



OLCHS Girls' Cross Country Team Contract



The following expectations are required to ensure success this 2018 Cross Country season.

- 1) **SPORTSMANSHIP** – You are expected to act as a leader of the school. You need to show great sportsmanship both on and off the playing field.
 - 2) **ACADEMICS** – School is your #1 priority. Grades come first, so if you need to get extra help from a teacher, finish a test, etc. after school, let coach know and bring a pass if you will be late to practice. **That being said, you should be organized and manage your time properly to avoid completing your work at the last minute.** IHSA rules state that all athletes must be passing at least 5 classes to be eligible to participate in athletics. Athletic eligibility reports are run every Friday at noon. The first time you are found ineligible, you will sit out of competitions one week (Monday-Saturday). Subsequent weeks of ineligibility will cause you to sit out all XC activity for a week (Monday-Saturday). If you are ineligible a 4th time during the season you will be removed from the team. Any athlete that maintains at least 2 Ds or worse, or is ineligible, is required to attend Wednesday Athletic Study Tables from 3:10-4:00. Eligible athletes must still attend practice after Athletic Study Tables. Missing Athletic Study Tables will cause the athlete to sit the next competition they were scheduled to compete in.
 - 3) **ATTENDANCE** – Second to family and academics, XC is expected to be your main priority. This means athletes are expected to attend every single practice, meet, and special event throughout the entire season. We will have XC 6 days a week, including Saturdays, teacher institute days, and non-attendance school days. Schedule any necessary appointments outside of the XC schedule. You are allowed **THREE** unexcused absences. On the fourth unexcused absence you will be removed from the team. Saturday detentions are considered an unexcused absence. Family obligations and medical reasons are considered excused with communication to the coach from a parent. **If you can make it through a school day, you can show up to practice, never assume you can just go home without talking to a coach first.** It is not acceptable to have your friend tell coach that you went home because you were not feeling well. Please refer to the season calendar on the XC webpage, and listen to announcements for any updates/changes. If an athlete receives an unexcused absence, they will not compete at the next meet they are scheduled to participate in. If you have to miss XC for any reason, Coach Szala must receive a **phone call or email** from a parent prior to the miss to be excused. If you do not find out prior to the miss, Coach Szala will only accept a parent phone call to be excused. **Text messages from either the athlete or parent will NOT be accepted as notice for a missed practice.**
- Coach Szala : sszala@olchs.org cell: (708) 921-1874
- 4) **COMPETITIONS** – Cross Country meets are what we work for all season. Athletes are expected to attend all meets, regardless if they are competing or not. Each girl is part of the team and we must support each other. Missing a meet with an unexcused reason is unacceptable, and the athlete will not compete in the next meet that they are scheduled to participate in. If the athlete misses two meets for unexcused reasons, the athlete will be removed from the team. It is expected that the entire team attends all meets through the Sectional meet, even if they are not on the Sectional meet roster.
 - 5) **WORK** – Cross country practice and meets must take precedence over a work schedule. Plan on practices lasting until 6:45pm during the week and 12:30pm on Saturdays (Saturday meets may go until 1pm or later). Missing a meet for work is not acceptable. If you must work, talk with Coach Szala and refer to the season calendar to resolve any conflicts with your employer.

- 6) EXTRA-CURRICULAR ACTIVITIES – Many XC athletes are also part of many after school clubs and activities (non-curricular). Participation in school activities and clubs is acceptable as long as it does not interfere with XC. **Missing XC for another club or activity will result in an unexcused absence.** It is not fair to the XC team, or your club/activity, to only be partially invested. It is unacceptable to miss XC practice every week for another club/activity. Our athletes need to make XC a priority. It is acceptable for athletes in clubs or activities to attend practice after their meetings.
- 7) PARENT MEETING – On August 21st, at 6:00pm we will have our parent meeting. All athletes and parents are **required** to attend. Team policies, expectations, season schedule, and fundraiser will be discussed. Parents of athletes that do not attend the meeting will need to contact Coach Szala personally, and have the athlete return the Team Contract, concussion sheet, and code of conduct sheet to Coach Szala. The team contract, concussion sheet, and code of conduct sheet need to be signed and returned to Coach Szala prior to the first competition. The athlete will not compete until all forms have been received.
- 8) PHYSICALS, SPORTS DEBT, and IHSA FORM – You must have a current physical on file with the athletic office. If you do not have a physical, you **CANNOT** practice or compete. All previous sport team fees or debt must also be paid. If you have outstanding fees or debt, you must pay them in the Business Office before you can attend a practice or meet. The athlete and parent must also sign and return to Coach Szala the IHSA Sports Medicine Acknowledgement & Consent Form before the first competition in order to compete.
- 9) INJURIES – It is completely natural to feel soreness after intense activity. Soreness can occur anytime from the moment you finish a workout, to 2 days after the workout. Understanding the difference between soreness and injury can sometimes be difficult. The athlete, coach, and parent all need to work together to make sure the athlete stays healthy and injury free throughout the season. If you are injured, you need to let your coach know immediately. Coaches refer athletes to the school trainers if necessary. **Do not go to the trainer without talking to your coach first!**
- 10) UNIFORMS – Athletes are responsible for uniforms throughout the course of the season. If uniforms are lost or damaged, a charge will be assessed. Athletes are responsible for returning the specific numbered uniform pieces they were issued at the beginning of the season. Uniform fees are as follows: jersey, shorts, warm-up jacket, and pants - \$50 each. There is a specific uniform return day at the end of the season that the athlete needs to return their uniform by. Coach Szala will NOT accept a uniform on any day other than the scheduled uniform return day (10/30). If the cleaned uniform is not returned that day, the athlete will be charged.
- 11) BUS RIDES – You are expected to ride the bus to and from every XC event with the team. In case of emergency, you may leave with a PARENT ONLY. **The Travel/Release Form must be filled out and turned into the Athletic Office at least one day prior to the event.** Forms can be found on the Athletic Office web site.
- 12) EFFORT & ATTITUDE– Your coach expects 100% effort and commitment every day whether at practice, a meet, or a rest day. This is especially important at meets, since that is what we work hard for all season. During competitions, athletes are expected to be preparing for their race and supporting their teammates. Athletes should be focused on the races that are going on, or prepping for their own race. The use of cell phones during meets needs to be limited. Girls' Cross Country is not a social club or fitness club. Our athletes are here to become the best athlete they can be, compete for championships, and represent OLCCHS with P.R.I.D.E.

