

Eustis High School

Panther Cross Country Athlete's Contract

I have chosen to participate in the Panther Cross Country program. I realize that this is a **privilege** and not my right to be a member of this team. I understand and will abide by the team concept of, "WE not ME". I realize that I will be representing not only myself, but also my family, school, team, and coaching staff. I will follow the following policies at all times and recognize the penalty for breaking any of them.

1) **Attendance:**

- All players are expected to attend and be **on time** for all team activities (practices, meetings, and meets).
- Practice is from 3:00 PM – 4:00 PM on Monday, Tuesday, Thursday, and Friday, and 2:45 PM – 4:15 PM on Wednesdays
- If an athlete is late, then the entire team will do special conditioning promptness reminders
- If a player must be absent or tardy, prior approval is needed. You must contact your coach prior to the activity, failure to do so will be considered an unexcused absence or tardy. An unexcused tardy will be dealt with as deemed necessary by the Coach. One unexcused absence will result in running in the JV race at the next meet, the 2nd unexcused absence results in missing a meet and a 3rd unexcused absence will be an automatic dismissal from the team.
- An unexcused absence from a **meet** will result in dismissal from the team.
- Practice runs Monday through Thursday with mandatory "run on your own" on the weekends
- There will be a meet almost every Saturday during the season, so please plan around the meets.
- If a student must be late or absent due to academics, then it is that student's responsibility to inform a coach ahead of time. Do not have another team member inform a coach of your absence.

2) **Illegal Substances and behavior:**

- No tobacco, drugs, or alcohol at any time. This type of infraction will result in immediate dismissal from the team.
- Hazing is absolutely not tolerated.

3) **Uniforms:**

- Players are responsible for the uniforms assigned to them. Players will be financially responsible for the loss of any equipment. Players will show responsibility by being properly attired for all activities, (not forgetting or losing your equipment), failure to do so will be dealt with as deemed necessary by the coach.

4) **Commitment:**

- Please do not let outside interests interfere with the cross country season. Examples: Jobs, driving courses, other sports, life guard classes, shopping, etc are not valid excuses for missing practices or competition.

5) **G.P.A.:**

- All players must maintain a 2.0 cumulative average to remain eligible.

6) **Classroom Discipline:**

- No detention, referral, or suspensions. Penalty deemed as necessary by the coach.

7) Respect:

- Athletes are expected to show respect to their teammates.
- Speak in a respectful manner towards any adult.
- Never disagree with a coach in public. Voicing your disagreement to ANYONE on the team other than the coach is an example of disagreeing in public.
- Athletes are welcome to express their opinions to coaches in a private setting.

8) Common Sense:

- Athletes will use good common sense in their everyday judgments. There is no way that this contract could list all of the possible infractions. Be a responsible young adult!

9) Fundraisers:

- Participation in all fundraisers by team members is mandatory. **This will include concession at football games**

10) Team procedures:

- The cross country team is a “non-cut” team. If you come to practice and work hard than you are on the team.

11) Meet procedures:

- Arrival and warm-up. When we arrive the team will follow the captains to a designated team area. The varsity team will then begin the set warm-up procedures. The JV will cheer on the varsity runners. 30 minutes prior to the start of the JV races the JV team members will begin the set warm-up procedures. The varsity runners are expected to cheer on the JV runners.
- **At the end of the meet all runners are expected to personally thank the host coach and or meet director for putting on a quality meet for us to attend.**

12. Lettering:

- Be at practice everyday.
- Give 100% effort everyday.
- Complete the entire season.
- Race on the varsity team in three meets.
- Return all uniforms that were issued to the athlete (before the banquet).

I have read and agree to adhere to all of the above policies. I understand that I can be removed from the team for not following the policies. I have chosen to commit myself to making this a better team and myself a better athlete.

Head Coach

Student-Athlete

(Date)

Parent/Guardian