

MHS Cross Country Attendance Contract (2010)

Coaches: Lindsey Destiche, Julie Warner, Andy Carr, Craig Warner

Print your name: _____ Grade: _____

Directions: Please read, sign and return no later than Monday, August 16, 2010.

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Attendance: You **MUST** come to practice; missing practice will put you behind. If you do not come to practice, you will **NOT** be allowed to race. The coaches and your teammates need your commitment every day.

- You are allowed **TWO UNEXCUSED ABSENCES** from practice before removal from the team.
- What constitutes an excused absence?
 - Illness
 - Injury
 - Death in the family
 - Religious holidays
- What does **NOT** constitute an excused absence?
 - Vacations
 - Meetings with teachers/test
 - Concerts
 - Weekly club meetings
 - Employment
 - Practice for another sport
- If you are sick, you will **NOT** be allowed to stay at practice. Please go home so that you can get well and so that no one else becomes ill. If you leave school due to illness, please let Coach Destiche know that you will miss practice.
- If you plan to be absent, we must have an excuse on file **BEFORE PRACTICE**. Please send (or have your parent send) an email to Coach Destiche (destiche@fultonschools.org) at least 2 days in advance of your absence.
- If you have an unexcused absence the day before a meet, you will not be able to run in that meet. Meet rosters will be determined at the discretion of the coaches.
- Attendance is required at **ALL** meets. An unexcused absence from **ONE** meet will result in removal from the team unless you have a doctor's note. Plan your events around your meets. This does not include meets where only a limited number of runners can run.
- Runners **MAY NOT** sign in for another runner at practice. Every runner must check in for him or herself. If a runner signs in for another athlete, this may result in removal from the team.

Student Signature: _____ Parent Signature: _____