

# Mira Costa High School Cross Country Team Expectations

Welcome to the Mira Costa High School Cross Country Team! You have made the commitment to be a member of the program and with this comes some responsibilities and expectations that the coaching staff would like you to adhere to.

1. Attend ALL practices and meets.
2. Be on time to all practices and meets.
3. Put forth your best effort all the time for you and your teammates.
4. Respect your coaches, teammates, parents and opponents.
5. In the event of an injury you will discuss it with your coach and work with the on-campus trainer to assess your situation to develop a recovery program. During your recovery period you are expected to remain at practice/training room until the team has completed practice or you are excused by a coach.

The Mira Costa Cross Country program is designed to give you, the athlete, the best possible atmosphere to improve, achieve your goals and become the best runner you possibly can. You must listen to your coaches and attend practices and meets in order for this to happen. Please take care of yourself by eating right and getting enough sleep and remember that cross country and school take priority over your social life. Get your homework done during your free time. You must learn to budget your time effectively in order to get through the season.

We must have an alternate transportation form on file from each athlete if they are to go home with their parent or someone else's (just put any XC parent on space for name of parent driving). One form can be used for the whole year. Each unexcused absence can result in a letter grade drop, as well as suspensions. Three unexcused absences can result in being dropped from the team and class (this includes holidays!). More than 10 absences excused or unexcused can result in being dropped from the team and class. If you are sick and are not at school a text/phone call is requested to the head coach. If you simply cannot attend for a certain reason please discuss this with your coach and we will work something out.

I have read the above team expectations and will abide by them.

Runner's Name \_\_\_\_\_

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name \_\_\_\_\_

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