



ATTENDANCE REQUIREMENTS AND EXPECTATIONS FOR GIRLS CROSS COUNTRY MEMBERS

Attendance:

1. Attendance for all practices and meets are mandatory, this includes being on time. We meet six days a week.
2. There are two types of absences - both must be communicated with the coach in advance.
 - An “excused absence” is for sickness or family emergencies. If an athlete goes home from school sick, they still need to let their coach know. If the athlete cannot find their coach before leaving school, a parent needs to e-mail the coach. Do not send another team member to inform your coach with second hand information. This will not be excused.
 - * College visits for upperclassmen are excused, but need to be communicated in advance.
 - An “unexcused absence” is when the athlete misses for avoidable or optional reasons. Consequences will follow for unexcused absences.
 - * please schedule all doctors appointments after practice/meets. Unless the appointment is for a running related injury or illness that keeps them out of school and practice. We understand this is challenging, just do the best you can with scheduling these.
3. Practice concludes when released by coaches. With your help, coaches will make every effort to conclude practices by 5:00-5:15 on a school day.

Consequences:

1. An athlete will miss the next Invitational following an unexcused absence.
2. A second unexcused absence will result in another missed meet and a parent contact informing them that if a third absences occurs, the athlete will be at risk of being excused from the team.
3. Any athlete that has an unexcused absence from a cross country meet will not receive a letter for the season.

Meets:

1. Athletes are expected to ride the bus to and from meets/team functions.
2. Attention and celebration during entire length of awards ceremonies is expected.

Participation in high school cross country is not a right but a privilege. We feel that to earn the privilege of being on the team that all members must be willing to make the same commitment regardless of ability level. While this may require that the athletes have to make some difficult choices, ultimately we will be stronger as a team by the sacrifices that all individuals are making together.

Print Athlete Name: _____

Athlete Signature: _____

Parent Signature: _____