

2011

FMS Cross Country

Rules / Policies

1. No one will be allowed to participate in practice and meets until fees are paid, physical submitted, and sports information packet complexly filled out.
2. Must attend 10 practices (first practice is August 1st) under coaches' supervision before a runner is permitted to run in any schedule race.
3. All practices are mandatory. If you can't attend practice, you should give coach a note / email **prior** to missing practice. All absences without notes are unexcused absences. 3 un-excused absences can result in missing a meet or removal from Cross Country team.
4. Respect all teammates, opponents, coaches, administrators, and spectators.
5. All runners are expected to represent their school, coaches, parents and community, in an acceptable manner at all times (at school, at meets, on the bus etc...)
6. All school rules, policies, and guidelines are enforced at all times (practices, races, bus, etc...)

Athlete's name (Please Print): _____

Athlete's Signature: _____

Date: _____

Parent Signature: _____