

Donegal JH Cross Country Team Expectations/ Contract

Participation

Donegal Cross Country is a no-cut sport, which means that no one will be dropped from the roster due to performance level (race times). However, the program is not intended to be a jogging club or social group.

- Junior High athletes participating in the program will be expected to demonstrate a commitment and willingness to work hard and do their best in all practices and meets.
- Junior High athletes are expected to learn the sport and grow in their abilities throughout the season with the goal of completing a two mile course without walking.

Behavior and Discipline

- Always conduct yourself as though your coach or parent is watching you. Cross country team members are representatives of Donegal Junior High School, and as such are expected to display sportsmanlike conduct and respectful behavior.
- JH athletes are also expected to be teammates that encourage and help each other.
- JH athletes are expected to listen when the coach is speaking and ask questions after directions without interrupting.
- Any discipline problems will be dealt with by the coaches according to school policy.

Practices/ Attendance

In order for Donegal Cross Country to be successful as a team we must practice together on a regular basis. The coaches believe this helps foster team unity, work ethic, and sportsmanship. Therefore, we have adopted the following rules for attendance:

- Practices will be held weekdays Monday through Friday. Athletes are expected to attend all practices.
- Athletes are expected to be dressed and ready to begin practice on time. Exceptions are made for family emergencies, illnesses, doctor appointments, or school related functions.
- Please contact coaches in advance if you will miss a practice.
- Work, detention, homework, forgetting clothes or shoes, missing the meet bus, and lack of a ride to practice are all considered unexcused absences. Athletes who accrue more than two unexcused absences will be dismissed from the team.
- If you are unable to participate in workouts due to injury, report to the training room before practice starts, then join the team at the beginning of the scheduled practice for the team meeting, stretching, and any additional instructions from the coaches.
- Athletes must attend practice in order to be eligible for meets.

Meets

Participation in meets is the purpose of the Donegal Cross Country Team. Athletes are expected to be available for every meet!

- Only athletes who can run 2 miles without stopping to walk in practice will attend away meets.
- Injured athletes may or may not attend away meets at the coach's discretion, but are expected to be helping at home meets.
- Athletes are expected to travel on the bus to and from regular meets.
- For **invitational** meets, all athletes must either return to the school with the team, or travel from the meet with their parent only. No exceptions will be made as per school administrative policy. Parents transporting their own children after an invitational meet will be required to check out with the head coach before leaving the meet.
- Athletes receiving a meet award will be required to wear their team warm ups or jersey, or a T-shirt displaying the school name during the awards presentation.

I (Athlete name) _____ have read the above expectations and agree to abide by the guidelines and consequences as outlined.

(Athlete signature and date)

My child has shared the above information with me.

(Parent signature and date)