

**EAU CLAIRE MEMORIAL GIRLS' CROSS-COUNTRY
TEAM RULES / EXPECTATIONS**

ATTITUDE:

- Do unto others as you would have them do unto you. Respect others and their property, and don't do anything to endanger your safety or the safety of others.
- Practice and compete like it may be your last. Be mentally and physically prepared to do your best. Only you control your attitude and effort.
- Have the proper attire to practice. Watch the weather forecast and plan ahead! There is no such thing as bad weather – only bad clothing.

CLASSROOM PERFORMANCE AND BEHAVIOR:

- You are a student first and an athlete second. This means that your academic work is a priority over your athletic work. You need to be organized and efficient enough with your time so that your academic work does not begin to suffer because of your involvement in cross-country.
- If you need to seek extra help from a teacher and the **ONLY TIME** that you can arrange for that extra help is after school, then you need to get that extra help first before coming to practice. In the event this happens, come to practice **WITH A PASS** from the teacher. It is assumed that you will be coming late to practice, not missing practice entirely!

PRACTICES:

- You are expected to attend **AND COMPLETE** all team practices. If you are ill and miss any part of the school day, you **WILL NOT** practice (this is a team rule), but you or a parent should notify the head coach (probably through the attendance office) if this should occur. Missing practice to work or leaving practice early to work is not acceptable!
- You should do your best to schedule doctor's appointments, dental appointments, etc. so that they do not interfere with practice. It is understood that scheduling these appointments is very difficult, and avoiding a conflict with practice may not be possible. **BUT THIS SHOULD BE RARE.**
- Be prompt. You need to attend practice on time!
- Our school district's dress code has been extended to the athletic arena. In short, if it's illegal to wear or do in a meet, it's not appropriate for practice either. This means that a shirt must be worn over your jog bra/sport top.

COMMUNICATION:

- Your coaches need to be informed immediately of any illness, injury or potential injury. Don't keep secrets! Most injuries, if tended to early, don't develop into major injuries.
- Please inform your coach of any conflict with a meet or practice well in advance of the date of conflict. Verbal and written notification is requested and appreciated!

MEETS:

- You are expected to ride the bus to and from the meet site for any meet held outside the city limits. Exceptions for rare circumstances will be considered if **AT LEAST 24 HOURS** notice is given.
- You are expected to arrange for your own ride to any meet held off campus but within the city limits. You will also need to arrange your own transportation home after the conclusion of the meet.
- If you are competing in a meet, you are expected to stay until the conclusion of the final event of the meet. Athletes in other sports don't leave a game before its conclusion just because they are finished playing in that game, and we don't do that in cross-country, either.
- Cell phones will need to be turned off and put away from the time we arrive at the meet site until we leave the meet site.

UNIFORM:

- Since we have no laundry facilities at Memorial, you will need to wash your uniform in mild detergent and cold water after each use. It is expected that at the completion of your season you will return the **SAME UNIFORM AND SWEATS** that you were originally issued, in the **SAME GENERAL CONDITION**, and by the date given to you by your coach. **DO NOT** remove the draw string from the uniform shorts or sweat pants.

PARTICIPATION:

- It is expected that you will not take part in any **FULL-SCALE** practices or competitions for another sport during the cross-country season. The human body does not get stronger by subjecting it to stress unless the body is given time to recover. If an athlete is competing in two sports at the same time, ample recovery is probably not occurring, which puts the athlete in danger of injury or illness or both. Consideration for special circumstances can be obtained from the coach if the circumstance is discussed with the coach well in advance. Please don't keep secrets in this regard. Nobody benefits from that – certainly not the athlete!
- You are expected to participate in at least one of the community service projects that the girls' cross-country team will be involved in. Your coach will let you know what these projects are and when they will be held.
- If you are seen by a doctor for an athletic injury, you **MUST** provide to your coach a note from the doctor indicating the nature of the visit and any limits the doctor has placed on your athletic participation. You **CANNOT** practice or compete until your coach has the note.

In short:

1. Be prompt.
2. Be nice.
3. Do the right thing.
4. Give your best effort.