

Ridgefield Girls Cross Country Team Covenant

A **champion** lives by high standards, knows how to set realistic goals, and dedicates herself toward achieving them. The coaches' goal is to teach student-athletes:

- The rewards of teamwork.
- The commitment required to set and meet challenging goals.
- The determination to overcome difficult and adverse challenges in life.
- The enjoyment and positive effects physical fitness have on the body and mind.

Although success on the cross country course is a main goal, there are many other valid goals for each athlete on the team to strive for. Respect, patience, integrity as well as countless other intangible benefits can and should be acquired through participation in this sport.

Participation on this team is a privilege and an opportunity to build a relationship with teammates, the coaching staff, and the sport. This program cannot support athletes who do not want to be present and develop with their team.

This sport is expected to be one of your highest priorities. Failure to attend practice can result in suspension from participation in competition, ineligibility for post-season awards, and dismissal from the team. If you qualify for a post-season championship meet you are expected to participate in that meet.

Your Responsibilities as a Member of the Team

- You will complete all warm-up procedures properly.
- You will follow the workout plan provided by the coaches.
- You will complete all post-workout exercises and stretches.
- You will participate in meets and races as assigned by the coaches.
- You will not criticize your teammates or coaches. If you have a problem, speak with a captain, coach, or athletic director.
- You will not engage in behavior that is distracting or dangerous.

Consequences:

- First time – discussion with coach.
- Second time – sit out of the next meet.
- Third time – dismissal from the team.

Participation

Cancelled practices are very rare. Check with the coaches or captains if you are unsure. Do not rely on other teammates or “rumor”. For the majority of the team, there are only 48 scheduled practice and meet days.

- Athletes with six absences will be suspended from the next scheduled meet.
- Athletes with seven absences will be suspended from a second meet.
- Athletes with eight absences will be dismissed from the team.
- Attendance is expected once an athlete appears on the roster provided by the school.
- All absences are treated equally. Coaches will consider extenuating circumstances on a case-by-case basis.
- If an athlete does not complete all work at practice it will be recorded as half an absence.
- If you are late due to a meeting you will act with a sense of urgency to change and get to practice. Otherwise it will be recorded as half an absence.
- If you will be late to or miss a practice you will text or email a coach at least 1 hour in advance. Otherwise it will be recorded as half an absence. Do not rely on a teammate to tell a coach. Communicate with the coaches.
- Injured athletes are expected to attend practices and meets to assist.
- Athletes must communicate with coaches. Do not rely on teammates to pass along messages.
- Parents should let their daughter be responsible for communicating with the coaches.

Meets

All athletes are expected to stay to the conclusion of all meets, through the team cool-down. If athletes are done competing prior to the end of the meet they are expected to support their teammates. Everyone is expected to help cleanup after a meet.

An athlete who leaves any meet early will sit out the following meet. Only emergencies will be excused.

Athlete signature_____ Parent signature_____

Date_____