**TULPEHOCKEN JUNIOR HIGH CROSS COUNTRY**

**RULES AND GUIDELINES**

PHILOSOPHY: Running cross country is a sport that you can enjoy your entire life. Being on the cross country team means being a part of something that is bigger than yourself. While we celebrate the individual successes of each athlete, we work together to assist the team to get as far as we can.

TEAM RULES:

1. Every single day, whether it is a practice run/workout or meet, the athlete will work as hard as they can for themselves and the TEAM.
2. **Academics come first!** Coaches will be notified by the athletic director if any athlete is ineligible because of academics. Please notify the coach if you are having difficulty with a subject/s. Don’t wait until you are ineligible to receive help. Tutoring is available through Homework Help sessions or your individual teacher.
3. Be Positive!
4. **Respect** the coaches, your teammates, opponents and officials.
5. Tulpehocken is a drug, alcohol and tobacco free school district. Any drug, alcohol and/or tobacco related offense will result in disciplinary action including dismissal from the team.
6. All practices are mandatory unless excused by the coach. If an athlete is going to miss practice for any reason, please contact the coach as soon as possible.

Excused absences are:

* Absent from school.
* Doctor’s appointment.
* Become sick during the day and leave school. (Athletic office should be notified – do not notify the coaches through another student athlete).
* Family emergency.
* Board approved school function.

1. Any unexcused absences from practices or meets will result in the following consequences:

* One unexcused absence = one missed meet.
* Two unexcused absences = two missed meets.
* Three unexcused absences = dismissal from the team.

Remember ….your actions affect not only you, but the TEAM as well.

1. Practices will begin promptly at 3:05 and end by 5:20. Be prepared and ready to go at 3:05! If you will be late to practice, please ask the coach where we will be running and/or working out, so you can join us.
2. The team will ride the bus to and from all meets. Parents should pick their athlete up at the school upon our return. Please be prompt. Athletes who wish to leave with a parent/guardian from an away competition must use the form provided by the school and attached to this packet. Athletes will only be allowed to leave with their parent/guardian.
3. **All athletes must have a bottle of water with them at every practice and meet! Hydration is very important!! Please pre-hydrate before practices and meets!**
4. Athletes with asthma may not practice or run in meets without having inhalers with them.
5. Uniforms will be issued to each athlete. You are responsible for keeping your uniform clean and returning it in the same condition as you received it.

Any questions, please contact Head Coach Joel Jackson at 610-256-4708 or [styouthminister@verizon.net](mailto:styouthminister@verizon.net)

Assistant Coach Alicea Rodig at [pagalnow2005@hotmail.com](mailto:pagalnow2005@hotmail.com).

Please complete the bottom and return to one of the coaches by August 28, 2017

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I have received , read and understand the team rules.

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Athlete Parent/Guardian