

CROSS COUNTRY

Expectations:

- Be on time -- meet in the gym by 2:40 P.M -- ready to go!
- Be prepared for practice with proper shoes & running clothes.
- Bring all book bags, jackets, etc. to practice, as the gate will be locked to re-enter the main building at the end of practice.**
- Lock up any valuables during practice.**
- You may never stop during a practice route to enter a home, place of business or vehicle.**
- Must have a current signed physical waiver card on file in nurse's office.**
- If you cannot attend practice, you need a parent excuse or your absence will be counted as unexcused.
- 2 unexcused absences will result in dismissal from the team.**
- If you miss a practice prior to a meet that is unexcused, you may not run at that meet.**
- An office referral or suspension the day of a meet will result in your not running in that meet.**
- You are responsible to have your Karcher cross-country uniform the day of a meet.
- Always have warm layers of clothing to put on at meets & practices in case the weather turns chilly!
- Parents, please be prompt in picking up your child after a practice or meet.
- If you want to go home with your parent after a meet, you must have them sign the proper travel release form.
- Run to improve your "personal best" time in practice & in meets!
- Do your best at all times! Have fun! Support your teammates! Build each other up to perform at your personal best level!
- If weather warrants the cancellation of a meet or practice, students will be given the opportunity to call a parent to inform them.
- Cell Phones:** Athletes may not have their cell phones on them during practices or meets. Cell phones will be confiscated and returned at the end of practice if phones are visible.

***PLEASE SIGN & RETURN BY OUR NEXT PRACTICE!**

COACHES:

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Please sign to verify you read & understand the expectations of KMS Cross Country:

Student Signature

Parent Signature

Date
