

ALCS GATORS CROSS COUNTRY 2018

Student/Parent CONTRACT

1. Each athlete is expected to attend **all** practices. Prior arrangements **MUST** be made if an athlete is to be excused from practice. Excused absences include medical, family emergencies, and educational. I am available in the building during the school day. The athlete should either stop in or call me at extension 2229 if something comes up. A note from the parent/guardian or from the teacher the athlete is staying after with will be expected.
2. If an athlete is unexcused from a practice the day before a meet, the athlete will not be eligible to compete in that event.
3. Any athlete who reaches three unexcused absences may be suspended or removed from the team.
4. Each athlete is expected to attend/participate in **all** meets. Signing up for this team is a commitment to all of the other members of the team. It is important that the athlete and family take this commitment seriously. A schedule is provided to make plans to attend each competition. Please adjust plans accordingly. Only extreme circumstances will allow for an excusal from a meet.
5. Each athlete is expected to stay until each meet is **COMPLETELY FINISHED**. When they are finished competing, they should be there to cheer on their teammates. An athlete **WILL NOT** be excused early except under extreme circumstances. Any athlete who leaves early without approval will be expected to attend the next meet, but will not participate.
6. If an athlete is not riding the bus back with the team, a parent/guardian **MUST** sign the athlete out on a sign out sheet before the athlete can leave with the parent/guardian. If an athlete is riding home with an **adult** other than their parent/guardian, a written note must be presented stating permission for the athlete to ride home with the specific person that is signing them out. An athlete is not permitted to leave a meet with another student.
7. Each athlete is expected to come to practice each day ready to give 100%. When an athlete is given instructions, the athlete is expected to give their best effort to complete the workout. It is important that each athlete do as asked. If an athlete is caught sitting or doing other activities when sent out for a run, the athlete may be suspended or removed from the team. We cannot expect to excel as a team if any athletes are skipping workouts.

Athlete Signature: _____

Parent/Guardian Signature: _____

Date: _____

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YOUR COPY TO KEEP