

LADY COUGAR CROSS COUNTRY

Course requirements and grading system

Grading is based solely on participating in workouts and meets and is not based on ability or times run. However, “participating” means participating fully, with maximum effort each day in practice and racing in the meets. Though injuries and illness are a part of sports, those injured and or ill can NOT expect to receive the same grade as those participating fully. In Cross Country if you are not racing, for whatever reason, you can’t earn an “A” for that race. If you don’t practice, you can’t earn an “A” for that day. Those with injuries/not participating will be provided with opportunities to help that will allow the granting of “b” grades for those practices or meets.

CUTTING A WORKOUT is CHEATING –once you are warned, twice you lose a grade and can’t participate in next meet(with loss of points) third time you will be dismissed from the team

Practices

- 10 pts for practicing fully
- 8 pts for present but not practicing due to injury or illness(after 3 days, doctor or on site trainer must verify injury)
- 4 pts for injured or ill more than 3 days with no doctors note
- 2 pts for present but not dressed out with no excuse
- 0 pts for not present(regardless of the reason)

Meets

- 100% of the meet total for racing
- 85% of the meet total for excused(injury/illness) non racing but helps keep score or otherwise work meet
- 70% of the meet total for excused non racing but does not help
- 0% of the meet total for absence(regardless of the reason)*
- *Athletes with club soccer schedules can have one meet exempt from this with advance notice and agreement by coaches

Note: Absence due to illness/conflict from one meet would not likely impact overall grade

GRADING SYSTEM DETAILS:

In Season Practices 45 at 10 each max=**450**

Invitationals

Laguna Hills, Woodbridge, Dana Inv, Clovis/Central Park	50 each
Orange County	75
Mt Sac	75
Total Invitationals	=350

League Meets

Cluster #1	200
Finals	250

League Meet Totals = **450**

Post Season practices

First 10 at 5=50	
Next 20 at 10=200	
Total	= 250

Banquet = **50**

Final Exam

100 for long run	100
100 for mile run	100
Total	= 200

TOTAL SEMESTER POINTS = **1750**

A= 1575 B= 1400 C= 1225 D=1050