

MHS Cross Country Behavior Contract (2010)

Print your name: _____ Grade: _____

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

1. _____ I understand that practice is from 3:50 to approximately 5:45 daily (times may vary according to season/weather; practice generally begins at 7:00pm during the month of August). It is important that I am dressed & ready for the daily warm-up by 3:50. I understand that tardiness may result in disciplinary action.
2. _____ I understand that I will be dismissed from the Milton Cross Country team if I accumulate more than 2 unexcused absences from practice.
3. _____ I understand that I will be dismissed from the Milton Cross Country team if I accumulate more than 1 absence from a cross country meet.
4. _____ I understand that if I miss practice during the week of a meet it will be to the coaching staff's discretion as to whether or not meet participation will be allowed.
5. _____ I understand that I will never leave practice until I have checked out with a coach.
6. _____ I understand that warm-up and cool-down are important parts of a quality workout and I will complete all that is asked of me at practices and meets.
7. _____ I commit to communicating with my coaches about schedules, training, injuries and other outside commitments.
8. _____ I understand that I represent myself, my family and the Milton Cross Country program in the classroom, at Cross Country meets and during bus rides. If I do not conduct myself in an appropriate manner it is up to the coaches as to whether or not I will remain on the team.
9. _____ I understand that I am expected to follow the rules laid forth by the Milton Cross Country team. I understand that an inability to follow rules and/or disrespectful behavior to coaches, captains or fellow teammates will result in disciplinary action which may include dismissal from the team at the coaching staff's discretion.
10. _____ I understand that I should be prepared for each practice by properly hydrating, eating appropriate meals, and wearing appropriate clothing/running shoes for practice. I understand that failure to do so may result in disciplinary action.
11. _____ I understand that I am required to see the Milton High School trainer, Robin, if I am injured during practice. In addition, I understand that I am to obtain a doctor's note if injured in excess of two days.
12. _____ I will regularly check www.miltonxc.org for important announcements and inform my parents of scheduling or important dates.
13. _____ I understand that the use of alcohol, tobacco or drugs is a high risk behavior and is detrimental to my participation in the Milton Cross Country program. I understand that I will be removed from the team should I be found under the influence/in possession of any of the previously mentioned substances.
14. _____ I will strive to be the best athlete I can by working hard and caring about my teammates on the Milton Cross Country Team.

Student Signature: _____ Parent Signature: _____