



Desert Mountain Cross Country

Team Expectations

Athlete Expectations

- Maintain high academic standards; remember that you are a “student athlete.”
- Students who receive an “F” or have their GPA drop below 2.0 will be ineligible to compete until interventions are put in place and the grade is brought up.
- Maintain a positive attitude and display good sportsmanship
- Come to practice prepared to run (water bottle, sports watch, proper running shoes)
- Athletic tops **MUST** be worn at all times while on campus.
- Keep all electronics in your lockers until after practice (includes cell phones)
- Be a positive student athlete for the school and community no matter where you are.
- Zero tolerance policy regarding substance abuse (*refer to the SUSD Code of Conduct*)

Attendance

- Practice times are posted on the calendar and subject to change.
- All times posted are **START** times, “not show up by times.” Be there early, we won’t wait
- Attendance at practice and meets are essential, please communicate with coaches if conflicts arise.
- Be responsible, if a practice or meet will be missed, contact us through text or email
- Attendance will be taken **EVERY DAY**, patterns of absences (*missing the same day every week or 3 or more days in a row*) will be evaluated by the coaches and may result in missing competitions or even dismissal from the team

Meets and Transportation

- All athletes will get the chance to compete in meets if they are in good academic standing and have been attending practice.
- Transportation departure times are all subject to change. The posted time on the calendar is what time we leave, not when you show up.
- Failure to ride the bus to a competition means you cannot compete in that race.
- Athletes are expected to ride the bus **TO** and **FROM** the meet. (*I understand that there are unavoidable circumstances and parents need to take their child home, make sure to communicate with coaches and the school to make sure alternate transportation forms are filled out*)

Health Guidelines

- Tell the coaches **AS SOON AS SOMETHING STARTS TO HURT**. Please don't hide it from us or think it will just go away. If we aren't informed, we can't help.
- Injuries resulting in lost participation need a "DO NOT PRACTICE" note from our athletic trainer
- Do your best to stay hydrated during the school day; you will sweat a lot in the morning and need to replace those fluids.
- Bring something to eat after practice, so you can be productive in class. A hungry stomach is not good for your mind.
- Get as much sleep as possible, those early morning practices can catch up with you quickly.

"The most important thing to remember throughout the season is that what you put into cross country is what you will get out of it"

Show up to run for yourself, your coaches, and your teammates every day

Please do not waste my time or your time trying to "sort of do" cross country

By signing below, I agree to withhold these bylaws to the best of my ability

Athlete Name (Print)

Athlete Signature

Parent Signature

Date