveling north on Broadway.

Check the Web too:

http://www.nycgovparks.org/sub_your_park/vt_van_cortlandt_park/vt_van_cort_park.html



The Course

By Public Transportation: Van Cortlandt Park is served by the Subway numbers 1 & 9 trains as well as the Bx9 bus, which all stop at West 242nd Street. Walk up Broadway past the tennis courts and the pool. Look for the rabbit and tortoise statue.

The Number 2 on the map is where we gather 30 minutes before our races.

