

First and Last Name _____

Goldenview Cross-Country Contract

and Information Sheet

I _____, wish to join the Goldenview Cross-Country Running Team because _____

Belonging to the cross-country team will require me to push myself to improve my abilities, and I must have a personal commitment to both the team and my improvement. I pledge to participate with a positive attitude and to try to excel at each practice.

I understand that being a part of the Goldenview Cross-Country Team means that I will follow the directions given to me by my coaches, with the following rules:

1. Practice will occur Monday-Friday from 4:15-5:45 pm. **I will arrange to be picked up no later than 5:45 each day, or I may be asked to leave the team.**
2. I will change and be in the upper gym on time (by 4:15 pm) and in proper workout gear each day. I will dress according to the weather and plan to go outside daily. **Minimum proper gear includes running shoes (no slides, crocks, or sandals), running shorts or sweats, and a t-shirt or athletic shirt (no street clothes). All school rules about appropriate clothing apply to my running clothes.** If I am not appropriately dressed, I cannot attend practice, and the practice will not count. *Your coaches also recommend having a hat and gloves available in colder weather.*
3. I must complete **ten** practices before I can compete in any meet. Coaches take attendance before every practice; I am responsible for ensuring that I am marked 'present.'
4. **To participate in a meet, I must attend the practice before a meet; my coaches will review the course, running strategies, travel, etc. If I cannot attend the practice before a meet, I will bring a note from home explaining my absence. If there is no communication from home, it is an unexcused absence.**
5. **I am expected to attend practice every day I am at school. If you miss practices regularly, you will not be able to compete in future meets.**
6. If suspended, I can practice once my suspension is complete (including in-school suspension).
7. When attending meets and competitions, I will dress out in my Goldenview uniform. If I do not have my uniform, I cannot participate in the meet. The Goldenview uniform includes single-color shorts and a Goldenview athletic shirt (available for purchase from the office).
8. While attending meets, I will act appropriately as a representative of Goldenview's team.
9. After meets, **students must have their parent or guardian sign them out with a coach if they are not riding the bus.** If I fail to sign out, I may not be able to compete in the next meet.
10. If I have unexcused absences, I will miss the next meet. Three unexcused absences may result in removal from the team.
11. I will participate at all practices and meets with a positive attitude. If I have a poor attitude or don't participate as my coaches ask, I may be asked to leave practice.
12. **If I am asked to leave practice more than twice, I may be asked to leave the team.**

I am here to have fun, improve my athletic and team capabilities, and represent Goldenview at cross-country meets.

Student signature

Date

Parent signature

Contact Phone #

"Always try your best! If you try your best, you will improve, and if you improve, the team will improve."

Thank you, Goldenview Coaches
