2026-2027
COPPELL CROSS COUNTRY

ORGANIZATIONAL PLAN

Mission Statement

COPPELL CROSS COUNTRY PROGRAM

The Coppell High School Cross Country Program's Mission is to create a positive culture of excellence, using both physical and mental training that will challenge student athletes every day. Our program will provide each athlete with an opportunity to hold themselves accountable, learn the training, and be enthusiastic about being a part of a successful program. Through competition and camaraderie, each athlete will understand what it means to be consistent and how to work as a cohesive group for a common goal.

TEAM OBJECTIVES

As a program it is our main objective to win. We want to win in everything we do. Tom Landry said, "The quality of a man's life is in direct proportion to his commitment to excellence." It doesn't matter what the endeavor is, one should strive to do it well. It is our goal that everyone involved with our program wins in the following areas.

#1 Win in life - There is more to life than cross country. Become a winner in life by becoming a man or woman of strong character and integrity. An individual with some backbone. An individual who will stand for right and confront wrong. A person who will make a positive impact on those around him or her. Become the best person you can be.

Keys to winning in life:

- Have integrity (there is right and there is wrong, do right)
- Be excellent in everything you do (strive for excellence in all things)
- Serve others (it's not always about you)

#2 Win in the classroom – Athletics will not last forever. Get your education! Your work ethic and drive to succeed in the classroom should be the same as your drive as an athlete. Learn to train your mind. Study. Read good books. Strive to be the best that you can be mentally, and this will lead to academic success.

Keys to winning in the classroom:

- Be on time
- Respect your teachers and administration
- Turn your work in on time
- Study outside of class

#3 Win on the field – You are competing in a sport where we keep score. There are certain rules and guidelines and rewards for the team that scores the least points. At the end a winner is declared. Wins are hard to come by. They are not just given; you must earn them. You earn them by your hard work ethic, great preparation, teamwork, and ultimately great execution on the track. Below are essentials to winning on the field.

Keys to winning on the field:

- Great effort in practice
- Being coachable
- Compete hard and for your teammates each day
- Respect your coaches, teammates, officials, opponents, and the sport of cross country.

As an athlete at Coppell, you can expect to be coached, encouraged, loved, and held accountable. You will be held to a high standard both on and off the field. Your commitment and sacrifice are keys to the success of our program. Those who choose to make the required commitments and sacrifices will be a part of something great, and the rewards will far exceed wins on the field.

TEAM POLICIES

GENERAL CONDUCT POLICY

Do not do anything that will hurt the team! You represent your teammates, coaches, and the entire program. You will be held to high standards and high expectations both on and off the course. By deciding to be a member of the Coppell High School Cross Country Team, you are agreeing to be held to these standards and expectations. Any conduct that is detrimental to the program will be dealt with in a serious manner and can be cause for removal.

TEAM RULES

1. Be PUNCTUAL – Be on time for all team functions. This includes practices, meetings, treatment, and any other team related activity.

2. Be PREPARED – Bring any material or equipment needed for a meeting or practice. Make sure you are properly dressed for all team functions.

3. Be POSITIVE – Have a positive attitude. Any complaints should be directed to a member of the coaching staff and done in a respectful and positive way. Negativity will be dealt with in a serious manner.

OTHER TEAM POLICIES

1. LOCKER ROOM:
    a. Keep the locker room clean and neat. This especially includes your area. Do not leave trash on the floor. If you see it, pick it up and throw it away.
    b. Take care of your equipment. Keep it cleaned.
    c. Do not alter your equipment in any way.
    d. Lock up all your valuables.
    e. Keep your locker organized.
    f. No stealing from a teammate. This is a serious offense, and you will be removed from the team.
    g. No visitors in the locker room. Only players, staff, and authorized personnel are allowed.
    h. The locker room will remain locked before and after athletics. A coach must be present in the locker room if an athlete is in there. Don't ask for the coaches' keys.

2. TRAINING ROOM:
    a. The training room is not a lounge. It is for taping, treatment, therapy, or rehabilitation. If you are not in need of any of these, then stay out.
    b. Be respectful of all trainers and training staff.
    c. Any appointment with the trainer is considered as a team activity. (i.e. If you miss it, it is the same as missing practice.)
    d. Injured players must follow the proper procedures regarding being limited or out.
    e. Injured players are expected to be on time to all other team activities.

3. ACADEMICS:
    a. You are here to get an education.
    b. Class attendance and promptness, study hall attendance, and any other academically related meeting is mandatory!
    c. We will help you stay accountable by checking your grades and offering academic support, but you must be willing to cooperate. Zeros are not acceptable.
    d. Remaining eligible is obviously an expectation during the season, but you are also expected to remain eligible during the off-season as well.
    e. If you are not taking care of your academic responsibilities, there will be disciplinary actions that will take place.

4. MEDIA:
    a. Be smart when using social media. Do NOT put anything on it that will be a poor reflection on you, your family, your teammates, or the program.
    b. When doing an interview with the media do not criticize teammates, coaches, Coppell High School, or any CISD administration.
    c. Be positive.
    d. Do NOT make predictions.
    e. Show respect for your opponent.
    f. Do NOT trash-talk.
    g. Do NOT tell the world what we are doing.

5. MEET DAY:
    a. BE ON TIME FOR THE BUS.
    b. Act professional on meet day—poor examples of meet day professionalism include fighting, foul language, loss of poise, or immature display of enthusiasm.
    c. No showboating.
    d. Never argue with meet officials.
    e. Have good body language.
    f. Missing or skipping your race without the consent of Coach Wren will result in forfeiting your right to attend the next meet.

6. DRUGS AND ALCOHOL:
    a. We will follow the CISD PLEDGE policy.
    b. Do not put yourself in a compromising situation. If you are somewhere where drugs or alcohol are present – leave. Do not be found "guilty by association."

7. RECRUITING:
    a. If you want to be recruited, your number one priority needs to be your grades and test scores. Do your work in the classroom.
    b. Take the SAT/ACT as early as you can and as many times as you can.
    c. Register with the Eligibility Center. Your coach or counselor can help you with this.
    d. You do NOT need a recruiting service. I can almost, with 100% certainty, guarantee you that your club or personal coach does not have the same relationship with college coaches that your high school coaches have. Every major college and university come to Coppell. As a coaching staff, we send recruiters an updated prospect list with your information on it. We also send recruiters your transcripts. Make sure you have turned in the transcript release form and communicated with Coach Wren that you want to be added to the prospect list.
    e. Communicate with Coach Wren anytime a recruiter is in contact with you.
    f. Do not get caught up in the media hype surrounding the recruiting process. You are NOT your X or Instagram.
    g. Be smart about what you put on social media. College coaches look at this to see what kind of person you are.
    h. If you ever have questions or concerns about the recruiting process talk with your coaches.

8. SHUTTLE BUSES:
    a. Shuttle buses will run to CHS9 BEFORE 1st/5th period and AFTER 1st/5th period.

9. TRAINING/TEAM INFO:
    a. Athletes will be given information containing team training, philosophy, and terminology.

COPPELL COWBOY CROSS COUNTRY RULES

1. **BE ON TIME-** You must be on the track each morning no later than 7:00 AM. Multiple tardies will result in potentially being suspended for the upcoming meet.

2. **COMMUNICATE**- Lack of communication with Coach Wren regarding absences or tardiness will result in possible suspensions from meets.

3. **TUTORIALS/CLUB MEETINGS**- Athletes are encouraged to attend after school tutorials/club meetings when possible. If a runner must attend a tutorial/club meeting during practice, the athlete must inform a coach prior to team warm-up begins. Athletes are required to complete the workout when they return from tutorials.

4. **ABSENCES**- It will be the athlete's responsibility to get the workout done on their own if he/she is not at practice. If a runner has been out for a lengthy amount of time due to illness, it will be up to the coach to determine how the time missed will be made up. Please make sure your athlete turns in a doctor's note, parent note, etc. to the CHS attendance office upon returning from absence.

   You must e-mail or send Coach Wren a message via Student Square if you are going to be absent. In emergency situations, call: Coach Wren-682.429.4256.
   Failure to contact Coach Wren could result in the following:
   1st offense – Suspension for upcoming meet
   2nd offense – Suspension for the next 2 meets
   3rd offense – Suspension for potentially the rest of the season

5. **ISS Room**: Players assigned to the ISS room will result in the following:
   1st offense – Suspension for upcoming meet
   2nd offense – Suspension for the next 2 meets
   3rd offense – Suspension for the rest of the season

6. **Detrimental Behavior Policy**: Players who in the coaches' judgment have done something that brings embarrassment or humiliation to the Cowboy/Cowgirl program (cursing, fighting, etc.). Discipline from this type of behavior will result in the following:
   1st offense – 1 week of disciplinary reminders
   2nd offense – Suspension for one meet and 1 week of disciplinary reminders
   3rd offense – Suspension for the rest of the season

7. **TRANSPORTATION**-All athletes are required to ride the bus to meets. You are allowed to ride home with YOUR PARENTS, but you must have arranged this PRIOR to meet day with Coach Wren. Only a parent or designated person (18 years old or older) can sign a runner out. The runner will be released from the meet once a cool-down is completed. For your child's safety, we must see you.

8. **TREATMENT**-If you need to receive treatment, inform the coach before seeing the trainer for attendance purposes. The trainer will determine your workout status unless you are under the care of a doctor. See the trainer first before going to your family doctor.

9. **PLEDGE-**All athletes will abide by all Pledge rules concerning alcohol, tobacco, and drugs.

10. **EQUIPMENT**- Uniforms/bags issued must be taken care of and returned at the end of the season. Lost, stolen or damaged uniforms/bags will be paid for, or you will be placed on the fine's lists.

11. **LOCKERS**-You are to keep your locker tidy. Make sure you take your clothes home at least 3 times a week to be washed. Lockers are to be locked at all times. CHS and CHS CC/Track coaching staff will not be responsible for anything stolen due to unlocked lockers.

******Sign and return bottom portion to Coach Wren******

I have read and fully understand all the rules and procedures. I understand that any infraction of these rules could lead to dismissal from the Coppell High School Cross Country Team.

Athlete's name _____

Athlete's signature _____

Parent's signature _____