

2022 Cross Country Running

Teeland Middle School

Coach/Athlete/Parent Contract and Expectations

On behalf of TMS and the Cross Country coaching staff, we would like to welcome you to another great year.

Goals: Our goals for the 2022 season are:

- Practice Sportsmanship
- Improve endurance and strength
- Improve knowledge of Teeland area and map reading skills

Practice Rules

Attendance: Your attendance at every practice is necessary. Coming late or missing a practice or meet shows a lack of commitment and respect for your coach and team.

Having said that, we like our students to be well rounded. If you are participating in a different Teeland after school club, please let a coach know as soon as possible. If you know of absences in advance just let a coach know so that we are aware and it can be excused.

You **MUST** attend all of your class periods the day of a meet. If you miss any of the class periods the day of a meet, you will not be allowed to race in the meet.

- Excused absences are due to illness, family emergency, or special circumstances approved prior to practice or a meet.
- If you get injured, talk to the coach for a plan. Some situations are better for you to help out with the team, but often it is easier to travel home and not attend practice since our runs leave the school almost every day.

Conduct: Your conduct at all times is expected to be mature and exhibit sportsmanship. Athletes represent themselves, their families, and their school. Misbehavior in school will influence running at meets and may be grounds for dismissal from the team.

Strike Zone:

- Your first offense will be a verbal warning and phone call home.
- Your second offense will be a call home with an explicit plan of what will happen if another offense occurs.
- Your third offense will be decided upon by coaches/administration and may result in removal from the team (coach/parent/athlete/administration).

Dressing for Practice:

○ ***For all athletes:*** Shorts, running top and running shoes are the basics. For rainy or cooler temperatures have a light jacket and pants available. Wearing long tights is always an effective choice for cooler weather.

Conduct

Meets (races): Athletes must conduct themselves in a positive manner.

- Always show good sportsmanship. Maintain a high character. It is one of the most important traits you will carry with you your entire life.

Behavior During Transportation

- You will abide by all bus rules. See the district Bus Conduct Rules.
- There will be no bus back to TMS after meets. All athletes need to be picked up immediately after the meet by a parent or guardian. If a parent sends a note for his/her child to ride home with another parent from the meet, the athlete must get the note signed by the principal or athletic director prior to boarding the bus for the meet. After the meet has concluded, the parent or guardian **MUST** let one of the coaches know that they are leaving with their student.

School Conduct

- You are a student athlete. School comes first. Do not forget these priorities.
- Be in school always. **FULL DAY ATTENDANCE** the day of a meet is required to participate in all the meets.
- SRC Room Detentions will be on a base-by-base case to see if you will be allowed to participate in practice or games.
- District Policy requires a 2.0 GPA to participate in sports, your grade sheets will be turned in biweekly (every two weeks) to coaches.

Parental expectations:

1. Practice ends at 4:00. Student athletes must be picked up **no later than 4:15**. Coaches must wait until the last player is picked up before they can leave. Coaches have commitments after practices/games that need to be honored and respected. It is the parents responsibility to work out transportation arrangements to pick your runner up in a timely manner after practice.
2. Support your child as much as possible by making sure that your child attends all practices and meets.
3. Model positive sportsmanship to your student as you are enjoying the meets.

Please sign and return this page ONLY.

Teeland Middle School Titan Sport's Contract

Parental Agreement:

I/we, the parent(s) or guardian(s) of _____,
have read the Titan Cross Country Running Coach's Expectations and agree to help
our student abide by the rules and regulations as stated.

_____ date _____
Parental (guardian) signature

Parental (guardian) name Printed

Student Agreement:

I have read the Titan Cross Country Running Coach's Expectations and I hereby agree to
abide by the rules and regulations as stated.

_____ date _____
Athlete's signature