



ST. CHARLES EAST HIGH SCHOOL CROSS COUNTRY TEAM CONTRACT



*Academic excellence and proper conduct in school are a priority for the STCEHS girls cross country team.
In accordance with this, all athletes are expected to fulfill the following objectives:*

1. Attendance at **EVERY** practice is **mandatory**. Absences will subject the athlete to the following consequences:

A. Unexcused Absence:

Unexcused absences **include** detentions, tardiness without **prior** approval, or any other reason not excused by Ms. Hefferin or Mr. Nold.

1st Offense: Athlete is **not** allowed to participate in the next competition although attendance is still mandatory and parent notification.

2nd Offense: Parent conference to discuss team membership.

3rd Offense: Parent conference and removal from the team.

B. Excused Absence:

1. Not in attendance at school – excused absences only. Please have a parent call or email Ms. Hefferin to notify of and provide reason for the absence from school prior to practice (2:00 pm).
2. Doctor appointment – maximum of 2 during the season unless emergency, prior notification still necessary.
3. **After the first day absent/non-participative due to INJURY, absences must be accompanied by a doctor note or trainer approval to be considered excused.**
4. Other after school activities – **must be pre-approved (PRIOR TO PRACTICE by AT LEAST TWO DAYS) by coach and have signature of supervisor.**

2. Athletes are expected to attend all meets unless there are extenuating circumstances. Any conflicts must be written on the back of this contract and discussed with coaches. No athlete will begin a competitive season unless contract has all signatures.
3. Grade eligibility and conduct will be checked weekly throughout the season. Athletes and parents are encouraged to read the STCEHS handbook in regards to eligibility and conduct.
4. Disrespect towards opponents, officials, teammates or coaches either in practice or at a meet will result in suspension or dismissal from the team. **THINK OUTSIDE THE MOMENT, DO THE SAINTS THING!**
5. If an athlete leaves school early because of illness or personal reasons, please attempt to see or contact coach prior to leaving school. If it is not reasonable, then her parent **MUST** leave a voicemail or email for Ms. Hefferin, preferably by 2pm. **Do not send another team member to inform your coach;** if you do, it will be considered an **unexcused** absence.
6. Responsibilities of team members:
 - a. All team members must help with equipment both at practice and at meets. **No one shall be excused to leave until all equipment is put away.** Please remember that the uniforms issued are the property of STCE High School – please treat them accordingly and return them at the conclusion of your season so they may be used again.
 - b. **All athletes must be excused by their coach before they may leave practice or a meet.**
 - c. Each athlete must ride the bus to and from the meets held away from school, unless you have a note from your parent stating that you go home with them after the team meeting at the end of the meet. In this case, your travel arrangements must be approved by a coach.

Student Signature

Date

Parent/Guardian Signature

Coach's Signature

“think outside the moment, do the SAINTS thing”