

WSHS XC Team Rules and Expectations - 2021

Please read the following rules and expectations and check on each box below indicating that you understand and agree to what's expected of you as a member of the WSHS XC Team. PLEASE BE SURE TO SIGN YOUR NAME AT THE BOTTOM! * Required

Rule 1 - Runners are expected to follow all school rules, WSHS rules, and display proper attitude and conduct during all practices and meets. Team members are to display proper public behavior as their actions reflect upon the team and the school. This includes appropriate language and respect for opponents, teammates, fans and coaches. *

- "I understand and agree."

Rule 2 - Team GroupMe Account - We have set up and have been using as a basic form of electronic communication. This way we can post our weekly schedule, reminders, updates, and communicate effectively throughout the season. Parents are also encouraged to join. This being said, please be respectful in your comments on the site(s). It is meant for encouragement and communication. We will remove members and accounts if they no longer serve this purpose due to people's actions or comments. *

- "I understand and agree."

Rule 3 - Summer conditioning practices will be from 6:00-7:00 (or 7:30) Monday-Friday at Shelby Farms. Once school starts - practices will be from 4:00 - 5:30 (or 6:00) Monday-Friday unless otherwise noted. *

- "I understand and agree."

Rule 4 - Runners must be ON TIME to practice and always run with a partner. Never run alone. This is for your safety and also to encourage team building. *

- "I understand and agree."

Rule 5 - All athletes must be able to complete all workouts for coaches to be able to enter you in a competitive 3.1-mile race. This includes hill workouts and speed workouts. *

- "I understand and agree."

Rule 6 - Cross Country runners are NOT allowed to compete in 5K races beginning Monday, July 26, 2021 - our official TSSAA first date for practice. *

- "I understand and agree."

Rule 7 - Attendance, the ability to complete speed work, run hills, and your 5K times will determine who attends the out-of-town invitational meets.

- "I understand and agree."

Rule 8 - Transportation to and from practice, local meets, out of town invitational meets and hotel costs is the responsibility of the runner and their parent(s). *

- "I understand and agree."

Rule 9 - Contact Coach Wolfe prior to missing practice or a meet. DO NOT expect a teammate to do this for you. Failure to attend practice may result in that athlete's not

being able to run in the competition that follows (excused absences will be reviewed on a case-by-case basis). *

- "I understand and agree."

Rule 10 - All uniforms and timing chips must be returned in Ziploc bag with your name written on the outside of the bag at the end of our cross-country season. If shoe tags/ timing chips are lost, stolen, or broken, runners will be subject to a \$25.00 fee per missing/damaged tag. If a runner does not return their uniform a HOLD will be placed on your report card. *

- "I understand and agree."

Rule 11 - The varsity team is generally composed of the seven fastest runners, but the coaches may also decide who will run as varsity. This will change from week to week and won't always be dependent on a specific time or finishing position as stated in Rule 7. *

- "I understand and agree."

Rule 12 - It is the responsibility of the team captain(s) to serve as a liaison between his/her fellow athletes and the coach. Captains are expected to lead by example. *

- "I understand and agree."

Rule 13 - All runners are expected to give each practice and meet their best effort! Strive to improve each day. Understand that your behaviors and habits outside of school and practice WILL affect your performance, positively or negatively. *

- "I understand and agree."

Rule 14 - We expect our athletes to always compete with honor. Win or lose we expect our runners to hold their heads high and congratulate the victors. We will be proud that we have the opportunity to compete. Any student-athlete who is disqualified from a competition for unsportsmanlike conduct (bad language, intentional physical contact with another competitor, taunting, etc.) will be suspended from the next team competition. *

- "I understand and agree."

Each Student-athlete is expected to report any and all injuries or illness immediately to your coach. Allergies, asthmatic conditions, etc. must also be made known to the coaching staff and included in your medical forms. *

- "I understand and agree."

Student Athlete Signature _____ . Parent
Signature _____