

Bayport-Blue Point

Girls Cross Country

“The Process is the Goal”

Dear Parents and Guardians,

I would like to take this opportunity to explain my expectations, goals and policies for this team. Your child will hear of these issues first hand but I need you to understand them so that you can support your child as she works with us throughout the season.

Student Athlete- Our athletes are viewed as students first and then as athletes. In order for your child to keep the privilege of participation in interscholastic athletics, they must first fulfill their responsibilities in our school and in their classrooms. Any disciplinary and/or academic problems may impact your child’s status on the team.

Attendance- In order to be able to compete in the first contest, Section XI rules state that each athlete must have **ten** practices before the first meet. Our district requires that students be present during school in order to participate in the day’s practice or track meet. Any athlete that is absent the day before a meet may not be able to participate in the meet. If an athlete is not able to practice due to a note from a doctor, she will not be able to participate in practice or compete in any meet until a doctor’s note is presented to the coach clearing that girl to run. The season is only ten weeks long; therefore any more than **six** missed practices will result in disciplinary actions being taken with the ultimate penalty being released from the team. Practices start at 2:45 P.M. on school days and usually at 8 A.M. on Saturdays. Students should be aware that many teachers offer extra help before school and during free/lunch periods. They are encouraged to attend these sessions before having to miss practice.

Pickups From Away Meets- Bus transportation will always be provided to and from all meets. All dual meets and many of the invitationals on Saturdays will be at Sunken Meadow Park. If for any reason, you would like to pick up your child from an away meet, the athlete must provide a note to her coach the day prior to the meet written by the parent/guardian (**signed by the athletic office as well**) that will be there to pick up them up. Athletes will not be released out of the supervision of the coach to another athlete’s parent or guardian. While there are always unexpected events that pop-up, every athlete is encouraged to stay with her team and support them. Being picked up for work or something along those lines would be considered a lack of support for the athletes’ teammates and will come with consequences.

Philosophy- This is a varsity level program and every year we are looking to score as high as possible in league and county standings. For that reason, I expect every girl to put in 100% towards making herself faster, not just for herself, but for her team. I promise to do my best to get every girl to improve, keep them injury free and take the team as far as they can go. In return, all I ask is that the girls run, simple as that.

The majority of our meets will be at Sunken Meadow State Park. Tentatively we might also have an overnight meet at the Grout Invitational, as well as the Manhattan College XC Invitational in the Bronx.

Directions to Sunken Meadow State Park: Take the Long Island Expressway West to exit 53. From there take Sunken Meadow Parkway North all the way to the end. Once past the toll booths, head all the way down to the bottom of the road and make a right. Look for school busses, that's where we'll be.

To ensure that all parents and guardians are aware of the team's efforts, I ask that you sign this letter and have your child return this letter signed to me. Please also check the following website for the schedule, the attendance policy, necessary parent/athlete information and just about anything else:

www.coachungaro.com

Athletes- Please check the webpage, and the athlete info and cross country links for info
Parents- Please check the webpage, and the parent info and cross country links for info

It is my hope that this letter will clarify our expectations and responsibilities as a team, but if you still have questions or concerns please feel free to call me at 472-7800. I also check my email daily and you can email me at coachungaro@coachungaro.com.

Thank you in advance for your support and I look forward to seeing you at the meets. Please sign below. **All of this information is listed on the team's website so don't worry about tearing the signature off the bottom.**

By signing below you acknowledge that you have read and signed both this information packet as well as the Bayport-Blue Point Extracurricular Eligibility packet.

Sincerely,

Vincent Ungaro
Head Coach- Girls Cross Country

Student's Name (Please Print)

Parent/Guardian's Signature

Parent/Guardian Email (Please Print)