

Flagler Palm Coast High School Cross Country Team Covenant

Purpose:

- ✚ This constitution is in place to ensure that there are no discrepancies with the policies and procedures for this team. The cross country constitution addresses all aspects of the Flagler Palm Coast High School Program. When an individual decides to join the team he/she decides to follow and live a specific lifestyle. This is what distinguishes a cross country student-athlete from other students.
- ✚ The cross country coaching staff has the responsibility to the students and the parents to develop good character including the “whole-person” concept. The staff will see to it that each student is a well-rounded, contributing member of our community. The staff will do everything that we can to help mold you into a champion (on the field and in life) including: providing the opportunity to participate; thorough research of the sport; an efficient training program; instituting discipline and a hard work ethic, and fair and impartial treatment to all student-athletes.

Policies:

- ❖ No student on the XC team will:
 - use tobacco products
 - use alcohol
 - speak in a disrespectful manner towards *any* adult
 - disagree with a coach in public
 - break any policies set forth in the Flagler County School District: Student Code of Conduct Book
- ❖ Other Policies, Procedures, and Consequences
 - All students will have a cumulative 2.0 g.p.a. per FHSAA policy.
 - All students will have a physical and parent permission form on file before beginning practice.
 - Being prompt is a lifetime habit...so let's be early.
 - Practice starts at 2:45pm at Wadsworth Park.
 - Practice runs Monday through Friday and *will include teacher workdays*.
 - There will be a meet almost every Saturday during the season, so please plan around the meets.
 - Cross country practice will supersede all other school activities when in season. (Including clubs etc.)
 - A student *may not* compete in another varsity sport at the same time as cross country,
 - If a student must be late or absent due to academics, then it is that student's responsibility to inform a coach ahead of time. Do not have another team member inform a coach of your absence.
 - A student has one “freebee” unexcused absence from practice, the 2nd absence results in a running JV at the next meet, the 3rd absence results in missing a meet, the 4th absence will result in dismissal from the team.
 - An unexcused absence from a meet will result in dismissal from the team.
 - All missed practices will be made-up in the A.M.
 - Placement in ICE for a *flagrant referral* will result in a missed meet or possible dismissal from the team.
 - Fighting will result in immediate dismissal from the team.
 - There will be no trash talking or other bravado at meets.
 - Athletes are welcome to express their opinions to coaches in *a private setting*.
 - All parents are expected to attend Cross Country Parent-Booster Club meetings (the 2nd Monday of every month).
As well as volunteer at one home meet or fundraising event.
- ❖ Participation in all fundraisers by team members is mandatory and will include the Annual Run-A-Thon (\$50-mandatory-“donation” for the booster club), selling 5 x \$5.00/car wash tickets, as well as, working @ road races as fundraisers)

Team Procedures and Lettering:

- ◆ The cross country team is a “non-cut” team. If you come to practice and work hard then you are on the team. *However*, not every student will go to every single meet and compete. Some meets are reserved for *varsity team members*.
- ◆ Team captain(s) will be selected prior to the third meet by the coach.
- ★ **Meet Procedures:** all team members are expected to be punctual for meets.
 - ◆ **Arrival and Warm-up:** When we arrive the team will follow the captains to a designated team area. The varsity teams will then begin the set warm-up procedures. The JV will walk the course and cheer on the varsity runners. 30 minutes prior to the start of the JV races the JV team members will begin the set warm-up procedures.
 - ◆ **Cool Down and Departure:** At the conclusion of each race those team members will congregate, stretch, jog a one-mile cool down and complete 10 easy grass strides. The varsity runners are expected to cheer on the JV runners. At the end of the meet all runners are expected to personally thank the host coach and or meet director for putting on a quality meet for us to attend.
- Team members may be picked up by parents after the conclusion of the awards ceremony with a signed note from the principal. Athletes may not ride home with other teammates parents.
- At all home meets be prepared to stay one hour after the conclusion of the meet for clean up duties. There are *no exceptions* to this rule.
- ◆ There is no “I” in team. We at Flagler Palm Coast High School believe that together through cooperation and hard work that we will become successful both in sport and in life.
- ★ **Lettering:**
 1. Be at practice everyday.
 2. Give 100% effort everyday.
 3. Complete the *entire* season.
 4. Race on the varsity team in *over 1/3* of the meets or place in the Top-15 at the district meet
 5. Return all equipment that was issued to the athlete (before the banquet)

We want Flagler Palm Coast High School Cross Country team members to be a cut above the rest. When we travel across Florida we want other schools to commend our athletes not only for their athletic talents, but for their superior behavior and manners. Flagler Palm Coast Cross Country is a first class program so let’s treat it like one.

- ★ Failure to comply with team regulations and fulfillment of contract could result in disciplinary actions, loss of letter, or dismissal from the team.

Head Coach

Student-Athlete

Assistant Coach

Parent/Guardian