

Westside High School Patriot Cross Country



Cross Country Behavior Contract

1. I understand that participating in an extracurricular activity, such as Cross Country, is a privilege, not a right. As such, I will conduct myself with good sportsmanship, respect for my coaches, my teachers, my parents, my opponents, and my teammates.
2. I understand that my coaches will monitor my grades, attendance, and discipline.
3. I understand that the coaches make the decisions of the lineup based on work ethics in practice and in the classroom.
4. I understand that I must maintain a high level of academic performance and that I am expected to turn in all work on time and completed to the best of my ability.
 - A. I understand that I must pass 5 out of 7 classes per GHSA rules. I understand that if I am failing a class I will be put on academic probation. I understand that if I fail or am failing more than two class I will be suspended from the team.
5. I understand that if my in-class discipline becomes an issue, I may have to sit out a meet and that I may lose my Varsity or JV position, and possibly be suspended or dismissed from the team if my behavior continues.
6. I understand that I must come to ALL practices, and ALL meets, and that three unexcused absences will result in my dismissal from the team. Should an emergency situation arise such that missing practice is unavoidable, I will contact Coach Newton in advance if at all possible.
7. I understand that as a runner, I will be expected to act as a leader at Westside High School. As such, I will not consume alcohol, do illegal drugs, use tobacco products, participate in any unlawful activity at or away from school, or be present during such activity. I understand that violation of this policy will result in severe consequences which are detailed in the RCBOE Code of Conduct.
8. I understand that during Cross Country season, there will be no intimate or personal contact between any students on the team. Relationships between students can be a distraction to both people. Open acts of affection are not acceptable when representing Westside High School.
9. I understand that if I am disqualified for flagrant misconduct during the course of competition I may be dismissed from the team at the Coaches discretion.

Westside High School Patriot Cross Country



10. I understand that it is my responsibility to communicate with my Coach about issues related to myself and not rely on other teammates to communicate for me.

11. I commit myself to work as hard as I can during practice and matches.

12. I will not allow doubt to discourage me from trying. I will not allow myself to believe that I can't and I will work as hard as I can to believe in myself.

13. I will eat right and keep my body hydrated

14. I will never quit.

15. I understand that it is the policy of the Westside High School Athletics Department that I must complete any sport I start before I begin another sport. I understand it is the coach's discretion that I may be allowed to participate in more than one sport during the season and should discuss the possibility at the beginning of the Cross Country season.

I commit myself to the Westside Cross Country Team and will conduct myself in a manner that is in my best interest and the best interest of the team. I will be a hardworking, attentive student that respects myself, my parents, my peers, and my teachers.

Signature of runner: _____ Date: _____

Printed Name of runner: _____

Signature of parent/guardian: _____ Date: _____

Printed name of parent/guardian: _____