



SUNSET CROSS COUNTRY 2022

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229
Head Coach Dan Neeway
Assistant Coaches Ellie Rozendaal, Stephen Fey, Maddy Trevisan, Ben Lee

TEAM RULES AND EXPECTATIONS

ACADEMIC:

Athletes are expected to maintain satisfactory academic standing including...

1. Being enrolled in *at least* 5 academic classes (2.5 credits) at all times during the fall semester.
2. Having passed 5 classes in the 2020-2021 academic school year.
3. Being “on track to graduate”. *Concerns about this academic expectation can be raised on an individual basis with the athletic office.*

SOCIAL/SCHOLASTIC:

1. Athletes and coaches are expected to be good citizens, obeying all school rules and state and federal laws.
2. Athletes and coaches are expected to show the highest levels of respect to peers, teachers, administrators, school staff, and the learning process.

TEAM ROLE AND SPORTSMANSHIP:

1. Athletes are expected to comply with all reasonable requests of the coaches.
2. Athletes and coaches are expected to communicate in a positive and open manner.
3. Athletes and coaches are expected to treat all teammates, opponents, coaches, and officials with respect and dignity.
4. Athletes and coaches are expected to be supportive of their teammates at all times.

ATTENDANCE:

1. Athletes are expected to adhere to our **practice policy**.
2. Athletes are expected to adhere to our **attendance policy**.
3. Athletes are expected to be in full team uniform at all meets.
4. Athletes are expected to travel to and from all meets with the team.
 - Special arrangements must be made in writing at least **24 hours** in advance.

Any violation of these rules and expectations can result in consequences ranging from:

	Minimum Consequence	Maximum Consequence
1st Offense:	Verbal Warning	Removal from Team
2nd Offense:	Suspension from Team	Removal from Team
3rd Offense:	Removal from Team	

ATTENDANCE POLICY

Daily cross country practice attendance is mandatory for team membership. While **Sunset Cross Country** is a *non-cut/non-tryout* sport, ours is a highly competitive program with equally high expectations. Like other high school sports, expectations go beyond those in middle school sports and/or recreational sports programs. Please familiarize yourself with our expectations, including:

- Attendance at practice means completing the entire workout as assigned by coaches.
- Leaving practice early, without consent of coaches, is considered an unexcused absence.

PLANNED ABSENCES:

Please use the attached document to identify **PLANNED ABSENCES** for the season. Not all reasons for absences will be “excused” (*see examples below*). Please consider changing plans to accommodate your commitment to Sunset Cross Country. The coaching staff reserves ultimate say about which absences are excused.

Excused	Unexcused
Doctor’s appointments <i>However, we ask that parents refrain from scheduling new appointments during practice time.</i>	After-school job <i>If work is mandatory, adjust your hours. See coaches if you anticipate a conflict.</i>
Grandfather’s 100 th birthday <i>Weddings, memorials, and other family events like these are honored and valued by coaches.</i>	Second cousin’s 7 th birthday <i>And other insignificant family events... we ask you to use judgment when considering their importance.</i>
Model UN tournaments / College visits <i>Coaches encourage the academic pursuits of athletes, SAT and PSAT tests are included here.</i>	Photography Club meeting <i>Clubs take a backseat during the season</i>
Academic help after an extended school absence <i>By arrangement only.</i>	Tutoring, study groups, make-up tests, etc. <i>Academics are important to us but please schedule these items around practice times.</i>

 **Communication is vital.** If a conflict is anticipated (music lessons, science bowl, club sports, etc.), please see a coach *immediately* to discuss options and the potential for compromise as well as to avoid punitive consequences. 

VACATION/FAMILY VACATION:

Absences due to vacation before the school year do not meet with our level of expected commitment. We acknowledge that there is a learning curve associated with joining a high school athletic program. We also recognize that we are living through an unprecedented time. As such, we recognize that a certain laxity will be required THIS season from our usual expectations.

We are asking families to observe the commitment required of a competitive sport like Sunset Cross County when making summer plans for the 2022 summer and beyond. Start dates for subsequent seasons are already published by the OSAA/NFHS: Aug 14, 2023, Aug 13, 2024, Aug 19, 2025. **Team Camp** is typically scheduled in the week before the season’s start. **Moratorium week** is the week before that.

UNPLANNED ABSENCES:

In the event of **sickness** or **emergencies**, athletes must notify coaches BEFORE PRACTICE BEGINS. Coach Neeway is best reached by phone (**971-645-2112**) or email (**daniel_neeway@beaverton.k12.or.us**). During the school day, athletes should locate either Coach Neeway or Coach Rozendaal in person.

Failure to notify coaches prior to practice will result in the absence being labeled “unexcused”.

PARENTS: We work to empower your sons and daughters with an increased ownership of their responsibilities. Please help us facilitate this process by leaving any unplanned absence communication to them.

We view team membership like a job. Just as a worker must notify a boss about an absence to avoid termination, athletes must notify their coaches. Thank you for supporting our efforts to teach personal responsibility.

There may be other unplanned absences that arise after the season begins. Again, we ask discretion when planning: *is it possible to schedule the conflict outside of the season or outside of practice time?* Please **communicate** openly and as far in advance as possible with coaches.

ACADEMIC ABSENCES: *(partial- or whole-day absences from class)*

To participate in cross country, class attendance is required. Unexcused absences during the day could prevent an athlete from being allowed to attend practice or compete in meets on the afternoon of the absence.

Athletes who are absent from one of more classes during the school day will be considered “excused” only in the following situations:

- Doctor/dentist appointments
- College visits
- Field trips
- Family emergencies

*It is the opinion of this team’s coaches that if an athlete is **too sick** to attend a class during the school day, then that athlete is too sick to participate in after school activities.* We trust that parents will agree with this opinion.

UNEXCUSED ABSENCES:

Unexcused absences are those that do not meet the expectations above. These absences have the following consequences:

- | | |
|--|--------------------------------------|
| 1st Unexcused Absence: | One Meet Suspension + Parent Contact |
| 2nd Unexcused Absence: | Dismissal from Team |

Two consecutive absences without communication will result in an athlete’s automatic suspension from the team, pending a conference with parents, athlete, and coaches.

PRACTICE POLICY

We host practice *every* weekday during the season. Except for the weeks before school begins, practice begins promptly at 2:55 and generally lasts about two hours.

As an athlete at practice, you are expected to:

1. Arrive on time, prepared with all required clothing and equipment.
2. Listen to your coaches and complete all assigned workouts.
3. Give your best effort and strive for improvement every day.
4. Be supportive of your teammates.
5. Attend *every day*. If you are **injured** or **sick** but still attend school, you must also attend practice and complete assigned therapy or alternative workouts. *“If you are well enough to attend classes, you are well enough to attend practice.”*
6. Communicate with your coaches *before* seeking treatment from training staff and other medical professionals (see note below about doctor visits).
7. Have fun!

DOCTOR’S VISITS

District policies require any athlete visiting a doctor (or other medical professional) during the sports season for a sports-related ailment/injury to get a doctor’s note with the doctor’s recommendation. This note must be presented to the school’s athletic trainer before the athlete can return to practice and competition. This policy holds true even in cases where the school’s athletic trainer has referred an athlete for medical care.

COMPETITION POLICY

OSAA rules require that all athletes must participate in **5 practices** before being allowed to compete. “Practices” are official season practices only and do not include summer conditioning sessions by rule.

An athlete must demonstrate an ability to run the entire competition distance without walking before they will be permitted to compete at the distance in a meet/competition.

VARSITY LETTER POLICY

Varsity letters are intended to reward those people who represent Sunset Cross Country at the competitive varsity level or JV athletes who demonstrate varsity leadership and/or commitment. To earn a varsity letter, an athlete must: **1.** Complete the season as a member in good standing; **2.** Obey all team and school rules; and **3.** Be academically eligible at the conclusion of the season. In addition to the 3 criteria above, an athlete must also do at least ONE of the following: **1.** Compete at the Varsity League Championships and/or State Championships; **2.** Win a leadership award as recognized by peers; or **3.** Obtain a unanimous vote of the coaching staff.



SUNSET CROSS COUNTRY 2022

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229
 Head Coach Dan Neeway
 Assistant Coaches Ellie Rozendaal, Stephen Fey, Maddy Trevisan, Ben Lee

SCHEDULE OF EVENTS

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OFFICIAL MANDATORY PRACTICES BEGIN – CLEARANCE REQUIRED						
(All practices at Sunset Track unless otherwise noted)						
↓	↓	↓	↓	↓	↓	↓
14	15 Practice 6-8 pm	16 Practice 9-11:30 am	17 Practice 9-11:30	18 Practice 9-11:30	19 Practice TBD <i>Miles that Matter</i>	20 <i>Miles that Matter</i> Breakfast 9am
21	22 Practice 9-11:30am	23 Practice 9-11:30	24 Practice 9-11:30 <small>Parent Meeting 8:00</small>	25 Practice 9-11:30	26 Wilsonville Night Meet	27 Varsity only Practice 9:00am
28	29 Practice 3-5	30 Practice 3-5	31 Practice 3-5			

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice 3-5	2 Practice 9-11:30am	3 No practice
4	5 Practice 4-6 <small>Labor Day Non-mandatory*</small>	6 Practice 2:55 <small>1st Day of School Freshman only</small>	7 Practice 2:55	8 Practice 2:55	9 Practice 2:55	10 <small>Select Team**</small> Tahoma Coed Relays
11	12 Practice 2:55	13 Practice 2:55	14 Aloha/WV @ Southridge	15 Practice 2:55	16 Meriwether Classic	17 Varsity only Practice 9:00am
18	19 Practice 2:55	20 Practice 2:55	21 Practice 2:55	22 Practice 2:55	23 Practice 2:55	24 Nike Portland XC
25	26 Practice 2:55	27 Practice 2:55	28 Practice 2:55	29 Practice 2:55	30 Practice 3-5	

* Labor Day practice is not mandatory. However, we encourage all athletes to participate and require written notice in the event of an absence.

** Only athletes who attended enough summer conditioning sessions will compete at the Tahoma Co-ed Relays. More detail is available in the summer kickoff packet.

OCTOBER

							1 Varsity only Practice 9:00am
2	3 Practice 2:55	4 Practice 2:55	5 Aloha/Beavton @ Mtnside	6 Practice 2:55	7 No practice	8 Select Varsity Team Hole in the Wall Invite	
9	10 Practice 2:55	11 Practice 2:55	12 Practice 2:55	13 Practice 2:55	14 Rose City Championship	15 No practice	
16	17 Practice 2:55	18 Practice 2:55	19 Aloha/Jesuit @ Sunset	20 Practice 2:55	21 Practice 2:55	22 Varsity only Practice TBD	
23	24 Practice 2:55	25 Practice 2:55	26 Metro League Championships	27 Practice 2:55 (State qualifiers only)	28 Practice 2:55 (State qualifiers only)	29 Practice 9:00am (State qualifiers only)	
30	31 Practice 2:55 (State qualifiers only)						

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Practice 2:55 (State qualifiers only)	2 Practice 2:55 (State qualifiers only)	3 Practice 2:55 (State qualifiers only)	4 Practice 2:55 (State qualifiers only)	5 Qualifiers Only OSAA State Championships

Nov. 5 State Championships – Rooter Bus – 10:30am

Nov. 9 End-of-Season Awards Dessert – Sunset Cafeteria – 6:30pm

Nov. 12 Nike NXR Northwest – Boise, ID

STANDARDIZED TEST DATES 2022-2023

SAT Aug 27, Oct 1, Nov 5*, Dec 3, Mar 11**, May 6, Jun 3 **PSAT** Oct 15

ACT Sep 10**, Oct 22**, Dec 10, Feb 11, Apr 15, June 10, July 15

* Please do not register for this date..

** For those wishing to compete at Tahoma XC, please consider a different date when registering for ACT tests. We will not schedule a meet for Saturday, October 22. One can have no reservations about scheduling for the 10/22 ACT test.



SUNSET CROSS COUNTRY 2022

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229
 Head Coach Dan Neeway
 Assistant Coaches Ellie Rozendaal, Stephen Fey, Maddy Trevisan, Ben Lee

PLANNED ABSENCES

All athletes must complete and return this form to coaches within **5 days** of joining Sunset Cross Country.

Athlete Name: _____

Parents and Athletes: After reading Sunset Cross Country’s attendance policy, please identify **all** planned absences from practice during our season in the table below. Apart from absences for sickness or emergency, any other absences **not** identified below will be considered **unexcused** and subject to penalty.

While we ask families to consider changing plans to accommodate a commitment to Sunset Cross Country (e.g., rescheduling a dental exam), we understand there are circumstances and situations that make rescheduling impractical and/or impossible.

Date of Absence			Reason for Absence
Day(s) of Week (Circle Day(s))	Month (Circle One)	Date(s) (Be specific)	
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled (briefly describe) _____
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled (briefly describe) _____
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled (briefly describe) _____
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled (briefly describe) _____
M Tu W Th F Sat	Aug Sep Oct Nov		<input type="checkbox"/> Doc/Dentist visit (previously scheduled) <input type="checkbox"/> College visit* <input type="checkbox"/> Family event (briefly describe) _____ <input type="checkbox"/> Other pre-scheduled (briefly describe) _____

* For the health of our runners, we discourage air travel/time zone changes between October 17 and November 5.

To the best of my knowledge, the dates above are the only dates of practice from which I will be absent, excepting sickness and emergencies.

Athlete Signature: _____

Date: _____

Parent Signature: _____

Date: _____



SUNSET CROSS COUNTRY 2022

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229
Head Coach Dan Neeway
Assistant Coaches Ellie Rozendaal, Stephen Fey, Maddy Trevisan, Ben Lee

ACKNOWLEDGEMENT OF RULES (TEAM AND SCHOOL RULES)

After reading all rules regarding Sunset Cross Country please read and sign the following statements:

ATHLETE:

I have read and understand the **Attendance Policy**, including all definitions, processes, and consequences.

Please initial: _____

I have read and understand the **Sunset Cross Country Rules and Expectations**. I agree to abide by these rules and become a member of the Sunset Cross Country team.

Print Name: _____

Signature: _____

Date: _____

PARENT/GUARDIAN:

I have read and understand the **Attendance Policy**, including all definitions, processes, and consequences.

Please initial: _____

I have read and understand the **Sunset Cross Country Rules and Expectations**. I agree to help my son/daughter abide by these rules and become a member of the Sunset Cross Country team.

Print Name: _____

Signature: _____

Date: _____