

Service High School
Cross Country Running
Team Expectations and Policies
Fall 2010

Welcome to the 2010 season!

Coaches:

Head Coach: Danielle Dalton
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Service High School Office G 02
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Assistant Coach: Brian Waite
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Service High School Room D- 117

Assistant Coach: Luke Kiskaddon
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Service High School Cross Country Running Webpage:

www.serviccrosscountry.com

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

Sportsmanship

- We all represent Service Cross Country Running in our community. We will demonstrate our sportsmanship by being positive and supportive of all competitors and gracious to all parents, officials, coaches, and community members. We will refrain from gossip and disparaging remarks about others – even when this is difficult and feels warranted.

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. 2- Aug. 17. 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 Danielle 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.

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 competes in a Varsity Race.
2. Any athlete who places in the top ten for his/her open or JV race at Region
3. 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 with 75% attendance.
4. Coaches will each award one Varsity letter to a runner of their choice.

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

(Turn this portion into Coach Danielle.)

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 _____