**Addison Middle School Cross Country Rules**

1. **Give your best effort each and every day.**
2. **Be a great teammate each and every day.**
3. **Be respectful of all coaches, bus drivers, and course officials.**
4. **Dispose of all water bottles and other trash properly.**
5. **Be on time and dressed appropriately for practice.**
6. **As a representative of Addison High School, all athletes are expected to behave properly at ALL sporting events, on the bus, and in the locker room. Student/athletes are to follow the school rules according to the student handbook at sporting events, on the practice field, on the bus, and in the locker room.**
7. **All athletes are expected to ride the bus to weekday events. Special accommodations will be discussed for transportation for weekend events prior to that event.**
8. **Athletes not riding the bus home must sign out with Coach Kubish after all races have been completed and team and individual awards have been handed out.**
9. **Attendance-**
   * **Attendance at practice is vital to a successful program. Practice is from 3:15-4:30, and it is expected that you are at every one. Failure to make practice will result in the following consequences.**
10. **Unexcused absence – Warning**
11. **Unexcused absences – Sit out one meet**
12. **Unexcused absences – Sit out one meet**
13. **Unexcused absences – Dismissal from team**
    * **Some examples of excused absences are as follows: illness, wedding, death in the family, academic help, doctor’s appointment that can’t be scheduled at any other time, and athletes that miss practice due to dual sports.**
    * **Notify Coach Kubish via phone, email, or in person if you know of an absence. Do not have a teammate report the absence.**
    * **Any absence not reported before the date in question will be considered unexcused.**
    * **An excessive amount of excused absences may result in not being able to participate in a meet.**
14. **You are representing yourself, Addison Community Schools, and Addison Cross Country. Do not do anything that would give any of these a bad reputation.**

**Failure to adhere to all of these rules may result in not being able to participate in a meet. Any athlete not running due to suspension or injury is still expected to support his or her teammates in practice and at meets if possible.**

**Please contact me if you have any questions.**

By signing on the line below I acknowledge and agree to abide by the rules stated above and agree to adhere to the guidelines and policies set forth in the Addison JR/SR High School student-parent handbook.

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Student Name (Please Print)

x\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name (Please Print)

x\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email Parent Phone Number

**(Please detach and return only this sheet.)**