



Service High School XC Running 2020 Team Contract



Cougar Track Mission:

Service XC Running is about teaching young athletes the value of friendship, physical fitness and commitment. In a competition, winning is the goal, but we believe that athletes learning to live by the values listed above is a better means by which to measure success.

All (Coaches, Athletes, and Parents)

1. Treat athletes, officials, coaches, and spectators with respect. Demonstrate good sportsmanship at all times.
2. Understand and respect the different roles of athletes, parents, coaches, and officials.
 - Parents parent,
 - Coaches coach,
 - Officials officiate,
 - Athletes run,
 - And each should be respected for what they do and have fun doing it!
3. Refrain from any profanity and maintain self-control at all times.
4. Athletics are not to be put ahead of academics.
5. Remember the primary value of athletic participation is to provide our youth with an opportunity for physical, emotional, social, and mental self-development.

Covid Requirements:

1. Wear a mask that covers your nose and mouth to practice and only take it off when a coach gives you permission to.
2. Check in with a coach or parent as soon as you arrive at practice to get your temperature taken and answer basic health questions.
3. Maintain 10ft between you and everyone else.

Athletes

4. Always demonstrate respect for your opponents, teammates, coaches, and officials.
5. Give your best effort, win with humility, lose without excuses, and always maintain good sportsmanship.
6. Maintain the minimum GPA of 2.0. or passing on a pass/fail system.
7. Adhere to all school and team rules (see student handbook for details).
8. When in the woods always be running in groups of 4 or more.
9. No headphone use during practice.
10. Breaking of the above rules and standards will be considered grounds for dismissal from the team.
11. Lettering for Cross Country Running requires an athlete to score as a varsity runner in a meet. Top 7 finishers for Service High in a Varsity scored race, not a JV or an open race, are the varsity scorers.

Parents

1. Be positive role models at athletic contests. Your son or daughter will be aware of your behavior.
2. Realize that the coach is an educator and understands the sport and the proper training and behavior for that sport. Refrain from coaching or undermining the coaching from the sidelines.
3. If a parent wishes to raise a complaint or concern with a coach, the best format is email. However, communication laden with disrespectful comments will be disregarded.
4. Parents should do their best to help schedule their athlete's extracurricular endeavors outside of meet and practice times.

Coaches

1. Safety is your top priority.
2. Create a positive and nurturing environment for the athletes to growth athletically.
3. Provide athletes with opportunities for social interaction and development that aid emotional growth.
4. Teach the values of dedication and effort while conforming to the spirit as well as the letter of the rules.
5. Help students achieve THEIR goals.

Attendance

1. Sophomores, Juniors, and Seniors are required to attend their 1st day of practice by August 14th, and must have 10 practices by August 25th or they will not be allowed to participate on the team.
2. Freshman and athletes new to Service High are allowed to join prior to August 23rd, the 3rd day of school and must have 10 practices by September 8th, or they will not be allowed to participate on the team.
3. PE credit is granted only for athletes who maintain a 70% or greater attendance record. An athlete must participate in the entire practice to get attendance credit for the day. The 30% absence includes misses for illnesses, summer vacations, extra-curricular activities, etc.
4. If you were home sick from school you may not attend practice that day.

Travel to Meets

1. All athletes must travel to meets on school buses that depart from Service High or they will not be allowed to compete.
2. Athletes are encouraged to demonstrate team spirit by staying for the entire meet. If this is impossible, athletes and parents must sign a sign-out sheet before leaving the meet with their parent. Athletes can only leave a meet early with their parent or legal guardian.

Uniforms

1. All gear, which may include warm-up jacket, warm-up pants, racing singlet, and racing shorts, must be returned by the XC Running banquet. The parent or legal guardian of any athlete who does not return ALL team issued gear will be fined the replacement cost of the lost gear, which can exceed \$100.

I, (athlete) _____ agree to abide by the Service Cross Country team contract. I acknowledge that if I don't comply with the team contract I may be removed from the team and forfeit the privilege to compete for the Service High School Cross Country Running team.

Athlete Signature Date

I, (parent) _____ agree to abide by the Service Cross Country team contract.

Parent Signature Date

I, (parent) _____ agree to abide by the Service Cross Country team contract.

Parent Signature Date