

LHS XC Contract Fall 2021



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.

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 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 C 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 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 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, _____, understand and agree to

Runner’s Name (print legibly)

abide by each of the statements above.

Runner’s Signature

Date

Parent’s Signature

Date