

Four Rivers Charter Public School

Cross Country Running ~ Fall 2018

Practice Locations

The Cross Country team practices at Four Rivers and local trails in Greenfield. If you can't make the first practice on Thursday 8/30, contact your coach via email (al@alladd.com).

Important Details

1. Four Rivers will provide uniforms.
2. Students must provide their own running shoes.
3. **Students must have an up-to-date physical on file in the nurse's office.**
4. Decisions to cancel a practice or meet are made by 1:00 pm. Parents are notified via email. Students are expected to leave school at the normal dismissal time of 3:05 (1:30 on Wednesdays).
5. The game schedule for all the teams for all games (and all year) can be found on-line at www.fourriverscharter.org

Player's Contract

1. Practices are a requirement for participation in meets. If a runner needs to miss a practice for a legitimate reason, they need to have a note from their parent.
2. Injury is not a reason to miss practice without the permission of the coach.
3. If you have to miss a practice or especially a meet, it is the player's responsibility to inform the coach as soon as possible so that we can plan.
4. All school rules must be followed.
5. Students must be in good academic standing.
6. All players should come prepared for every practice and meet by having a bag with: full water bottle, a snack, running shoes, shorts or sweatpants and t-shirt.
7. The consequence for not living up to these responsibilities is loss of meet participation at the discretion of the coach.

Participants are required to have an up-to-date physical on file in the school nurse's office.

DATE OF LAST PHYSICAL OR NEXT SCHEDULED PHYSICAL: _____

We agree to the above ground rules for participation on the Fall 2018 Cross Country Running at Four Rivers Charter Public School.

Parent's Signature: _____ Date: _____

Student's Signature: _____ Date: _____

_____ *All fees from 17-18 have been paid in full*

_____ *Check is attached for full payment: \$ _____*

_____ *Check is attached for 1/2 payment: \$ _____ Second payment is due 9/29*

_____ *Form is signed by parent and player*