

Cross Country Expectations

- Students will be on time and prepared for practice
 - This includes bringing plenty of water
 - Dressing appropriately for the weather
- Exceptional sportsmanship is expected and required
- Horse play will not be tolerated
- Practice before participating in a meet is mandatory
- Unexcused absences will result in missing a meet for each unexcused absence. If the student has five unexcused absences, they will be dismissed from the team.
- Coaches will evaluate reasoning and validation for missing events before making decisions.
- It is the student's responsibility to notify coaches of upcoming events and a note from a parent/guardian is preferred.
- Students will not be allowed to leave a meet until the conclusion of all teammates' races. At this point students will only be allowed to leave if they provide a signed note from a parent/guardian. A phone call or a verbal message will not count. I want it written down and signed for records sake. This also protects coaches and the school because we might not know every parent/guardian.
- Students not working to their abilities will result in performing workouts again.

Student Printed Name	Signature
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Parent/Guardian Printed Name	Signature	emergency phone number
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