

**2023 XC Running Off Campus Permission**

Mary G. Montgomery Cross Country practices will be conducted at the high school track or surrounding areas such as Viking Trail and the City Sidewalk. The “off-campus” runs will be taken several times weekly to break the monotony and introduce different terrain into our training regimen. These runs are typically 1 to 3 miles in length. We will start with shorter runs and build distance as the season progresses. The coaches will be along the route, but it is impossible with the number of runners and only two coaches to always have eyes on every runner. Therefore, runners will be expected to follow all directions and safety expectations so no one gets hurt.

While running off campus, athletes will run on sidewalks when available and follow proper running etiquette and safety when meeting cars, crossing driveways, streets, etc. We will discuss rules and will keep safety in mind at all times; however, there is an inherent risk in running beside roads, crossing

streets, and running on uneven paths **NOT FOLLOWING SAFETY EXPECTATIONS MAY RESULT IN REMOVAL FROM THE TEAM.**

**PARENT/GUARDIAN:** In order for us to verify that each participant’s guardian(s) is aware that his or her child will be running off campus, please complete the lines below to allow your child to participate in off campus runs.

I give my runner, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, permission to run off of Mary G. Montgomery’s campus with the cross country team. I have discussed the risks and safety expectations with my child.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RUNNER:**  In order to run off campus with the cross country team, I need to be trustworthy. I agree to listen carefully to the rules before we leave campus on a run. I will follow ALL safety rules given by my coaches. I understand that I must always follow the route given by my coaches. I will stay with the group on the designated route. I understand not behaving safely on off campus runs may result in my removal from the team.

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



**2022 XC and Track Runner’s Contract**

**EXPECTATIONS:**

1. Attend practice every day and complete the training workout given by coaches. Work hard! Your **parent** MUST let the coaches know if you will be absent to be considered excused.
2. Stay with the team during practice. You may not leave the group for any reason without permission from a coach.
3. Be prepared for practice when you leave the building to go outside. This means using the restroom, filling your water bottle, and having all necessary items BEFORE practice starts.
4. Listen for your name and make sure you get marked when attendance is called. If you don’t let a coach know you are present during roll call, you will not receive credit for that practice. PAY ATTENTION!
5. Wear appropriate running attire for practice. Running shoes, no jeans, etc.
6. Treat everyone at practices and meets, both adults and students, with respect and politeness.
7. Maintain a 65+ or higher in all classes during the entire cross country season. Grades will be checked by the athletic director.
8. Participate appropriately in all classes and follow all school rules.
9. Follow all safety rules and coach directions while running off campus.

A player may be **terminated from the team or put on probation** if any of the following take place:

1. Failure to have at least a 65 or higher in all classes when grades are checked.
2. Having a F grade at any time during the remainder of the season in any class.
3. Reported inappropriate behavior in any class (Ex: being removed from class for behavior)
4. Discipline reported to the office (Ex: accumulated tardies, behavior resulting in an office referral. etc).
5. Unsportsmanlike conduct at any school sponsored athletic event/practice (middle or high school)
6. Having any more than 2 unexcused **OR** 3 non-health related excused absences from practices.
7. Repeatedly disregarding safety rules or coach directions.

When a player is terminated, they will be responsible for returning their uniform to a coach or the Mary G. Montgomery office..

**I understand and agree to the above requirements for participation in MGM Cross Country and or Track. I understand that if I fail to meet the above expectations I can be terminated from the team and will be responsible for turning in all uniform articles within 3 school days.**

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**Runner Name Date**

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**Runner Signature Parent Signature**