

Service High School
Cross Country Running
Team Expectations and Policies
Fall 2008

First of all, the coaches welcome you to another great season and look forward to working with you. We have a few fun events planned, and it is going to be an excellent season!

Coaches:

Head Coach: Charissa Chmielewski (My-left-ski)
Johnson_Charissa@asdk12.org
Service High School Room G19

Assistant Coach: LA Piper
Piper_La@asdk12.org
Service High School Room D131

Assistant Coach: Monica Tibbetts
mooncastle@acsalaska.net

Service High School Cross Country Running Webpage:
www.serviccrosscountry.com

**All Cross Country Running policies follow
the Anchorage School District Policy Handbook.**

Attendance

- Athletes must arrive to practice on time. We will meet outside of the Little Gym Mon-Fri and hold practice from 4-6P.M. from Aug. 4- Aug. 20. Once school begins, practice will be held from 2:20-4:20P.M. Students are not allowed to roam the hallways after practice, so please make sure your ride picks you up on time.
- Athletes are expected to attend all practices and participate in the entire practice. If you have an excused absence from practice or need to leave early, please let Coach Charissa know ahead of time.
- Unexcused absences may result in ineligibility in future meets and/or awards. Excessive absence may result in expulsion from the team.
- Student athletes who are truant from school, or do not have an excused absence from school, are not allowed to attend that afternoon practice, so make sure all of your absences are excused. If an athlete has an unexcused

absence the day before a meet, the athlete is not allowed to participate in the race.

Primary and Secondary Activities

- Secondary activity practices, such as other sports or clubs, will not count as a Service High Cross Country Running practice. You must have ten practices to compete in a meet.

Sportsmanship

- Athletes are expected to represent Service High School in a positive and appropriate manner. You represent not only yourself, but your team and your school, so please make good choices. Dangerous, disruptive, or destructive behavior could result in expulsion from the team, ineligibility to compete or letter, or suspension from practice.

T.A.D. Policy

- Tobacco, alcohol and drugs are absolutely not tolerated by the Anchorage School District, Service High School, and definitely not the Cross Country Running Team. Use or possession of these items will result in suspension or expulsion from the team.

Earning a Varsity Letter

1. Any athlete who attends every practice and competes in every race.
2. Any athlete who makes the varsity Region Team
3. Any athlete who places in the top ten for his/her open or JV race at Region
4. Any athlete who is a graduating senior and has run for the SHS Cross Country Team all four years of his/her high school career.
5. Coach Johnson, Coach Piper, and Coach Tibbetts will collaborate and make the final decision in regards to all aspects of the team.

Again, we are looking forward to another great season of Cross Country Running at Service High School!

(Turn this portion into Coach Charissa.)

I have read and understand the team expectations and policies, and I agree to follow them. I understand that failure to do so may result in the loss of privileges, competing, lettering, and can lead to expulsion from the team.

Signature of Athlete _____ Date_____

Signature of Parent _____ Date_____