

ORMS Cross Country Contract for 2018

Welcome to the ORMS Cross Country Team. Please **read** the information below, **sign** the contract at the bottom, and **bring the contract back** to one of the Coaches **BEFORE THE END OF THE FIRST WEEK. YOU KEEP THE TOP.**

1. Cross Country is meant to be **FUN!!** It will also require some **hard work**. We will build in a lot of enjoyable activities, but you must always put forth the effort. Give it your best shot! We expect that you will be running as much as you can during our practice runs. If you are not willing to run, or willing to put in good effort, we will ask that you leave the team.

2. **We expect that you will be at most practices and meets.** In order for the coaches to get to know you, for the team to work together, and for you to improve as much as possible, it is important for you to be at practice and meets. If you have another commitment that keeps you from getting to practice, you must let a coach know ahead of time. We understand that you may have other activities: music lessons, religious classes, doctor's appointments, and such. It is reasonable to miss an occasional practice for these purposes. We do not expect you to skip a practice because you just don't feel like being there. Anytime you miss a practice without letting us know *ahead of time* is considered an unexcused absence. ***Athletes who have more than two UNEXCUSED ABSENCES will be considered to have quit the team and will be ineligible to participate in Cross Country for the remainder of the season.***

3. You will be issued a uniform prior to our first meet. The uniform is for meets, not for practices. **YOU MUST WEAR IT TO ALL MEETS**, you will not be allowed to compete without it (this is a league rule). Keep it clean, and **hand it back after the State Meet, the 5th grade meet, or when your season ends.**

4. Cross Country is a sport that involves running off-road for the most part. It is expected that you show up for practices runners prepared with shorts, sneakers, and water bottles. Please understand that there are inherent dangers in cross country that you need to be aware of and okay with if you are going to participate in Cross Country. 1. There are BEES out there. There is a chance that we will run into a nest. We will try to be sure the trails are safe, but we can't always control nature. 2. We run in the rain. We will avoid thunderstorms to the best of our ability, but we will occasionally get wet. 3. We can not watch you all the time. One hundred plus runners can be spread over a mile – there are only 4 coaches. Again, we do our best to keep all kids in sight at all times, but it isn't always possible.

5. In order to keep you safe, **it is imperative that we have your ORMS Health form** has been filled out and turned in. It must be in by the end of the first week of practice, or you will not be able to practice. You also must always bring your epi-pen or inhaler with you (and carry it with you on runs) if you have a need for one.

5. All ORMS rules of conduct will always apply to all ORMS Cross Country practices and meets. This is a school first and a team second sport. You are students first and athletes second. We are teachers first and coaches second. **Students who are NOT meeting their academic requirements (passing grades in ALL classes, etc.), or who do not reflect positive choices and positive behavior, will NOT be allowed to participate.** Thanks for your cooperation.

Please sign below, have a parent also sign, and RETURN THIS PAGE TO A COACH BEFORE YOUR FIRST PRACTICE.

In order to make sure that we have a safe, productive, and enjoyable track season, I promise to abide by the rules and procedures of the ORMS Cross Country Team. I recognize that, just as within my classes, constructive behavior will help to assure a positive experience for everyone involved, *while negative behavior will result in consequences to be determined by your coaches.*

student signature

student name and grade (please print)

parent signature

parent email (please write neatly)