



MLCHS Cross Country 2025

TEAM VALUES

RUNNING TITANS' VALUES

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

1. **Commitment** – we are always prepared, doing things on time, all the time without fail and with no excuses. We are committed to continuous improvement.
2. **Teamwork** – we get to know each other early on and work together to push and help each other succeed.
3. **Discipline** – we take responsibility for disciplining ourselves, so others will not have to. We strive to be always focused and act in a mature manner.
4. **Selflessness** – we do what is best for the entire team rather than only focus on ourselves.
5. **Integrity** – we are responsible and held accountable for our actions.
6. **Sportsmanship** – we always show respect to coaches, officials, spectators, and teammates.

Instructions: Athlete should initial each section (yellow underline) and sign the last page. A parent should also sign on the 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 must miss a practice, communicate with your coach via the appropriate application or email, or consult him/her ahead of time. Failure to do so could result in not participating in events. If you must stay for tutorial or detention, come to practice as quickly as possible with a note from your instructor. *If you must miss a practice session, please inform the Head Coach beforehand.* Excessive absences could result in dismissal from the team. Excused absences include college visits, test make up, teacher meetings, illness, physical rehab, and class commitments for a grade.
 - b) DAILY PRACTICE – Practice begins promptly at 4:00 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 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) CRUNCH WEEK – Crunch Week is the week of the regional meet (Oct. 20-24, 2025). **It is required that team members attend all practices that week without fail.** The only exceptions are academic related absences, sickness, injury, or a family emergency. Routine doctor and dental appointments (non-injury related) are unacceptable excuses and should not be scheduled that week. Anyone (managers included) missing practice during this time could forfeit their chance of earning a letter.



- e) INJURED ATHLETES – All injuries ***must be reported to the Head Coach immediately.*** The coaching staff will determine, in consultation with the Athletic Trainer's evaluation, if you should continue your workout(s). All injured athletes must be at practice and meets to help their team and coaches unless excused by a doctor's note. Just because an athlete is injured and may not be able to compete, ***does not mean that they are no longer a member of the team.*** In rare cases, you might be asked to go home and study and get well. Injured athletes agree to adhere to the trainer and / or coach's remediation plan to help heal the injury and get back to competing.
 - f) 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.
 - g) MLCHS INTERSCHOLASTIC ATHLETICS –MLCHS interscholastic athletics will take precedent over all outside activities (including work). 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 their teammates by the second week of practice 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 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.**
 - b) MATURITY – Athletes are always expected to display maturity and to do things as instructed and to help other athletes, as well as to refrain from actions that may be considered a degradation to themselves, the team, or the school district.
- 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. We place a premium on academics and expect our athletes to achieve a higher standard than even the KHSAA permits. *Any athlete who gets one or more failing grades will be suspended from the team until such time as their grades return to eliminate the failing grade.* Skipping practice to study is not an excused absence.
 - b) PAPERWORK – Athletes must complete all the paperwork required (highlighted in **yellow** on the Running Titan web site www.runningtitans.com) prior to being eligible to practice with the team. Incomplete paperwork *will not be accepted.*
 - c) 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. Refer to the Equipment List on the web site for items needed for practice and meets. While working out on the Collins campus, athletes must wear at least one bright colored (**WORFY** – white, orange, red, fluorescent, or yellow) piece of apparel (either tops or bottoms). Athletes should always wear tops unless granted permission by a coach to remove them (e.g., excessive heat).
 - d) TRANSPORTATION – All athletes and managers must ride the bus (if provided) to the meets. Athletes may elect not to have bus transportation to a meet. In the event an athlete can not ride the bus (if provided) back from a meet, a green transportation waiver must be completed and submitted to the Head Coach prior to the meet. Transportation waivers can be found on the website. In the event the athletes elect not to have bus transportation to / from a meet, a pink transportation waiver must be completed and submitted to the Head Coach prior to the meet.



- 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. Athletes will not be eligible for a varsity letter if their uniform is not returned when due. Some athletes who have had issues in this area may be asked to make a deposit for their uniform. The deposit will be returned when the uniform is returned. Grades and / or transcripts may be held until the uniform is either returned or paid for.
- 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.
 - i) **Gum** - Athletes will refrain from chewing gum (or any other substance or object) during practice and meets as this is a choking hazard.
 - ii) **Electronic Devices** - Athletes will refrain from using electronic devices during practice and meets, as this is a distraction and can lead to safety issues at practice and is against KHSAA and National H.S. Federation rules at meets. By 4:00 PM, all electronic devices must be put away. They may only be used with a Coach's permission.
 - iii) Athletes not compliant with wearing at least one item of **WORFY** (see section 3. d.) colored garments will have to conduct their workout on the track. The second incidence of non-compliance may be a team suspension and the third could be dismissal from the team.
- g) **COACHES INSTRUCTION** – 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. 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 more team points 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 always.

- a) **SOCIAL MEDIA POLICY** - Like 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 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 of whether 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.
- b) TALKING TO THE PRESS – Athletes will refrain from communicating with the press unless given specific instructions to do so by the Head Coach. All press inquiries should be referred to the Head Coach.
- 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, cursing, etc.) 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 exception (sick, test or withheld by coach) is given to the Head Coach at least five (5) days (sickness will have a 24 hr. notification) prior to the competition. A shorter time may be acceptable only in emergency situations. All excused competitions MUST be done through the Head 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. Not having a ride to school to catch the bus to the meet is **not** a valid exception.

TEAM DISMISSAL - The coaches reserve the right to suspend or 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 and shorts [not basketball shoes or shorts] 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 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 unless they are granted permission from a coach to help.
- 4. Parents agree to ensure that their athlete turns in all their uniform when due or pay for the uniform.
- 5. Parents are encouraged to volunteer to help with our meets and fund raisers (e.g., concession stand management) whenever possible.

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 do not comply.

Signature

Print name

Date

PARENT CONTRACT:

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

Signature

Print name

Date