

AUGUSTA CROSS COUNTRY

CROSS COUNTRY ATHLETE/PARENT CODE OF ETHICS & TEAM RULES

General Expectations

- Student athletes are expected to be role models in the classroom by maintaining good grades, exhibiting proper behavior, and having good attendance. Athletes who receive disciplinary referrals during school will likely have additional consequences in practice.
- Athletic physicals must be current in order to participate, as required by the KHSAA.
- No use of drugs, alcohol or tobacco products during or out of the season.
- Postings on social media about the team must be positive in nature. Personal posts should reflect the exceptional conduct we expect out of our student-athletes (no inappropriate material, foul language, etc.).
- Each athlete must show exemplary conduct at all times. Foul language/cursing on or off the course, immoral conduct, poor sportsmanship, or behavior which harms the reputation of the school or team will not be tolerated. These may result in temporary suspension or permanent dismissal from the team.
- Athletes should focus on making healthy decisions on and off the cross country course, including proper hydration, nutrition, and rest.
- Per Athletic Dept. policy, quitting or dismissal from a team following the initial “try-out period” will result in the athlete having to sit-out a certain number of games/competitions in a future sport. The “try-out” period ends after the fifth practice.
- There may be team fundraisers where help from parents may be needed.

Attendance Expectations

- Athletes are expected to be in attendance for every practice and meet, unless prior communication has been made, arriving at least 5 minutes in advance. Missing for a school event is acceptable if prior arrangements have been made. Repeated, excessive tardiness will be subject to make-up time.
- Any missed practice and/or meet must be excused by the coach and made up by the athlete:

Unexcused Absences

- 4 unexcused absences will result in **dismissal** from the team.
- Each unexcused absence = 20 minutes of make-up time
- Coach determines excused vs. unexcused

Excused Absences

- Prior communication with the coach is necessary in order for consideration of an absence to be classified as excused.
- Each excused absence = 10 minutes of make-up time

An unexcused absence 1) can be avoided 2) has NOT been communicated BEFORE practice begins.

- Student-athletes are expected to be in attendance at school both the day of and the day after all weekday athletic contests. Student athletes and student staff are expected to be in attendance at school

on time the day following all weekday contests. Failure to do so will result in suspension of the student athlete from the next contest. Students may not attend a school activity or function if they are absent from school on the day of the event, unless they have prior approval from the Principal.

Practice/Meet Expectations

- No fighting/arguing with teammates, coaches, officials, opponents, parents, etc. during or out of the season.
- No cell phone use during practice, except for timing purposes when permitted by the coach.
- Positive/Good sportsmanship must be demonstrated both during and outside of competition.
- Practices/meets will be held in all weather, with the exception of storms. Athletes are expected to bring proper attire in order to participate. Be prepared for all weather types and temperatures.
- All pieces of uniforms will be assigned to individual athletes and kept in good condition by those athletes. They should be washed regularly throughout the season and returned clean at year's end.
- Some varsity meets limit participation to seven athletes. In the event our team has more than seven runners, varsity participants will be selected based on a combination of their season's performance times, attitude, and attendance. Typically, if regular season meets limit the number of varsity runner, there will be a JV race for all others to compete in. The Regional and State Meet are always limited to 7 varsity runners. Varsity participants will be selected based on runner's season performance times.

Transportation Policy

- Athletes are expected to travel with the team, unless extenuating circumstances exist. Athletes will only be allowed to leave an away contest/activity with their parents with written permission from parents. The coach has a sign-out form available for those circumstances.
- In order for an athlete to be allowed to leave with someone other than his/her parents, approval must be obtained at least one day before the event from the Principal or Athletic Director.

A TEAM VIOLATION WILL RESULT IN DISCIPLINARY ACTION AT THE COACH'S DISCRETION OR AS OUTLINED IN THE ATHLETIC HANDBOOK.

Athlete Signature: _____ DATE: _____

Parent/Guardian Signature: _____ DATE: _____

Parent/Guardian Phone #: _____