

Goldenview Cross-Country Contract

and Information Sheet

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

I realize that belonging to the cross-country team will require me to push myself to improve my abilities and that I must have a personal commitment to both the team and my own 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 3:00-4:30 pm. **I will arrange to be picked up no later than 4:45 each day, or I may be asked to leave the team.**
2. I will change and be in the gym on time (by 3:00 pm) and in proper workout gear each day. I will dress according to the weather and will plan on going outside each day. **Minimum proper gear includes running shoes, 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 dressed out properly, I will not be able to attend practice and the practice will not count. *Your coaches recommend you also have a hat and gloves available in case of colder weather.*
3. I must complete ten practices before I can compete in any meet. Coaches take attendance before every practice; it is my responsibility to ensure that I am marked ‘present.’
4. I must attend the practice before a meet in order to participate; 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.**
5. Any day I am at school, I am expected to attend practice. **If I cannot attend practice, I will bring a note from home explaining my absence or my parent will contact Mr. Heil to let him know.**
6. If I am suspended, I cannot practice until my suspension is complete (includes 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 will not be able to 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 in an appropriate manner as a representative of Goldenview’s team.
9. When participating in meets, no student may leave without their parent signing them out with a coach. 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

Dear parents, we look forward to working with your child and hope to have a fun and positive cross-country season. It is important that you and your child understand this contract. Please read it together.

Participating in cross-country will also require your child to try new activities that will be physically demanding. If there is any medical information that you would like to share with the coaches, please provide it below.

Allergies: _____

Asthma: Y/N Medication: _____

Other medical information: _____

Sign up for cross-country running reminders from your coaches (tell your parents to do this, too). To sign up, please text Mr. Heil at 81010 with the message “@gvxcr2” You should receive a welcome text from Remind. This service is free. Your coaches will send out reminders, information about meets, race and bus arrival/departure times, and other important information. **PLEASE SIGN UP AS SOON AS POSSIBLE.**