

ST. JOSEPH CATHOLIC SCHOOL GIRLS AND BOYS CROSS COUNTRY TEAM RULES, EXPECTATIONS, AND CONTRACT

All runners who are members of the SJS KNIGHTS understand participating in cross country demands tremendous commitment and dedication to the sport and the team. Likewise, parents make great commitment and sacrifice for their sons and daughters to run with the team. As SJS runners and parents, we understand and agree to adhere to the following policies:

RUNNER RESPONSIBILITIES

1. Runners will conduct their personal lives in a manner that brings honor to themselves and the team. This includes maintaining a 75% average in academics, and exhibiting self respect, healthy behaviors, and social responsibility.
2. All runners will treat officials and opponents with dignity and respect.
3. All runners, regardless of ability are equal members of the team.
Each and every runner will treat all teammates with acceptance and respect.
4. All runners will provide maximum effort in practice and meets.
5. Attendance at all practices and meets is mandatory unless parent/coach communication has occurred and the runner is excused. Runners should also verbally communicate any practice or meet conflict with the coach.
6. Runners are to be on time for all practices and meets.

CODE OF CONDUCT

1. Compete to win.
2. Compete fairly and observe the rules of the meet.
3. Respect opponents, teammates, coaches, officials, and spectators.
4. Accept defeat with dignity, win with modesty, and give credit to teammates.
5. Always promote the best interest of our cross country program and school.

PARENT RESPONSIBILITIES

1. Parents will treat runners, coaches, opponents, and officials with respect and dignity.
2. All comments by parents and their guests from the sidelines will be encouraging and/or complimentary. Parents and guests will refrain from making comments about runners' mistakes or errors.
3. Parents will refrain from making derogatory comments to officials at any time.
4. Coaching cross country is to be done only by coaches on staff. Parents agree to refrain from coaching or directing their child or other runners during all meets and practices.

5. Parents will discuss runner and/or team concerns and problems directly with the head coach at a scheduled meeting.
6. Parents will make sure their son or daughter attends all practices and will be on time. Parents will also pick their son or daughter up on time. Parents will communicate with the coach about any conflicts ahead of time.
7. Parents will support coaches and encourage their athlete to do the same.
8. Parents will agree to be a part of the team by volunteering their time when asked. Parents will also be responsible for helping out with game day parking during the UGA football season.

COACH RESPONSIBILITIES

1. Coaches are responsible to abide by the rules of conduct embodied in the spirit of this document.
2. Coaches will balance individual growth, social development, and the acquisition of cross country knowledge and skills in working with individual runners and the team as a whole.
3. Coaches will train runners to run with good sportsmanship and to abide by the rules of the sport.
4. Coaches will promote a positive atmosphere in all SJS cross country activities.
5. Coaches will devote the time and skill necessary for the good of the team.
6. Coaches will push and challenge each runner in the program to be the best they can be.
7. The coaching staff's main goal is to get each runner to compete to their full potential and put each runner in a position to help the team be successful.
8. Coaches will treat runners, parents, officials, and opponents with respect.

I accept and agree to abide by the rules outlined in this document:
Return this document to the coach.

Runner Print _____ Runner Signature _____

Parent Print _____ Parent Signature _____

Parent Print _____ Parent Signature _____

Coach Print _____ Coach Signature _____