

**Dallas Independent School District
Department of Athletics
Middle School Cross-Country Plan**

OBJECTIVE:

Coaches are encouraged to teach student-athletes to learn the sport of cross-country (training strategies, race strategies, sportsmanship, scoring, competitiveness). Student-athletes should also be encouraged and educated on running as a lifetime activity (compete in road races, triathlons, fun runs for charity). Student-athletes should learn that this sport could help them in other activities in which they are involved. After the season, athletes should be encouraged to continue training for track and field and/or compete in other sports to keep them conditioned and keep their interests in the overall sports program at your school.

ELIGIBILITY:

At any meet, middle school athletes are allowed to compete only in their school uniform. They cannot wear a high school uniform or compete as part of the high school team, nor can they be included in the scoring of a high school team. They cannot compete in the high school district meet in any division. **AT ANY MEET, ATHLETES ARE NOT ALLOWED TO COMPETE AS "UNATTACHED" ATHLETES ANYMORE.**

A copy of the eligibility list must be on file in the athletic office five days prior to the first meet. UIL supplementary eligibility lists should be submitted in duplicate for each athlete, who for some reason was not included on the original list.

PHYSICALS:

All athletes must have a physical on file with the head coach before they will be allowed to practice or compete. All athletes are required to have a physical on a yearly basis. Coaches are responsible for keeping emergency cards on file at every practice and meet.

MEETS / SCHEDULES:

Please submit a copy of a schedule to the cross-country coordinator five days prior to your first meet. Middle school athletes can compete in up to six meets each year.