**FPHS & FPMS**

**Cross Country**

**Team Rules & Policies**

**CODE OF CONDUCT**

As a member of the FP Cross Country team you represent yourself, your family, your coaches, the program, and Fort Payne High School in everything you do. As a student athlete, you are held to a higher standard than other students. Anything you say or do, whether at practice or competition, on campus, or on social media can be reflected back on our program and the school. With all this in mind, please conduct yourself in a respectful and appropriate manner at all times.

**SPECIFIC RULES & POLICIES**

**\*\*COMMUNICATE WITH YOUR COACHES!!\*\***

**PAPERWORK**- All paperwork must be completed in order to participate in XC practice.

This includes:

Current Physical (DragonFly)

Concussion Form (DragonFly)

AHSAA Consent Form (DragonFly)

\*NFHS Sportsmanship Certificate (DragonFly)

Fort Payne Athletic Handbook Form

FPCS Consent & Release Form (DragonFly)

Proof of Insurance (DragonFly)

Emergency Contact Info Sheet

\*Only has to be done once in athletic career.

**ACADEMICS-** You are a student/athlete in that order. You are responsible for any assignments missed and making up those assignments outside of practice times**.**

**Communicate with your teachers and coaches.**

**ATHLETES**:

**\*Practice**- All athletes must attend practice. We will practice every day, and every day is required! Excused practices must be approved by Coach Talley or Coach Shaddix.

Some examples of Unexcused absences: birthdays, transportation, work, etc

Some examples of Excused absences: death of immediate family, injured, sick, etc.

If an athlete has an unexcused absence, they are required to make-up the missed workout with Coach Talley or Coach Shaddix after school. More than one (1) unexcused absence will result in dismissal from the team. **Communicate with your coaches.**

**\*Injury/Illness** are inevitable. Please inform coaches ASAP. Don’t self-diagnose. We have a trainer who can help. Most of the time you can dress out and do cross training during practice times.

\* **Proper attire**- is required for practice. If an athlete isn’t properly dressed for practice, this counts as an unexcused absence, and the athlete must make up missed workout afterschool. Be prepared for all kinds of weather. Proper shoes, socks, shorts, and a watch (if you have one) are required for practice**.**

**All athletes are required** **to wear school colors when traveling to XC meets. This includes warm-up attire**.

**\*Transportation-**

Practice - XC athletes must be picked up by the end of practice.

(Practice end times will vary but will not exceed 3:45-4pm).

Meet departure -Athletes must be on time for meet departure.

**Bus will depart 5 minutes after the scheduled departure time.**

**\*Varsity Letter-**  Athletes must compete in at least 2 VARSITY MEETS.

**PARENTS:**

Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches, and officials at every practice and competition.

Support the team by volunteering. (Snacks, banquet, and donations)

PLEASE PICK UP your athlete on time or make arrangements for your child if unable to do so personally.

**COMMUNICATION IS THE KEY TO A SUCCESSFUL SEASON!**

**I have read and understand the guidelines outlined above.**

**The FPXC program is committed to providing a safe and fun environment for your athlete. We reserve the right to ask your athlete to sit out a practice if he/she is disrupting a practice session and not behaving properly.**

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**Athlete’s Signature**

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**Parent/Guardian Signature**