

EAU CLAIRE MEMORIAL CROSS COUNTRY TEAM RULES/EXPECTATIONS

COMMUNICATION:

- Please use email communication to your head coach if you need anything. Get in the habit of checking your email for alerts/updates.
- Inform your coaches of injury or illness immediately.
- Inform coaches of conflicts with a practice or meet.

CLASSROOM PERFORMANCE AND BEHAVIOR:

- You are a student first and athlete second. This means that your academic work is a priority over your athletic work.
- Reach out to your coaches if you are struggling to keep up with your school work.

PRACTICES:

- You are expected to **attend and complete** all team practices (this includes weight room sessions).
- You are expected to do the planned workout, at the prescribed pace, and on the explained route. If you have questions, ASK.
- If you are sick go home/stay home but **communicate** with me. You will not be allowed to come to practice if you are sick and not at school.
- Plan the rest of your life around practice going from 3:15-5:30. Schedule work, appointments, lessons, etc....around this time frame. Leaving practice early to get to work is NOT ok.

MEETS:

- All athletes will ride the bus to and from all away meets. There may be the rare exception to this rule and if so, an **Athletic Travel Release Form** must be turned in 24 hours prior to the meet.
- You are expected to stay for the entire meet, including the awards.
- Everyone will help either set up or take down camp, no exceptions.

PARTICIPATION:

- Successful completion of following the above expectations will ensure you will compete each week until our sectional meet.
- If you see a doctor or athletic trainer for an injury or illness you must get clearance from them to be able to rejoin practice and/or competition.
- Be on time for practices, meets, and bus departures times. We have a lot of things to get done in a short amount of time.

OVERALL:

- Be a good teammate.
- Be on time.
- Give your best effort.

CONSEQUENCES - If these rules/expectations are not met, the following consequences will happen:

1st Time: 1:1 Discussion with the coach, email sent home to parents.

2nd Time: Meeting with Athlete, Coach, Parents, and AD.

3rd Time: Dismissal from the team.