

# MLCHS Cross Country 2019

## TEAM VALUES

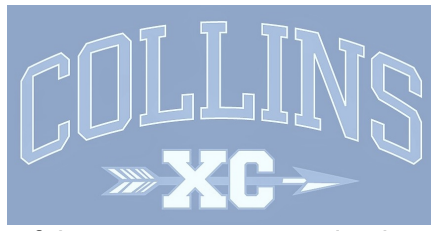
### RUNNING TITANS' VALUES

We strive to develop values in our student athletes which will act as guiding principles. Our objective is to help develop core values, and therefore character and virtues, that are not only important in running, jumping and throwing, but also for success in life. Our values are:

- Commitment
- Teamwork
- Discipline & Focus
- Selflessness
- Integrity
- Sportsmanship

***Instructions: Athlete should initial each section (yellow underline) and sign last page. A parent should also sign on last page (yellow).***

- 1)      (Athlete initials) **COMMITMENT** – All athletes are expected to be committed to the sport of cross country. They are expected to show up for practice and meets on time, all the time.
  - a) MISSING PRACTICE (also refer to “c” below) - If you have to miss a practice, either call your coach or consult him/her ahead of time. Failure to do so could result in not participating in events. If you have to stay for tutorial or detention, come to practice as quickly as possible with a note from your instructor. Excused absences will be reviewed on a case-by-case basis. If you miss a practice session without informing your coach beforehand, you will be suspended from the next competition. Any unexcused absences from a practice session will prohibit competition for the next meet. This counts against your varsity letter. Three unexcused absences could result in dismissal from the team.
  - b) DAILY PRACTICE – Practice begins promptly at 3:45 unless otherwise designated by the coaches. Be on time! Drill time or clean up duty may be assigned for each minute that an athlete is late. Athletes who are late without a written notice will be marked late at roll call. Excessive lateness will be grounds for disciplinary actions and could lead to expulsion from the team. Never leave any part of practice without the permission of your coach. If you do arrive late, you must check in with whoever took roll to make sure that you are checked off on the roll call.
  - c) ATTENDANCE – Athletes are expected to make the cross country team experience a commitment. Accordingly, they are expected to maintain at least an 80% attendance regardless of even approved excused absences. Athletes who fail to maintain at least an 80% attendance probably cannot demonstrate the personal investment which defines a committed team member. Therefore, they may be withheld from meets until the attendance (i.e. commitment) increases to an acceptable level.
  - d) INJURED ATHLETES – All injuries must be reported to a coach immediately. The coaching staff will determine, from the Athletic Trainer’s evaluation, if you should continue your workout(s). All injured athletes are *expected to be at practice and meets to help the coaches* unless excused by a doctor’s note. In rare cases, you might be asked to go home and study and get well.
  - e) OUTSIDE INTEREST- Any work or other obligation (this includes outside coaching or other sports) must not interfere with practice or scheduled meets. Outside coaching in either running, cross country and / or track and field is prohibited, unless specifically authorized by MLCHS (e.g. KEA).
  - f) MLCHS INTERSCHOLASTIC ATHLETICS –MLCHS interscholastic athletics will take precedent over all outside activities. Athletes may not be a member of an outside running, cross country, or track and field club or team during the season.



- 2) **TEAMWORK** – All members of the team are expected to know the names of all of their teammates and work together and support one another both on and off the course.
- a) **COURTESY & RESPECT** – Student athletes are expected to demonstrate a high level of maturity, teamwork and show courtesy to their fellow student athletes, managers, and coaches. **This includes listening and not talking when the coaches or an athlete is addressing the team.**
- 3) **DISCIPLINE** – Athletes are expected to complete the assigned workouts in a timely fashion and complete all tasks when due.
- a) **ACADEMICS** – Athletes should keep their grades up and focus on their studies. Athletes are expected to manage themselves in relation to time and make time both to come to practice, as well as study. Any athlete whose grades slip below the KHSAA standard for athletic participation will be suspended from the team until such time as their grades return to compliance with the KHSAA standards.
- b) **ATHLETIC FEE** – The athletic fee should be paid in a timely fashion (when due). Any athlete who may have an issue with the payment of the Athletic Fee should talk with the coaches before the fees are due. In many cases a deferred payment plan or assistance may be available.
- c) **PAPERWORK** – Athletes must complete all of the paperwork required (highlighted in yellow on the Running Titan web site [www.runningtitans.com](http://www.runningtitans.com)) prior to being eligible to practice with the team. Incomplete paperwork will not be accepted.
- d) **PRACTICE DRESS** - All student athletes should report to all practices in workout gear (including running shoes and water bottle). This includes light clothing both in color (bright for visibility) and in weight (keep cool). Never practice in meet uniforms. Do not wear uniforms at school except on meet days. Make sure you wear sweats / warm up outfit when needed. Be sure to refer to the Equipment List on the web site for items needed for practice and meets. Athletes not wearing at least one bright colored (WORFY – white, orange, red, fluorescent, or yellow) piece of apparel (either tops or bottoms) may be held out of practice by coaches for safety reasons. Athletes should wear tops at all times unless granted permission by a coach to remove them (e.g. excessive heat).
- e) **UNIFORMS** – Uniforms and warm-ups are the property of MLCHS and must be washed and returned on the date due. Uniforms will be due at the end of the last meet that the athlete participates in. Failure to do so will result in monetary fines and could cost an athlete a varsity letter or jeopardize participation in other sports.
- f) **SAFETY** – Any athlete who is deemed a safety risk to the team (e.g. dawdling when the rest of the team has completed their workout; does not complete workouts in a timely fashion), may be asked to leave the team. Any athlete violating safety instructions given by the coaches may be suspended or dismissed from the team depending on the violation.
- g) **COACHES** – Athletes must adhere to the coaches' instructions on time, all the time, without fail.
- 4) **SELFLESSNESS** – The coaches may ask the athletes to enter events that might not be their number one choice. This will be done for the benefit of the team as a whole. This can help teach athletes the concept of being selfless, which is, working on behalf of the greater good of others. Another example of this is a coach asking a faster athlete to slow down a bit to pull a slower athlete along, so MLCHS can score better than if the two athletes ran independently.
- 5) **INTEGRITY** – Athletes are expected to be truthful and honest when communicating with fellow athletes and coaches. Athletes are expected to keep their word and do what they say. For example, if the athlete orders spikes from one of the coaches and then does not collect or pay for the shoes, this is not showing a high level of integrity by the athlete.

MLCHS recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that competing for MLCHS is a privilege. As a student-athlete, you represent the Shelby County



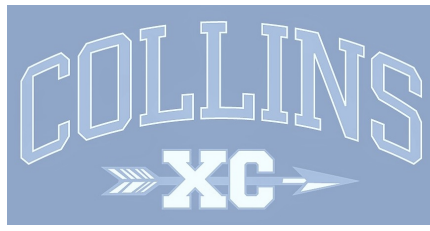
Public Schools and are expected to portray yourself, your team, and the School District in a positive manner at all times.

- a) **SOCIAL MEDIA POLICY** - Similar to comments made in person, the Collins Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
  - i) Derogatory language or remarks that may harm my teammates or coaches; other Collins students, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
  - ii) Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
  - iii) Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
  - iv) Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
  - v) In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.
- 6) **SPORTSMANSHIP** - Athletes are expected to show a high level of sportsmanship to meet officials, coaches, fellow athletes, spectators, and competitors. Any athlete not displaying sportsmanship or representing MLCHS (e.g. engaged in horse play) well, will immediately be removed from competition and / or practice. Their parent / guardian will be called to pick them up from the venue (i.e. they will not ride the bus back to MLCHS) and they will be suspended from the next competition.
  - a) **COMPETITIONS** – All student athletes are expected to participate in designated competitions unless a valid exemption (sick, test or withheld by coach) is given to the coach at least 24 hours prior to the competition. All excused competitions, **MUST** be done through a Coach. An unexcused absence from any competition could lead to a one week suspension from the team and / or suspension from running in the next meet.

**TEAM DISMISSAL** - The coach reserves the right to ask any athlete to leave the team if he or she is not in compliance with the team values.

**Parent Guidelines:**

1. Parents agree to monitor the academic progress, study habits, sleep, proper nutrition and hydration of their student athlete.
2. Parents agree to monitor the equipment needs of the student athlete (water bottle at practice every day, running shoes with good padding, light clothing both in weight and color, etc.).
3. Parents will refrain from contact with all athletes from 30 minutes prior to a competitive event until 15 minutes after their event, unless an emergency situation dictates otherwise. Parents must not intermingle with athletes before, during, or directly after the competition. They must spectate from an area reserved for spectators and not from the area reserved for athletes (e.g. team tent), unless they are granted permission from a coach to help out.
4. Parents agree to ensure that their athlete turns in all of their uniform when due.
5. Parents are encouraged to volunteer to help with our meets whenever possible.
6. Parents agree to pay the athletic fee when due or discuss alternatives with a coach.



**ATHLETE CONTRACT:**

I have read and understand the values of the MLCHS Cross Country team. I agree to abide by them and realize that I may be asked to leave the team if I am unable to comply.

\_\_\_\_\_

Signature

Date

\_\_\_\_\_

Print name

**PARENT CONTRACT:**

I have read and understand the values of the MLCHS Cross Country team. I realize that my son or daughter may be asked to leave the team if he or she cannot comply.

\_\_\_\_\_

Signature

Date

\_\_\_\_\_

Print name