

Leesville Road Cross Country 2009

Rules and Expectations

- Athletes are required to attend **every** practice from August 1st until the season is completed. Absences can result in suspension or removal from the team. Absences will be handled on an individual basis. If you are a member of several clubs/organizations that will interfere with cross country practices or meets, you probably should decide which one you would rather participate in. **IF YOU ARE AWARE THAT YOU WILL BE MISSING AN UPCOMING PRACTICE, YOU SHOULD NOTIFY THE COACH AS SOON AS YOU REALIZE THAT YOU WILL BE ABSENT! IF YOU HAVE PLANS THAT WILL REQUIRE YOU TO MISS A MEET, YOU SHOULD NOTIFY ME THE FIRST WEEK OF PRACTICE.** If you are at school and go home sick, come and tell me so I will know what is going on. **Communication ahead of time is the key to avoiding unexcused absences and problems.**
- **Practices will be at 8am and will be finished around 9:30-10am from Aug. 3 until Aug. 14. Practices will be a begin at 7am from Aug. 17-24. Practices will begin each day at 2:45 and end between 4:00-5:00 once school starts.** Practices consist of warming up, stretching, form drills, and workouts designed by the coach. The practices and workouts are not to be altered by the athlete. Refusal to do assigned workouts or altering the workouts will not be tolerated.
- The athlete's behavior in school, out of school, practices, meets, and in the locker rooms is expected to be of the highest quality. Failure to respect Leesville Road High School expectations, coach, or other athletes will not be tolerated. Each member represents the coach, school, and community.

A.S.D.- **Suspended from the next meet**
I.S.S – **Suspended from the next meet**
Suspension from School- **Removed from team**
Arrested- **Removed from team**
Any behavior in or out of school that is inappropriate- **Suspension from meets or removed from team**
Failure to do a workout/leave practice without permission/not follow a coach's directions- **Suspended from next meet**
Needing to miss a meet and not notifying the coach about it at the beginning of the season- **Suspended from next meet**
- Cuts will be made depending on the number of athletes that come out for the team and the ability level. All athletes will compete at home meets. Not all athletes will be able to compete at away meets. We will probably take anywhere from 15-25 boys and 15-25 girls to each away meet.
- Athletes will be issued a uniform (jersey, shorts, & sweats), lock, & locker. It is up to the athlete to take care of the uniform that is issued to him/her and return them at the end of the season. Turning in someone else's uniform does not relieve your responsibility for your own uniform. If damage is done to one of the items or is lost, the athlete will be responsible for paying for the item **before** another is issued. The uniform/sweats can only be worn at MEETS. It can not be worn to school. This is a rule passed down from the administration and must be followed.
- A runner must run at the varsity level (Top 7) for at least half of the meets to "letter varsity". Seniors that have competed for all 4 years and have showed good team commitment and leadership will also receive a letter.

I understand and agree to abide by these expectations:

PRINTED NAME OF ATHLETE: _____

ATHLETE SIGNATURE: _____

PARENT SIGNATURE: _____ DATE: _____