



FUQUAY-VARINA

# Cross Country Handbook

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Fuquay-Varina Parks, Recreation & Cultural  
Resources

[www.fvparks.org](http://www.fvparks.org)

**2/28/2022**

## **Inclement Weather Information**

[www.fvparks.org](http://www.fvparks.org)

*Select "Facility Status" under the youth sports tab  
If your facility is CLOSED your activity is CANCELLED*

**Weather Hotline: 919-552-2698**

**Sign up to receive text message alerts!**

*Both the weather hotline and webpage are updated weekdays by 4pm and weekends  
by 8am.*

## **Mission**

To provide diverse recreational opportunities and facilities that enhance social development and community well-being through welcoming parks, public spaces, facilities, organized activities, cultural resources, and special events.

## **Vision**

Participation in youth sports provides children with an opportunity to gain many valuable life skills and develop an appreciation for physical fitness, all of which can lead to a lifetime of healthy activity.

This can only occur, though, when organized sports programs are designed and administered to ensure a safe, positive, fair and fun environment for everyone.

## **Philosophy**

- Provide a safe and positive environment for youth to participate in sports programs.
- Provide each child with the opportunity to play regardless of skill level.
- Teach participants the skills and fundamentals of the sport they are participating in.
- Encourage sportsmanship, team-play and leadership
- Winning is *not* the ultimate goal; giving your best effort and displaying sportsmanship no matter the outcome is! Losing is not failure, it's a chance to learn and develop your skills and character.

### **I. General Information**

- a. The Town of Fuquay-Varina's youth Cross Country Program is administered through Fuquay-Varina Parks, Recreation and Cultural Resources Department will focus on providing a recreational, fun, safe option for players to learn and enjoy Cross Country. Good sportsmanship and skill development should be the main goal of all coaches. Winning is secondary to having fun and learning the sport.
- b. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- c. All team activities must be supervised by an approved head or assistant coach.
- d. No unsanctioned activities are permitted. Unsanctioned activities include practices held away from town owned/leased property; practices/activities held outside of the team's schedule provided by FVPRCRD.

- e. All who wish to participate in Fuquay-Varina Parks, Recreation and Cultural Resources Athletic Programs must register and pay the registration fee prior to being assigned a team and participating in the program.

## **II. Coaches and Assistant Coaches**

- a. No team shall have more than three (3) coaches. They are designated as Head Coach and two (2) Assistant Coaches.
- b. Head coach appointments are to be made by the Recreation Department for one (1) season. All coaches will be evaluated following each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in the future.
- c. All coaches are required to submit a formal application and background check. The background checks are subject to approval of the Parks, Recreation & Cultural Resources Department.
- d. All Assistant Coaches may be selected by the Head Coach after the teams have been determined, pending approval of the Recreation Department. Assistant Coaches must submit a formal application and background check.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Town of Fuquay-Varina Parks, Recreation & Cultural Resources Department. All coaches must be approved by the Recreation Department. Any coach not carrying out these duties and responsibilities will be subject to dismissal.
- f. Head Coaches are required to hold a preseason parent meeting to discuss rules, conduct, responsibilities, etc.
- g. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- h. Only the Head Coach and their Assistants will be allowed on the sideline/field of play during activities.
- i. Only the head coach may confer with officials during a meet.
- j. Coaches are responsible for reporting players who have dropped from their team. If a spot opens FVPRCRD will fill the opening with the next player available on the wait list. If no players are on the waitlist the roster spot will remain open.
- k. All coaches must wear their FVPRCRD issued coaches shirts and wristbands to all team activities. No coach will be permitted on the sideline that is not in uniform.
- l. Coaches are responsible for leaving the field area clean after their game or practice. Please pick up any trash, equipment or items before leaving.
- m. Coaches must remain on the sideline during all official meets.

### III. Communication

- a. **24 HOUR RULE:** Parents sometimes disagree with a coach’s decision or coaching style, especially when it involves their child. Parents must understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child’s sports development from game emotions. For this reason, we have adopted the “24 HOUR RULE,” which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and cool off if necessary. This rule also applies to coaches and parents contacting the recreation department.

**Contact Info: *Primary Contact – Thomas DeGruchy***

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**Fuquay-Varina Community Center**  
Office: 919-552-1430  
[info@fvparks.org](mailto:info@fvparks.org)

**Parks, Recreation and Cultural Resources  
Administration Offices**  
Office: 919-552-9140

### IV. Weather Updates

- a. Decisions are made weekdays by 4pm and weekends by 8am or as status changes. Once the decision is made, FVPRCRD will email coaches so that they can communicate with their parents any changes. You can also check for updates by visiting [www.fvparks.org](http://www.fvparks.org) and selecting ‘Field Status’ icon. If your facility is listed as “CLOSED” then your activity is cancelled. Coaches and families may also check the town’s **weather hotline by dialing 919-552-2698**.
- b. An attempt will be made to reschedule all games that are cancelled due to inclement weather. If space/time allows, rained out practices may be rescheduled at the discretion of the FVPRCRD. Coaches may not request to change game times once schedule has been posted.

## Text Message Alert Sign-up Instructions

1. Go to FVPARKS.ORG
2. Either:
  - Hover your mouse over the “Sports” tab, which will bring down a list of links. From there, you will find the “Alerts from PRCR” link on the left-hand side; click the link to go to the Alerts page.
  - Or click the “Sports” tab, which will take you to the main sports page. From there, you will find and click the link labeled “Alerts from PRCR”.
3. You will then be directed to the Fuquay-Varina Alert Center. Find the link in the grey box labeled “**Notify Me** ®”
4. Click the “Notify Me” link. (To subscribe to text and/or email alerts.)
5. Type your email address in the box labeled “Email Address” and click the button labeled “Sign In”.
6. For text message alerts, check the 2<sup>nd</sup> box that reads “***I would like to be able to receive text messages on my mobile phone***” and type your desired phone number in the box provided. Click save before continuing.
7. Underneath the Alert Center there are two icons beside PRCR Alerts:  & 
  - To subscribe or unsubscribe, you must click the Mobile phone icon,  beside PRCR Alerts. Once completed there will be a green check mark on the icon, which will look like: 

You will receive a text message asking to receive text alerts from PRCR. Reply “Y” to opt into the service. Once you reply “Y” you will receive a text confirming that you are signed up to receive text alerts.

## **V. Uniforms and Equipment**

- a. Shirts will be provided by the FVPRCRD. Parents may be required to purchase additional equipment.
- b. Teams shall NOT alter the uniforms that are distributed to players in any manner (including adding names to shirts, cutting sleeves, changing colors). Parents will be responsible for the cost of replacing a modified uniform.
- c. Coaches will be issued a shirt and wristband that must be worn to all practices and games. Once a coach has been approved (both assistant and head) they may come by the Community Center and pick up their shirt and wristband.
- d. A bag of cones and pennies will be provided for all coaches. This bag will be given to coaches at their first practice.

- e. All participants must wear closed toed shoes. Athletic running specific shoes are recommended.
- f. All players must wear solid black pants or shorts. No pin stripes or different colors.
- g. Uniforms must be the outermost garment worn during play. Uniforms must be tucked in.

## **VI. Program Setup**

### **a. All Divisions**

- i. The first meet will take place on the Saturday after the 4<sup>th</sup> practice. On the Saturday after the 8<sup>th</sup> practice, we will hold a more formal meet. Both meets will take place at Hilltop Needmore Town Park and Preserve. (4621 Shady greens Dr. Fuquay-Varina, NC 27526.)
- ii. A start and finish line will be indicated.
- iii. Runners must check-in to participate.
- iv. Upon checking in, runners will be given a “participant number” that identifies them throughout the race.
- v. Runners will be timed while completing the course.
- vi. A staff member will be set up at the halfway mark to help guide participants.
- vii. Runners must stay within the boundaries marked on the course. Running outside the boundary will result in disqualification.

## **VII. Schedules**

- a. Practices will be held during the week on Wednesday nights. There will be a meet following the 4<sup>th</sup> practice of the season and a final meet following the 8<sup>th</sup> practice of the season.
- b. The Town of Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to make changes to activity schedules when necessary.

## **VIII. Awards**

- a. FVPRCRD provides individual awards for all players. Coaches are responsible for passing out individual awards to each player. If an award cannot be given to a

player, please return it to the Fuquay-Varina Community Center and notify the parent that they may pick up their award there.

## **IX. Code of Conduct**

- a. Any coach, participant or spectator that is ejected by an official or town staff member will be suspended for the team's next scheduled meet. Suspensions may be longer depending upon the severity of the offense. All suspensions are at the discretion of the Athletic Program Administrator.
- b. No coach, participants or parent shall berate, belittle, or taunt an opposing team participant, parents, or coaches. Any unsportsmanlike conduct will not be tolerated. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. If ejected the offender must leave the premises immediately. All judgement calls are final.
- c. No coach, player or parent may harass or continually argue with officials, scorekeepers or FVPRCRD Staff. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. All judgment calls are final.
- d. Coaches, participants or parents that have been ejected from an official meet will be required to vacate the premises and escorted out by a staff member immediately.
- e. Drugs and alcohol are prohibited at all activities. Violations will result in suspension.
- f. Spectators that wish to use tobacco products are encouraged to be courteous of others around them and do so away from other spectators & program participants.
- g. Pet owners are asked to leave pets at home for town sanctioned athletic events (practices, games, & special events).
- h. No spectator may enter the cross country course boundary during the running of a meet.
- i. No coach or participant may deliberately or intentionally try to injure or harm another participant or coach. No participant, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- j. The Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to suspend any coach, parent or player found to be violating the mission, vision or philosophy of the department.