

Cross Country Expectations
From A to Z

- a. Read and follow the CC practice schedule. That means you have to not lose it.
- b. Practice on the schedule is listed from 3:00-5:00 pm. That means you do not schedule anything during that time period.
- c. Work is not an excuse for missing practice.
- d. Any reason for missing practice must be excused by the coach prior to the absence.
- e. If you are absent from school you must email, call or text Coach Banning.
- f. If you have an unexcused absence from practice, you will not be entered in the race that week; however, you must still attend the meet.
- g. All forms must be turned in and all fees paid before running in the time trial.
- h. You must have 14 days of practice before being eligible to run in the first meet.
- i. Runners that are selected to travel to “split” meets will be based on attendance and times.
- j. You are expected to ride the bus, to and from the meet, unless checked out by your parent/guardian. You may not ride home with anyone else.
- k. You are expected to wear school-issued uniforms to meets. Any other gear must be school colors (shorts, caps, etc).
- l. You are responsible for returning all school-issued uniforms prior to the banquet or be placed on the fine list.
- m. You are responsible for wearing running shoes, shorts, and shirts to practice and for bringing a water bottle; and for keeping track of your mileage in your logbook.
- n. On the days we travel off campus to run, you are responsible for attending and work will not be an excuse to drive the location. You must ride the bus with the team.
- o. You are expected to follow the prescribed routes for practice. Cutting the run or making up your own route is not acceptable.
- p. You are expected to train and prepare for the season. You will not be allowed to make fun or taunt anyone on the team who is working hard and doing what is expected.
- q. You are expected to represent Park Hill South in a positive light. It is not appropriate to taunt or make fun of other teams.
- r. You are expected to be respectful to other teams coaching staffs and officials. Inappropriate behavior could result in being benched from a meet.
- s. You are expected to participate in team fundraisers—car wash and pasty party.
- t. You are expected to cool down after your race before your parents take you home.
- u. You are expected to only take your snack bag at meets—no one else’s.
- v. You are expected to be respectful to the bus driver and obey all rules.
- w. You are expected to help with the set up, clean up and break down of the tent area.
- x. You are expected to purchase a running watch to time your runs.
- y. You are expected to bring your uniform, watch, shoes, spikes, warm-ups, logbook and bag chair to meets.
- z. You are expected to do your best and have fun!

Parent Signature _____