

# Cypress Woods Cross Country

## "Home of the WILDCATS"

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Head Girls Cross Country Coach – Sarah Jones – [sarah.jones@cfisd.net](mailto:sarah.jones@cfisd.net)

## CROSS COUNTRY ATHLETE CONTRACT FALL 2016

**Mandatory Parent/Athlete Meeting on August 4<sup>th</sup> at 6:30 PM in the large gym. Make-Up Meeting on August 8<sup>th</sup> in room 1306. Mandatory Practices begin August 8<sup>th</sup> from 6:00am – 8:00 am. Failure to attend the meeting will result in no participation until you attend the make-up meeting.**

The following expectations and procedures are written so that there will be complete understanding as to what will be expected from the athletes, parents, and coaches during the season. It is most important for our program to create and operate in an atmosphere in which expectations and standards are clearly defined. These basic standards of behavior will act as guidelines as we work toward achieving our program, team, and individual goals.

### I. Athlete Academic Expectations

- Academics are a student-athletes first priority. Developing skills and habits to constantly improve in the classroom is the true reflection of a student-athlete.
- Participating in athletics is a privilege and like all privileges they must be earned. Academic & conduct grades will be monitored throughout the season.
- Players are expected to be role-model students in their classes. Feedback from teachers not consistent with the program expectations will result in practice/meet consequences for the student-athlete.

## II. Athlete Behavior Expectations

- Being a member of this cross country program is a privilege granted to those who have earned, through their efforts, a place on the roster.
- All athletes are expected to be great competitors, but humble people. Our team has no place for runners who believe they are superior to others. EVERY person is valuable to the team and should be treated with respect.
- All athletes are required to help keep the track and practice area clean and organized. This includes leaving a visiting school area clean and organized after a meet.
- Nutrition and hydration are key to a successful practice and meet performance. Be sure to eat a healthy lunch and drink enough fluids during the day. Junk food should be kept to a minimum. Eating habits are important and proper nutrition must be a personal goal.
- Proper sleeping patterns are a must. We all realize that Cy Woods is a demanding school and that we are demanding coaches. Manage your time appropriately and plan ample rest before meets.

## III. Athlete Communication Expectations

- If you are not able to attend practice, you must notify the head coach prior to the absence. All notifications must be made by the athlete at all possible, by a phone call, e-mail, or a text message. If too ill, parents may contact coach. Runners are expected to not schedule a doctor's, dentist, or driver's training appointment during a scheduled practice or meet. Failure to communicate is a violation of program rules and will result in practice/meet consequences.
- The head coach must excuse absences from practice and/or meets. Valid excuses for absences from practices or meets **DO NOT include** serving school detention, doing homework, working an after school job, doing chores at home, or attending club meetings. Runners who miss practices for unexcused reasons will receive practice and competition consequences. Repeat offenders will be placed on team suspension and/or removed from the team.
- Athletes are expected to communicate with their coach if they are having a personal hardship that is affecting their emotional or physical well-being. Our coaches are receptive to supporting you through difficult times.

## IV. Athlete Practice Expectations

- Runners are expected to run on campus only during designated practice times, running off of campus will result in a harsh penalty and a loss of one or more meets.
- Runners are expected to arrive **ON TIME to practice EVERY day**. If you are late you will receive practice/meet consequences. *If you are going to be late for academic reasons you must inform the coaches in advance.*

- CWHS practices will be the most enthusiastic, energetic, and competitive environments possible. If an athlete chooses not to support this standard he or she will be asked to sit-out of a drill or be removed from practice and receive practice/meet consequences.
- Athletes are required to attend practice every day which includes warm-up and cool-down. Our practices will ultimately determine our success. If something unforeseen arises, the individual is to notify (call or text) the head coach about the situation as soon as the individual is aware of it. Failure to do so will result in consequences.
- If you are unable to practice due to an injury or sickness, you are still expected to attend practice. If you are not feeling well, we can arrange to have you participate in an alternative capacity for the day.
- No phones/head phones allowed at practice.
- Profanity or offensive language has no place in our practices. If an athlete chooses to use inappropriate language he and his teammates will receive practice consequences and/or be removed from a drill or practice.

## V. Athlete Competition Day & Travel Expectations

- Following a meet in which transportation was provided by a CFISD bus, runners are only permitted to leave with their own parents. A parent signature on the roster is required to sign out from a meet. There can be no exceptions.
- All runners are required to remain at the meet until all teammates have finished their race. It is important for both JV and Varsity runners to support one another during competition. If a player needs to leave early arrangements must be made in advance with the head coach. Failure to do so will result in practice consequences.
- Athletes will sit together in the team camp, and will not engage in any loud, obnoxious, immature, or disrespectful behaviors. All athletes will respect the rules of the driver when being transported to meets. Failure to do so will result in consequences
- Athletes are responsible for ensuring buses are clean following each road trip. Failure to do so will result in practice consequences.
- All runners are expected to be dressed appropriately for team competition. **All runners will dress in ONLY Cypress Woods issued cross country uniforms during competition.**
- Each runner is expected to support and encourage all teammates. Taunting or yelling at the opponents, the fans, or the meet officials is strictly prohibited.

# CYPRESS WOODS CROSS COUNTRY

## PROGRAM HANDBOOK AGREEMENT FORM

By signing your name to this contract, you are stating that you agree to the Cypress Woods Cross Country standards of behavior at school and at visiting meets.

*All athletes are subject to practice or competition consequences, and suspension and/or removal from the cross country program if you are unable to follow these standards.*

Player Name: \_\_\_\_\_

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

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

**Please review, sign, & return this form to your Coach by Thursday, August 4th, 2016.**

Failure to submit a signed handbook agreement form will result in a runner being ineligible to participate and travel with the team for competition.

Athlete Cell Phone Number: \_\_\_\_\_

Parent Cell Phone Number: \_\_\_\_\_

Athlete e-mail Address: \_\_\_\_\_

Parent e-mail Address: \_\_\_\_\_