



RUNNER NAME

## 2019-2020 Westside High School Cross Country Runner Contract

### **Behavior**

All runners are held to the highest standard for behavior. Any runner serving more than one day of in-school suspension (ISS) during the Cross Country season will be dismissed from the team. Any runner serving any out of school suspension will be dismissed from the team. Any misbehavior while at Cross Country practice, meets, or while on the bus may result in dismissal from the team.

### **Grades**

Runners must submit all progress reports and report cards received during the Cross Country season to the coaches. Coaches will create an electronic copy to file and return the original to the student immediately for it to be taken home to parents. If progress reports are not returned in a timely manner, runners may be suspended from the next race.

GHSA policy allows for 2 failing grades from athletes; we will follow the same policy. If a runner is failing more than 2 classes on either progress report or report card, he/she will be placed on academic probation from the team and required to improve their grades before participating in any subsequent Cross Country event. This includes region and state meets as well as the end of season banquet. This means if you are the number 1 runner on the team but fail 3 classes, you may not be allowed to compete at the region or state championships.

If placed on probation, the runner will obtain weekly feedback from the teachers of the classes failed in order for the coaches to determine when the probation will be lifted.

### **Attendance**

Any runner with more than 3 unexcused absences from practice or ANY unexcused absence from a meet is subject to suspension and possible dismissal from the team. Any tutoring sessions must be communicated to the coaches and runners must bring a pass when they come to practice.

Runners are expected to travel as a team; unless there is an extenuating circumstance or prior approval, runners will ride with the team to meets. Runners are expected to stay at a meet for all races our team is participating in and cheer on their teammates. Once races are concluded, runners are free to leave with a parent but **MUST** check out with a coach before leaving. If a runner is riding with someone who is **NOT** their parent, they must have a note.

On practice days, students must show-up dressed in the appropriate uniform/attire no later than five minutes before the scheduled practice time. Students not in the appropriate attire will not be allowed to practice. Students who are repetitively late will be suspended from the team or dismissed. As a result of being late, students will be required to do additional training.

### **Transportation**

All runners must be picked up from practice no later than 20 minutes after the end of the scheduled practice time; if they are late more than twice without extenuating circumstances they may be suspended from the team and have to sit out the next meet. A Remind message will be sent when we are approximately 30 minutes from the school when we return from meets. If a runner is not picked up within 45 minutes of that message without an extenuating circumstance, they may be suspended from the team and have to sit out the next race. If a runner is staying at school for another reason (staying for a game, meeting, etc.), they **MUST** have a note to give to the coaches.

**Being Part of a Team**

Runners should be committed for the duration of the Cross Country season. If a runner voluntarily leaves the team before the completion of his or her season, he or she will be declared ineligible to participate in Cross Country the following year. Any runner needing to try out for winter sports that may conflict with the Cross Country season will be worked with on an individual basis along with the other team's coach(es).

All runners are to listen to and act respectful toward all coaches and captains. Runners who question coaches' decisions or fail to follow directions given by the coaches OR the captains may be suspended from the next race. If the behavior continues, the runner may be dismissed from the team. Any player who puts THEIR INTERESTS above the team's may be dismissed.

By signing below, I understand the above policies and agree to abide by them. If I do not, I understand the consequences that will be enforced.

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Runner Signature

Parent Signature

Date