

First and Last Name \_\_\_\_\_

## Goldenview Cross-Country Contract

### And Information Sheet

I, \_\_\_\_\_ wish to join the Goldenview Cross-Country Team because \_\_\_\_\_

*I realize that belonging to the x-country team will require me to push myself to improve my abilities and that I must have a personal commitment to both the team and my own improvement.*

*I pledge to participate with a positive attitude and to try to excel at each practice.*

I understand that being a part of the Goldenview Cross-Country Team means that I will follow the directions given to me by my coaches and the following rules:

1. Practice will occur Monday-Friday from 2:55-4:30 p.m. Lockers will be closed during practice. **I will arrange to be picked by no later than 4:45 each day or I may be asked to leave the team.**
2. I will be issued a uniform (one jacket and one pair of sweat pants) and will be responsible for taking care of them. I will wash and dry the uniform prior to returning it to Goldenview. If damaged or not returned, I will be assessed a fine for the missing or damaged item(s).
3. I will change and be in the gym on time (3:00 pm) and in proper workout gear each day. I will dress according to the weather and plan on going outside each day. **Minimum proper gear is:**  
**Running shoes – Shorts and sweats (NO PANTS) – Appropriate workout top (school rules apply).**  
 If I am not dressed out properly, I will not be able to attend practice and the practice will not count. It is recommended that you also have hat and gloves available for colder weather.
4. I must complete ten practices before I can compete in any meet. Check in at beginning and end of practice.
5. When attending meets and competitions, I will dress out in my Goldenview uniform. If I do not have my uniform, I will not be able to participate in the meet.
6. While attending meets, I will act in an appropriate manner as a representative of Goldenview's team.
7. When participating at meets, no student may leave without their parent signing out with a coach. If you fail to sign out, you will not be able to participate in the next meet.
8. Any day I am at school I will be expected to attend practice. **If I can't make practice, I will bring a note from home explaining my absence. ISS, suspension, and detentions are unexcused absences.**
9. If I have unexcused absences, I will miss the next meet. Three unexcused practices will result in team removal.
10. I will participate at all practices and meets with a positive attitude. If I have a poor attitude or don't participate as my coaches asks, then I may be asked to leave practice.
11. **If I am asked to leave more than two times, I may be asked to leave the team.**

I am here to have fun, improve my athletic and team capabilities, and represent GV at X-Country meets.

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

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

\_\_\_\_\_  
Contact Number

***"Always try your best! If you try your best you will improve and if you improve the team will improve."***

Thank you,      Goldenview Coaches

Dear Parents,

We look forward to working with your child and hope to have a fun and positive x-country season. It is important that you and your child understand this contract. Please read it together.

Participating in x-country will also require your child to try new activities that will be physically demanding. If there is any medical information that you would like to share with the coaches, please provide it below:

Allergies: \_\_\_\_\_

Asthma: Y/N Medication: \_\_\_\_\_

Other information? \_\_\_\_\_

Parents, would you like to volunteer at championships ? YES / NO (Needed date is 10/11/2016)

Contact Info:      Parent Name (printed) \_\_\_\_\_

(Hm/Cell phone) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please text Mr. Truskowski at 81010 and leave this message "@xcrunnin" so you can be one-way communicated to and updated on XC information **AFTER** you sign up. Thanks.