

**Goldenview Cross-Country Contract**

and Information Sheet

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

Belonging to the cross-country team will require me to push myself to improve my abilities, and I must have a personal commitment to both the team and my 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 4:15-5:45 pm. **I will arrange to be picked up no later than 5:45 each day, or I may be asked to leave the team.**
2. I will change and be in the upper gym on time (by 4:15 pm) and in proper workout gear each day. I will dress according to the weather and plan to go outside daily. **Minimum proper gear includes running shoes (no slides, crocks, or sandals), 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 appropriately dressed, I cannot attend practice, and the practice will not count. *Your coaches also recommend having a hat and gloves available in colder weather.*
3. I must complete ten practices before I can compete in any meet. Coaches take attendance before every practice; I am responsible for ensuring that I am marked ‘present.’
4. **To participate in a meet, I must attend the practice before a meet; 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. If there is no communication from home, it is an unexcused absence.**
5. **I am expected to attend practice every day I am at school. If I cannot attend practice, I will bring a note from home explaining my absence, or my parents will contact my coach to excuse me.**
6. If suspended, I can practice once my suspension is complete (including 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 cannot 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 appropriately as a representative of Goldenview’s team.
9. After meets, **students must have their parent or guardian sign them out with a coach if they are not riding the bus.** 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 joyous cross-country season. It is important that you and your child understand this contract. Please read it together.

Cross-country participation will also require your child to try new, physically demanding activities. If you have any medical information that you would like to share with the coaches, please provide it below.

Allergies: \_\_\_\_\_

Asthma: Y/N Medication: \_\_\_\_\_

Other medical information: \_\_\_\_\_

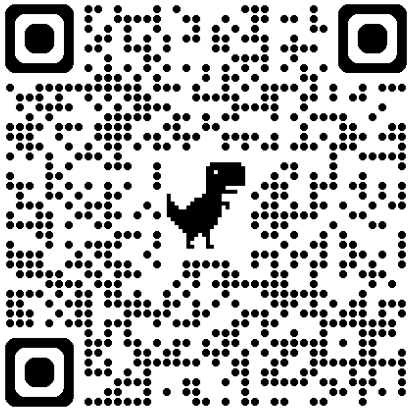
Sign up for cross-country running reminders from your coaches (tell your parents to do this, too). To sign up, please text Coach Sticka at 81010 with “@gvcrossc.” You should receive a welcome text from Remind. This service is free. Your coaches will send out reminders, information about meets, race and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

# MIDDLE SCHOOL CROSS COUNTRY RUNNING 2024

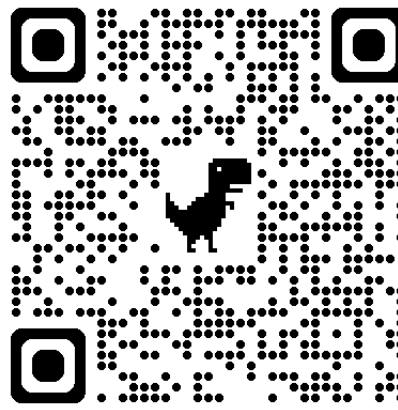
\*\*All regular season races will be completed 30 minutes after the start of the last race.\*\*

Practice begins August 19, 2024 (11 practices til 1st meet)

Date	Schools	Location	Host
<b>Week 1</b>			
Wednesday 9/4/2024	<b>All Schools Season Opener Jamboree</b>		Bartlett
Race Times: 6 Boys 6:00 pm   6 Girls 6:20 pm   7 Boys 6:40pm   7 Girls 7:00 pm   8 Boys 7:20 pm   8 Girls 7:40 pm			
<b>Week 2</b>			
Monday 9/9/2024	Mears, Gruening, Mirror Lake, Romig, Winterberry, Goldenview, Hanshew, Begich	Service	Mears
Wednesday 9/11/2024	Wendler, Rilke Schule, Girdwood, NLABC, Central, Clark, STREAM	Girdwood	Girdwood
Race Times: 6 Boys 6:00 pm   6 Girls 6:20 pm   7 Boys 6:40pm   7 Girls 7:00 pm   8 Boys 7:20 pm   8 Girls 7:40 pm			
<b>Week 3</b>			
Monday 9/16/2024	Mirror Lake, Begich, Mears, Hanshew, Rilke Schule, STREAM, Wendler	Kincaid	Wendler & STREAM
Wednesday 9/18/2024	Gruening, Clark, Romig, Girdwood, Winterberry, NLABC, Central, Goldenview	Kincaid	Central & NLABC
Race Times: OPEN Boys 6:00 pm   OPEN Girls 6:20 pm   JV Boys 6:40pm   JV Girls 7:00 pm   Varsity Boys 7:20 pm   Varsity Girls 7:40			
<b>Week 4</b>			
Monday 9/23/2024	Goldenview, Mears, Romig, Girdwood, Wendler, Rilke Schule, Gruening	Chugiak	Gruening
Wednesday 9/25/2024	Mirror Lake, Central, Hanshew, Clark, STREAM, NLABC, Begich, Winterberry	Chugiak	Mirror Lake
Race Times: OPEN Boys 6:00 pm   OPEN Girls 6:20 pm   JV Boys 6:40pm   JV Girls 7:00 pm   Varsity Boys 7:20 pm   Varsity Girls 7:40 pm			
<b>Week 5</b>			
Monday 9/30/2024	<b>All Schools - Think Pink Relay</b>		Bartlett
Race Times: COED 6:00 PM   Girls 6:45 PM   Boys 7:15 PM			
<b>CHAMPIONSHIPS</b>			
Monday 10/7/2024	<b>All Schools - Championships</b>		Kincaid
Race Times: 6 Boys 2:30 pm   6 Girls 3:00 pm   7 Boys 3:30 pm   7 Girls 4:00 pm   8 Boys 4:30 pm   8 Girls 4:50 pm			
Pre-Season Coaches Meeting Wednesday, August 14th @ 4:30 PM at Wendler MS (with Zoom option) Post-Season Coaches Meeting Tuesday, Oct. 8th @ 4:30 PM via ZOOM			



Schedule QR



Remind QR

## Join Goldenview MS on AthleticAPP

Download AthleticAPP to stay in touch with athletes, coaches, and parents on **Goldenview Cross Country** (MS).

Team Code: QYPQJAMSQ



or go to [anet.io/QYPQJAMSQ](https://anet.io/QYPQJAMSQ) to get started