

LHS Cross Country Contract Fall 2024

Being a member of the long tradition of excellence that is the Lakeside High School Cross Country Team is an honor and a privilege. I understand that I am an ambassador for myself, my family, my team, my school, and my community. Every day, I will commit to work hard, do my personal best, be positive, and be respectful. To be the best athlete possible, I will attend every practice every day. If, in extenuating circumstances, I am excused from practice one day a week, I must attend practice and be on time. **I understand there may only be three school related absences during the season and more than three absences may result in dismissal from the team.**

I understand this is a team that runs. I agree that I will run during every practice and that the expectation is that I will run every day at practice with a minimum goal of completing a 5K by the end of the season and improving my time as the season goes on.

On Practice Days

- I will be present unless (1) there is an emergency and/or (2) I have already notified coaches and captains 48 hours in advance and received approval for a school related tardy/absence. **I understand I must attend four practice days each week to remain on the team.**
- If the team is carpooling to a practice I will ride with the assigned carpool drivers.
- I will stow my phone away in a secure location before 3:40, and it will stay stowed away until the end of practice. POSSIBLE EXCEPTION FOR CAPTAINS WHEN NECESSARY.
- "Practice" = 3:45 until we chant "L H S L H S . . . L H S X C WOOOO!!!"
- I will check in with the captain in charge of attendance before 3:40.
- I will be on the track before the Captains' Call to "WARM UP" at 3:45.
- I will participate fully in all workouts during practice. This includes warm-ups, line drills, stretching, strength training, yoga, icing, etc.
- I will do the line drills properly unless the captains AND coaches have been notified of an injury in advance.
- I will see the Athletic Trainer only if sent by the coaches with a note to the trainer.
- I will arrive to stretch on time as per captains' and coaches' instructions.

On Meet Days

- I will be present unless (1) there is an emergency and/or (2) I have already notified coaches and captains 48 hours in advance and received approval for a school related tardy/absence.
- I will ride the bus with the team to the meet. I will be on time for departures to all meets and understand if I am late I may not be allowed to run.
- **If I miss the bus, I will not be allowed to participate in the meet.**
- I will carry items from the bus to the campsite.
- I will help set up the campsite.
- I will warm up with my group.
- I will help clean up and break down the campsite after the meet.
- I will ride the bus with the team back to LHS.

Consequences

1st Conversation with coach

2nd Conversation with coach; present but cheering only at the next race/meet

3rd Conversation with coach, runner, parent(s); present but cheering only at the next race/meet

4th Dismissed from Team

The purpose behind this contract is to help runners avoid injuries and to build a healthy team atmosphere.

I, « Athlete First Name »« Athlete Last Name », understand and agree to abide by each of the statements above.

« Athlete Signature & Date »

« Parent Signature & Date »