

Cross Country Commitment and Contract

Our Commitment

1. Coaches will be available to encourage each student to do their best.
2. Coaches will strive to provide an age appropriate experience for the players.
4. Coaches will attempt to place students in situations where each player can feel successful.

Your Commitment

Student
initials

Parent
initials

- | | | |
|-------|-------|--|
| _____ | _____ | I will come prepared to every practice properly dressed with running shoes, t-shirt, and shorts. (No b-ball shorts, cheer shorts, b-ball shoes, or tank-tops.) |
| _____ | _____ | I will take care of my assigned uniform and not put it in the dryer. |
| _____ | _____ | I will be at every practice unless I am absent from school. I will personally deliver a note to a coach if I have an appointment that conflicts with practice. |
| _____ | _____ | I will go to the Activity Club after practice if I'm not picked up by 4:15 (and pay their fees.) |
| _____ | _____ | I realize that missing practices will jeopardize my participation at meets. |
| _____ | _____ | I will be at all of the scheduled meets. I will notify the coach if I become ill and can't make it. |
| _____ | _____ | I will keep my grades up by putting forth my best effort that includes a minimal amount of late work. |
| _____ | _____ | I will respect all coaches and parent volunteers. |

Student Signature _____ Date _____

Parent Signature _____ Date _____