

HSHS Cross Country Attendance Contract (Established 2014)

Print your name: _____ Grade: _____

Directions: Please read, sign and return no later than the final day of try-outs.

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Attendance: You **MUST** come to practice; missing practice will put you behind. If you do not come to practice, you will **NOT** be allowed to race. The coaches and your teammates need your commitment every day.

- You are allowed **THREE UNEXCUSED ABSENCES** from practice before removal from the team is possible.
- What constitutes an excused absence?
 - Illness (Medical Notes required for Drs. Appointments) ○ Death in the family
 - Injury ○ Religious holidays ○ Tests – teacher must submit email to the coaches in advance.
- What does **NOT** constitute an excused absence?
 - Vacations ○ Employment
 - Concerts ○ Practice for another sport (non-school related or out of season sports)
 - Weekly club meetings
- If you are sick, you will **NOT** be allowed to stay at practice. Please go home so that you can get well and so that no one else becomes ill. If you leave school due to illness, please let the coaches know that you will miss practice.
- If you plan to be absent, we must have an excuse on file **BEFORE PRACTICE.** Please send (or have your parent send) an email to the coaches at least 2 days in advance of your absence.
- If you have an unexcused absence the day before a meet, you will not be able to run in that meet. Meet rosters will be determined at the discretion of the coaches.
- Attendance is required at **ALL** meets. An unexcused absence from **ONE** meet will result in removal from the team unless you have a doctor's note. Plan your events around your meets. This does not include meets where only a limited number of runners can run.
- Runners **MAY NOT** sign in for another runner at practice. Every runner must check in for him or herself. If a runner signs in for another athlete, this may result in removal from the team.

Student Signature: _____

Parent Signature: _____