

Westside High School Cross Country Athletic Class 2008-2009 Rules and Expectations

- 1. All students in the cross country class must have a physical and all other HISD athletic paperwork on file by the end of the first full week of school.** Students who are switched into the class mid week or after the first week will have a grace period of one week.
- 2. All students in the cross country class are required to come to 6:00 am practice** on a daily basis. The regular class period is not long enough to sustain a proper workout for the sport of cross country.
- 3. All students will be required to maintain a daily training log** which will be turned in at the end of each week.
- 4. All students are required to participate at all meets and cross country activities.**
- 5. All students are required to pay a \$70 activity fee** which is due at the end of the first full week of school.
- 6. All students will be required to meet a tryout time** in the 2-mile on the Friday of the first week of school.
- 7. All students must come prepared to run everyday** unless otherwise instructed by the coach.
- 8. All cross country athletes will conduct themselves in a manner of respect and dignity** at all meets, practice, and throughout the school day.
- 9. Any and all equipment which is given to use must be returned within one day after the last competition.** Or the following Monday morning.
- 10. Equipment which is not returned or is determined to be unusable due to neglect will be the financial responsibility of the student and his/her parent/guardian.**
- 11. All students will be expected to run hard and constantly pushing themselves to become better. If your not here to run you should not be here!!!**
- 12. All students will ride HISD approved transportation to and from each meet**
- 13. Any student who does not follow any of the above rules is subject to removal from the class, THE FINAL DECISION IS UP TO COACH GUY**

Student Signature

Parent/Guardian Signature