

# South Middle School Cross Country Guidelines

## 1. Practice:

- It is critical for our athletes to attend practices regularly for injury prevention and to prepare properly for competition.
- If you do not attend practice for any reason you must bring a written excuse to practice when you return. Failure to do so will count as an unexcused absence.
- Excused absences are those resulting from illness, injury, family emergency or doctors/dentist appointments. Any other reason will be unexcused.
- P.E. participation is required to attend that days practice or meet. If you do not participate in P.E. you will not be allowed to participate in practice or the meet and will be given an unexcused absence.
- All athletes must try their best in practice, be positive and follow their coach's instruction.

## 2. Uniforms: Practice and Meets:

- Wear your P.E. uniform during practice.
- Wear your team uniform for meets. Do not wear track uniforms or sweats to school, in P.E. or around the community.
- Athletes will be issued warm-ups and meet uniforms. The athlete must pay for any lost or damaged uniform.

## 3. After School Conduct – Bus Conduct:

- All athletes shall be responsible for conducting themselves in a positive manner at practice, after practice, traveling to and from school on the bus, and at other schools. All athletes will comply with the authority of all coaches or supervisors of the activity, including the bus drivers.

## 4. Parent Involvement:

- Practice begins at 3:20 and will end at 5:00 P.M. unless arranged individually by your event coach. Rides need to be here at 5:15 and students need to be off campus by 5:30 P.M. Please have your ride here on time.
- Please attend our meets to encourage your student athlete.
- We expect track team members to remain for the conclusion of all meets to support their teammates unless there is an emergency.
- Students not riding the bus home after a meet must have a note from their parents signed and turned into their coach. Students will not be allowed to ride home with friends unless a note by their parents is turned in.
- Students must ride the activity bus all the away track meets including the district meets. Unless pre-arranged through the athletic director, or the athlete will not participate.

I have read, understood and agree to the team expectations described above. I realize that failure to meet the team expectations may result in removal from the team.

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_

If you have any questions, please contact your athlete's coach:

Head Coach: Sheryl Lellis  
Athletic Director: Robert Lingo

Assistant Coach: Stephanie Thompson  
South Middle School (541) 474-5750