

2017 MHS Cross Country Behavior Requirements

- 1) I understand that practice is from 4:00 to approximately 6:00 daily (times may vary according to season/weather; practice generally begins at 6:00 pm during the month of August). It is important that I am dressed & ready for the daily warm-up by 4:00. I understand that tardiness may result in disciplinary action.
- 2) I understand that I will be dismissed from the Milton Cross Country team if I accumulate more than 2 unexcused absences from practice.
- 3) I understand that I will be dismissed from the Milton Cross Country team if I accumulate more than 1 absence from a cross country meet.
- 4) I understand that if I miss practice during the week of a meet it will be to the coaching staff's discretion as to whether or not meet participation will be allowed.
- 5) I understand that I will never leave practice until I have checked out with a coach.
- 6) I understand that warm-up and cool-down are important parts of a quality workout and I will complete all that is asked of me at practices and meets.
- 7) I understand that I represent myself, my family and the Milton Cross Country program in the classroom, at Cross Country meets and during bus rides. If I do not conduct myself in an appropriate manner it is up to the coaches as to whether or not I will remain on the team.
- 8) I understand that I am expected to follow the rules laid forth by the Milton Cross Country team. I understand that an inability to follow rules and/or disrespectful behavior to coaches, captains or fellow teammates will result in disciplinary action which may include dismissal from the team at the coaching staff's discretion.
- 9) I understand that I should be prepared for each practice by properly hydrating, eating appropriate meals, and wearing appropriate clothing/running shoes for practice. I understand that failure to do so may result in disciplinary action.
- 10) I understand that I will communicate any injury to the coaches, and will be required to see the Milton High School trainer if I am injured during practice. In addition, I understand that I am to obtain a doctor's note if injured in excess of two days.
- 11) I will regularly check www.miltonxc.org for important announcements and inform my parents of scheduling or important dates. I will ensure that I am on the email distribution (Add your email address by clicking on "Join our mailing list" at the top of the webpage at www.miltonxc.org).
- 12) I will strive to be the best athlete I can by working hard and caring about my teammates on the Milton Cross Country Team.
- 13) I understand that at no time during the Milton Cross Country season, may I take direction from another coach (private or at another school), regarding my practice schedule or workout routines before or after practice. This interferes with the Milton Cross Country Coaches ability to monitor and train runners at certain level to prevent injury and burnout.
- 14) I understand that the use of alcohol, tobacco or drugs is a high risk behavior and is detrimental to my participation in the Milton Cross Country program. I understand that I will be removed from the team should I be found under the influence/in possession of any of the previously mentioned substances.
- 15) I have read and understand the Fulton County Athletic Policy Document and the Fulton Country Social Media Rules for High School Athletics. I also understand the consequences of not following those rules as required by MHS and Fulton County.