



CROSS COUNTRY ATHLETE EXPECTATIONS



SAFETY:

Safety is first.

Be alert and practice accident prevention at all times at practice and at meets.

Cross intersection at a crosswalk or designated crossing area.

Always look both ways at all street crossings. Do not rely on a teammate or motorist to look or watch for you.

Never go into, across, or on any private property.

Use only public facilities for personal hygiene needs and bathroom needs.

COMMUNICATION:

Keep yourself informed by checking our website, checking your Jeffco email, SportsYou team texts, and taking the daily handouts at practice.

Inform your coaches daily regarding any changes in your health and injury status.

Always communicate to your coaches your meet availability every week.

When you commit to being available for a meet DO NOT CHANGE THAT COMMITMENT unless sudden, urgent unforeseen circumstances, and then communicate that to your coaches immediately.

A commitment is a commitment!

MEETS AND PRACTICES:

Work to improve, learn, and develop your fitness and skills every day.

Compete at your best with a positive attitude regardless the competition, conditions, or event.

Adhere to all rules at all times (uniform, undergarments, electronics, jewelry, sportsmanship, cross country course, and team).

Follow all cross country meet area restrictions and protocol at all times.

PRACTICE EXCEPTIONAL SPORTSMANSHIP at all times.

Respect and treat all officials, coaches, teammates, competitors, and spectators with kindness, support, understanding, and appreciation, regardless the occurrence or condition. Be vigilant of your own actions and choices.

If your coaches hear a compliment from another athlete, competitor, official, teammate, spectator or anyone, that you did something exceptionally kind, thoughtful, helpful, generous, supportive, or selfless, IT WILL BE HEAVILY REWARDED.

Never retaliate against another person for any real or perceived infraction, rudeness, rules violation, or other. Inform your coaches and let them manage the occurrence appropriately and for a favorable or understandable outcome.

Be self-reliant, independent and accountable to your coaches and teammates at all times.

Be on time for the meets and your race.

Watch for, and check team SportsYou texts for any meet changes, schedule changes, or time changes.

Have your equipment, warm clothes, uniform, competition shoes, and additional gear in your personal bag and ready for use.

Warm up well and on time.

Be on time for the start of your race.

Never leave a meet or practice without checking out with coaches first.

Be supportive and positive toward your teammates about their efforts and performances.

Our Athletic director has a favorite mantra:

Work hard! Be kind! Have fun!

I HAVE READ THE ABOVE EXPECTATIONS AND I AGREE TO FOLLOW THEM:

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____