

Four Rivers Charter Public School

Cross Country Running ~ Fall 2017

Practice Locations

The Cross Country team practices at Four Rivers and local trails in Greenfield. If you can't make the first practice, contact your coach or leave a message in the office.

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 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. **Students must have an up-to-date physical on file in the nurse's office.**
5. All school rules must be followed.
6. Students must be in good academic standing.
7. 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.
8. The consequence for not living up to these responsibilities is loss of meet participation at the discretion of the coach.

We agree to the above ground rules for participation on the Fall 2017 Cross Country Running at Four Rivers Charter Public School.

Parent's Signature: _____ **Date:** _____

Student's Signature: _____ **Date:** _____

_____ *All fees and bills from 16-17 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*