

**Etowah High School**

**2018**

**Cross Country Team**

*Policies, Procedures,*

*Coaches’ Expectations,*

*and*

*General Information*

**Commitment from Coaches**

Welcome to Etowah Cross Country. This year promises to be an exciting one for you and your child. This handbook is designed to help you with any questions or concerns you may have about Cross Country.

Runners will have the opportunity to learn the important life skills of wise time management, leadership, and teamwork while improving their fitness and self-confidence. Such life skills contribute positively to a person’s performance on the playing field, in school, and in life beyond the classroom. Acquisition of these skills requires discipline, conditioning, and commitment. It is not a sport for those that like “instant gratification”. Instead, it rewards hard work, patience, and the ability to know that you are working towards something that will make the effort worthwhile later.

Our program has a schedule that includes competition in a variety of invitational and post season championship meets. As coaches we will work to ensure that each runner achieves his or her personal goals as we prepare the team for the post-season meets. Our training philosophy is tailored toward developing an individual runner’s strengths, with an emphasis on total fitness and efficiency. The goal of the coaching staff is to guide each member of the team to achieve his or her very best. We will work to create and maintain a supportive environment for the runners both academically and athletically.

This sport can be intimidating at first, but the best advice is to give it time. There are countless stories of runners who showed up to their first practice and quickly decided they did not like it, only to do a 180 and decide that they loved it after the first race. There is something about knowing that if you do the work, you are almost guaranteed to improve. Other sport are not always like this, but with running perseverance is rewarded. You are called upon to do more than you thought possible, and in the process you learn more about yourself than you maybe ever knew.

**The Season**

The following dates define the start and dates of the 2018 Cross-Country season:

* Summer training will start Jun 4, 2018; the dead week is Sunday, July 1st, through Saturday, July 7, 2018
* The fall season will officially began on Wednesday, August 1st, 2018 (first day of school)
* Time Trials to determine team (Varsity/JV) positions to start the season for the boys and girls will be on August 4th at Boling Park in Canton @ 7am.
* Donut Day – Main fundraiser for the season will be August 11, 2018 at Etowah @ 8am.
* County Meet will be on Oct 10th at Boling Park in Canton.
* Area Meet will be on October 20th at Boling Park in Canton.
* Those qualifying for State will compete on either Friday or Saturday, November 2-3 in Carrollton, GA.
* Athletes will complete the Cross Country season in its entirety before moving on to other sports or activities.

**The Sport**

The following is a quick outline of what Cross Country is all about:

* Competitions in Cross Country (XC or CC) are referred to as “meets” or “races.”

There are no “games” in XC.

* Races are 3.1 miles (or 5 kilometers, referred to as a 5K) or occasionally 3 miles or even 2 miles (stage races, middle school)
* Score is kept on a personal basis (how an individual finished in a race) and on a team basis with 7 or 10 runners in Varsity races.
* Meets are scored by adding up the finish places of the first 5. The lowest score wins. A perfect race is 15 points (1+2+3+4+5=15)
* Runners 6 and 7 count in scoring by adding points to other team’s members who finish behind them. For example, if our 6th runner finishes in 18th place and the other team’s 5th runner is in 19th, then the other team counts their 5th runner as 19 points. However, if our team is running 8 runners and our 8th runner finishes in 18th place and the other team’s 5th runner is in 19th, then the other team counts their 5th runner as 18points.

*"If I lose forcing the pace all the way, well, at least I can live with myself."*

**History**

 From 1980 to 2000 the Etowah Cross Country team had some very strong individuals who competed at a very high level in Region, State and even National competitions. The best of the best of these runners was Travis Grindstaff. For three years Travis dominated the state of Georgia in distance running and he won Foot Locker South as a senior in high school. In 2016 Macki Walsh became the first ever girls Area Champion.

 A new tradition of team excellence was started in 2005 when the boys qualified for their first state meet. The following year, the Etowah girls made their first trip to state. Over the last nine years the girls’ and boys’ programs have been to state a combined sixteen times. The girls placed 9th in the state meet in 2008 and 2009, 6th in 2013 and 16th in 2015. The boys placed 5th in 2007, 8th 2014 and 5th in 2015. The boys have one region title (2007) and the girls have two (2006 and 2007). We have also won twelve county championships in this time frame.

**The Commitment**

 The official Cross Country season goes from August to the beginning of November. However, to be among the best teams and runners, the training must extend beyond those months. The most crucial time for a runner is the summer. Summer mileage is the key for a successful season in the fall. The teams that succeed in October and November at Area and State are the teams that had numerous runners grinding out the miles in June-August.

Distance running is a sport and skill that builds cumulatively throughout the school year. Ideally, an athlete would compete in Cross Country in the fall and Track in the spring. However, we also welcome any other athletes who want to get into shape for another sport that starts after Cross Country (Wrestling, Swimming, Basketball, Baseball, Soccer, etc). We have many athletes who run in the fall and play other sports throughout the year.

 Each workout is important to the overall schedule for the season. Whether it’s an easier day of normal mileage or a hard workout, each day serves a purpose. Athletes who are not able to complete the workout schedule or are unable to make the commitment to train effectively do not have a fair opportunity to succeed as much as those that do. **We ask athletes to schedule every possible appointment around workouts when possible.** Those athletes missing a practice for an unexcused reason are subject to missing the next meet at the coach’s discretion; if it happens more than once they may be subject to dismissal. They are also expected to attend the banquet at the end of the season. We hope you parents agree that the immense benefits of Cross Country more than outweigh the time commitment involved. This sport definitely rewards the committed athlete and parent, but our athletes have time for top-notch academics, church, extracurricular activities, and even work if they desire to budget their time. So many parents have been pleasantly surprised to see grades go up while their child participated in Cross Country.

**Expectations**

**1.** **Adherence to All School District Policies** -- Students are expected to abide by the discipline code in the Cherokee County Student Handbook and the Etowah High School Student Handbook both at practices and at meets. This includes all expectations regarding language, sportsmanship, attendance rules, chemical use, behavior, and academics. Student athletes who are suspended or assigned to ISS are not allowed to participate in activities during the time of disciplinary action.

**2.** **Sportsmanship**-- Cross Country is a sport that prides itself on the character of its participants. Runners represent not only themselves, but also EHS and the sport of Cross Country. Participants should demonstrate good sportsmanship in behavior and language. Use your energies to cheer on your teammates with positive comments. Unsportsmanlike conduct such as berating an opponent, complaining about an official’s calls, making obscene gestures or cheers, etc., will result in disciplinary action. We expect members of our team to be true examples of good sportsmanship *at all times*.

**3.** **Respect for others**-- Our runs take us out into the community, so, even when you are off school grounds, you are still representing EHS and the Cross Country team. Treat community members, course officials, parents, coaches, teammates, and members of other teams with respect. Be especially respectful of drivers who give you the right of way or create extra room for you to run. Do not retaliate with gestures or words if others do not give you the respect you want.

**4.** **Respect for Property and Equipment** *-*- As we run through the streets, remember that cars, bicycles, toys, trees, etc., belong to other people. Keep your hands off. Do not run across lawns or cut through shrubs. If other people are using the sidewalks, you be the one to step aside and allow them to pass.

**5.** **Completion of assigned workouts**-- Workouts are designed to allow you to build strength, endurance, and fitness as we progress through the season. They are not random runs but have a plan behind them. All team members must participate in stretching, warming up, cooling down, and the full distance of the run unless assigned a special workout by one of the coaches. Don't change a workout distance or assigned route without a coach's permission in advance, and do not accept a ride from anyone except in an emergency. Such an emergency must be reported to a coach immediately.

**6.** **Keep records**-- Write down your training runs and record your meet times. The overall goal of this program is to help you improve. Keeping records helps you see this progress and helps you learn what types of workouts are helping you the most. If everyone on the team can improve his or her time each race, it will be a perfect season.

**Lettering**

In order to earn your Varsity Letter in Cross Country these are the minimum requirements:

1. Runners must compete in a minimum of 80% of the team’s meets. They can run in Varsity, Junior Varsity or Open Races to combine to equal 80%. (NOTE: Injuries sustained during cross country season will not disqualify a runner from receiving a varsity letter).
2. Runners must compete in at least two Championship or Varsity races in order to be considered for a varsity letter.
3. Runners must have 90% attendance at practice. When the official seasons starts there will be anywhere from 50-65 practices. (ex. 90% = 45/50). Note: Appointments directly related to injuries will not count against you.
4. Runners not competing on a Varsity or Championship Team may also earn a Varsity Letter by meeting the above requirements and running in a sanctioned race at these times:
	* Female 21:00 minutes and under
	* Male 18:00 minutes and under
5. **ANOTHER ROUTE:** Seniors who have run with the program for a minimum of three years will also be considered for a letter. Runners must also be in good standing academically while serving as a positive role model in the community.
6. **Final determination of Varsity Letter recipients is ultimately the decision of the coaching staff.**

**Grade policy**

* All cross country athletes are expected to be responsible student athletes in the classroom. One of these responsibilities includes passing all of his or her coursework. If an athlete is found to be failing a class (or more than one class) at the end of the first six weeks grading period (progress reports will be collected on each student), or at the end of the nine weeks, the following disciplinary action will be taken by the coaching staff.
* The runner will be suspended for a minimum of one meet.
* The runner will be required to get weekly progress reports from teachers until the failing grade becomes a passing grade.
* The runner must attend tutoring sessions in the area he or she is failing. Tutoring sessions can be done by the runner’s teacher, another teacher at Etowah, or a private tutor.
* If grades do not improve, further disciplinary action may be taken, including the removal of the runner from the team.

**Attitude**

Cross Country is a dual personality sport. It provides an opportunity for you to excel and compete as an individual as well as competing as part of a team. As part of the EHS Cross Country Team, we expect you to maintain:

1. **Attitude.** Distance running is as much about attitude as it is about talent. You cannot succeed at this sport unless you want to. This is true for practices and meets. Participation on the team is a voluntary effort. If you don’t want to work hard, improve, and succeed, then don’t participate. If you DO want to succeed, the coaching staff can provide you with the skills needed to better yourself mentally and physically through running, team participation, and competition.
2. **Effort.** You get from this sport what you put into it. The harder you work in practice and in the off-season, the better you become. It is important to learn how to run hard at practice and in the meets. If you don’t work hard at practice, do not expect to succeed at meets. Once you know you can, you will succeed.
3. **Improvement.** If you apply a positive attitude and effort, you will improve. That, ultimately, is what you will use to measure your success in this sport and in life. If you stick with the program and give it time and effort, you will improve.

**Injuries**

Cross Country rarely sees any major or long term injuries, but nagging pains and/or discomfort happens from time to time. This should always be reported to the coach immediately (over time the runner will recognize the difference between soreness and a possible injury). Most injuries can be healed at home by following these simple guidelines: soreness needs stretching, massaging, and heat (heat pad or a warm bath), and tendonitis or inflammation needs icing (10 minutes on, 10 minutes off for an hour) and ibuprofen, if you are ok with your child taking it. Also, athletes can avoid almost all injuries by following the guidelines below:

1. ***Follow the training program given to you by your coach!*** Athletes who alter or vary the training schedule are putting themselves at risk for injury. Each workout is designed to build upon the one that went before….altering them hurts recovery time and can prevent continued improvement.
2. **Wear proper footwear and monitor it closely!** First, make sure you have running shoes and not cross trainers, soccer shoes, etc. Old worn down shoes are the easiest way to get an injury. Generally, you can get 300-500 miles out of a pair of shoes, but some runners wear down shoes faster than others. It is important to monitor the state of your shoes. Also, new shoes can sometimes cause nagging pains as you break them in. Be patient as your body becomes used to your new shoes. A good way to make sure you have the proper shoes is to visit a running specialty store: Big Peach off of Barrett Parkway is an excellent store to purchase shoes. They will watch you run and make a recommendation based on the way your foot hits the ground.
3. **Report any injury to the coach!** Usually, low-grade pain is not a problem unless it continues past a few days. If an injury is not beginning to improve after 48 hours, please alert the coaches and your parents. Any clicking, popping, or snapping noise should be evaluated by a trained professional. Alert the coach and then follow through immediately with medical treatment.
4. **Seek medical help promptly!** Athletes are never held responsible for training injuries, but they are responsible for getting medical help for it as soon as possible. If you as a parent or the coach believe that the injury is severe enough to see a Doctor, please schedule an appointment for as soon as possible. The quicker the athlete can get on a treatment plan the better.
5. **Athletes should make smart decisions outside of practice!** Athletes should think twice about participating in any sports or activities during the season that might put them at risk of getting injured. It is always a sad story when a runner misses a big meet because of a neighborhood football game injury, or a skateboarding accident. Common sense can prevent these types of injuries.
6. **Create your own ice bath!** During the season we will have an ice bath once a week. Soaking in an ice bath for 5-6 minutes after a run can reduce inflammation and prevent injuries from occurring. Just make sure you do not have it too cold: an ideal temperature is 50-60 degrees. During the summer we will probably not have time for ice baths, so doing them on your own 1-3 times a week is a good idea.

**Practice Protocol**

Check New Practice schedule that has been handed out for specific times based on JV or Varsity. Practice times may change during the season, especially in October when it begins to cool down and get darker sooner. Inclement weather may also force practice times and locations to be changed. Please check your e-mail for up-to-date practice times and any changes). You must be at practice even if you have to be late.

Attendance at practice is expected and mandatory. If a runner is going to miss practice, a member of the coaching staff must be contacted prior to practice. Runners will be asked to leave the team if their attendance prevents them from performing up to expectations.

Practices will consist of distance and interval workouts.  In all workouts, runners must listen to the directions of the coach regarding expected pace intensity and recovery times. Any runner who does not meet the expectation of the practice workout may be held from racing in the upcoming meet.

Runners must be aware of the need to hydrate on a consistent basis.  Water intake should be limited to 6-8 ounces no later than 20 minutes before practice. Please ensure you bring a water bottle and/or sport drink to consume during and after practice Runners are also encouraged to bring a healthy snack to eat after practice to help speed up their recovery.

Running off-campus is a privilege afforded to those mature enough to discipline themselves to do so.  No athlete will be permitted to run off-campus by themselves.  At any time this privilege may be revoked by one of the coaches**.**

**Meet Protocol**

Attendance at all meets is mandatory unless excused by a member of the coaching staff prior to the meet. If a runner cannot attend a meet due to illness or family/school event, the absence may be excused by the coach in advance of the meet. Injured runners who cannot compete in a race are expected to travel with the team to each meet and support the other runners. When a runner misses a race without a valid reason, they will be disciplined appropriately and may be suspended from future team functions.

All runners must be wearing the team t-shirt the day of the meet.  If it’s less than 60 degrees, they can wear the team jacket.  Uniforms are the individual runner’s responsibility.  On meet days being in uniform means not only wearing the shorts and singlet, but also tucking in the singlet and, most importantly, removing jewelry, including necklaces, bracelets, earrings, rings and anklets of any kind. Digital watches are permitted; all other jewelry must be left at home. We must look like a team to compete as a team.

**Runners who have finished their race or are waiting for their race are expected to stand along the race course and support their teammates. All runners are always expected to stay through all of the races in which Etowah competes that day.**

**Nutrition**

As athletes, all runners are expected to follow nutrition expectations as outlined by the coaching staff.  A consistent low-fat, high-carbohydrate, protein-rich diet will best complement both practice and race routines while preventing nausea and other medical problems.  As a meet approaches, all runners should especially adhere to this diet the day before the race. SODAs are prohibited!  Being smart about nutrition and hydration is a very simple way to prevent unnecessary health problems and improve one’s running performance.

**Rest and Recovery**

As athletes, rest and recovery are extremely important to performing at a high level and to preventing injuries. As a student you are often spread very thin; however, it is important to understand that your body needs an appropriate amount of sleep.  According to research, adolescent bodies need 8-10 hours of sleep even when inactive.  It is understood that obtaining this much sleep is not always possible, but it is highly encouraged.  As meet day nears, getting a good night’s sleep is very important for the two nights before the race.  This means that Friday night football games can only be attended if the athlete leaves at half time.  The remainder of the week a student should aim to get at least 7-8 hours of sleep.  This is especially important for varsity athletes.  Make this a priority in your life.

**Example Weekly Schedule**

Monday Easy Run/Core Training/Stretching

Tuesday Hill Repeats/Weight Training/Stretching

Wednesday Recovery run/Core training/Stretching

Thursday Tempo Run/Weight Training/Stretching

Friday Short Recovery Run/Stretching

Saturday Long Run @ Boling Park or a Meet

Sunday Rest

**Other Meet Information**

Athletes will meet in front of EHS Auditorium EARLY Saturday mornings for transportation to the Meet. The time the meet begins and distance traveled dictates when athletes should arrive; departure time is announced at practice before each meet. The Booster Club provides water, Gatorade, and amazing banana bread. Athletes set up under our large Etowah Cross Country tent. For parents who plan to attend meets, arrive early and bring money. Meets can last for many hours, frequently sell concessions, and may charge a parking fee. Also, some meets sell race t-shirts ($15-$25). You may have to park some distance away from the start, so dress comfortably, wear walking shoes and a hat, and remember your sunscreen. Some parents bring folding chairs and snacks. Some events charge an entry fee for spectators.

**Awards**

In addition to the Varsity Letter and the Participation Award, the EHS Cross Country Team also presents the following awards at the end-of-the-season banquet to both JV and Varsity runners:

* *Scholar Athlete.* Those athletes exhibiting exceptional scholastic achievement while also lettering in the sport. (freshmen not eligible)
* *Most Valuable.* The outstanding male and female runner on the team.
* *Most Improved.* Given to the runner(s) that shows the greatest improvement over the course of the year.
* *Spirit.* The boy and girl that most exemplify the spirit of an Etowah athlete.
* *Rookie of the year.* This is given to exceptional new comers to the program.
* *Coaches Award.* This is given to individuals who serve as an extension of the Coaching staff and demonstrate those attributes that a coach would want in an athlete.
* *Academic award.* This is given to the individual who has the highest GPA on the team (Athletes must be at least a Junior)
* *4 year award.* This is given to any runner that has been in the program for at least 4 years and is in good standing with the coaches.
* *Other awards:* These may be given based on team needs.

**Pasta Dinners**

On Friday afternoons before scheduled meets on Saturday, athletes have early afternoon practice after school followed by a **TEAM Pasta Dinner.** ALL parents are asked to help provide the meal, including pasta dishes, salad, fruit, bread, drinks and paper goods. Sign up GENIUS will be used each week to secure the necessary items for the dinner. If you like to cook, please do and let those that do not cook provide the other items. These dinners are a fabulous tradition that ALL the athletes enjoy.

Athletes Pasta Dinner Schedule

**ALL families** are needed to HELP make these pre-meet meals possible throughout the season.

Friday, August 24th, Etowah East Cafeteria

Friday, September 7th, Etowah East Cafeteria

Friday, September 14th, Etowah East Cafeteria

Friday, October 19th, Etowah East Cafeteria

Items need to be at the dinner location **NO** **later than 3:30 for set up**. Parents will have the opportunity to help with serving drinks, set up and clean up.

**Pasta Dinner Coordinator:** Beth Berwald

**Meet Nourishment:** The booster club will provide the items to help keep the athletes hydrated at ALL of the meets. Parents will be needed to help transport the coolers, table, set up, man the table and clean up.

**Weekly PUMP IT UP Nourishment:** During summer training on Wednesdays after practice the booster club will provide watermelons and cantaloupes for the runners. On Thursdays after practice the Booster Club will provide ice pops for runners.

**Help with Timing:** Assist coaches at practices, meets and record times as needed.

**Awards Banquet:** The end of the year banquet is for ALL runners and their families to reflect upon the cross country season. This event will honor graduating seniors, runners that letter in cross country, runners that receive an academic patch, runners that have participated ALL season and just a fun evening.

**Photography:** Race Day Photographers are needed to take photos for the end of season slideshow to be shown at the banquet.

**Fundraising:**  Assist the booster officers with fundraising events that may be planned throughout the season. All profits would be used to offset the cost of the end of year banquet for ALL athletes.

**Travel *Coordinators* for Wendy's:** Booster Club Officers and Coaches

**ETOWAH HIGH CROSS COUNTRY**

**Coaches, Principal & Athletic Director**

**Head Coach:** Garret Hurlbert: garret.hurlbert@cherokee.k12.ga.us

(770) 721-3120 school office (478) 396-0113 cell

**Assistant Coach:** Joe Robinson: joe.robinson@hpe.com

(770) 343-1428 office (678) 361-5427 cell

**Assistant Coach:** Ben Hofmann: ben.hofmann@cherokee.k12.ga.us

(770) 721-3120 school office

**Assistant Coach:** Ken Haughey: ken.haughey@cherokee.k12.ga.us

(770) 721-3120 school office

**Assistant Coach:** Nicole Ross: nicole.ross@cherokee.k12.ga.us

(770) 721-3120 school office

**Principal:** Mr. Robert Horn

**Athletic Director:** Ken Nix

**BOARD MEMBER CONTACT INFORMATION**

**President – Mary Haughey**

**etowahruns@gmail.com**

**Vice President – Beth Berwald**

**Treasurer – Krissa Runyan**

**Secretary – Julie Sweeney**

**A Parent’s Guide to Cross Country**

**What is Cross-Country?**

* Long distance running; a team sport.
* Not held on a fixed track like track and field.
* Athletes usually race across open terrain: golf courses, steeplechase courses, most often through a combination of woods, fields and always a hill or two, or three, etc.
* Course distances and terrains differ for each race.
* There are no national or world or Olympic records for this sport.

**What Distance is Normally Run?**

* The National Federation of High School Associations has set a minimum distance of 2.5K and a maximum of 5K for cross country races, not to be confused with training distances that can be greater.

**Scoring**

* Cross-country scoring is different from most sports, that is, the lowest score wins.
* A cross-country team usually consists of seven athletes. As each athlete finishes the race, he/she is given a place card while in the chutes. This card is given to the coaches as soon as possible after the race, to be turned in to the judges.
* The places of the first five athletes for each team are added together to determine the team score. In the event of a tie, the sixth athletes’ places are added to determine the winner.
* It is important for the team to run as close together as possible. For example, a finish of 1, 3, 4, 6 and 83, a score of 97, will lose to a team finishing 16, 17, 19, 21, 23, with a score of 96.

**Training**

* Practice sessions are scheduled after school.
* Practice runs are comprised of conditioning drills and runs of different distances through school neighborhoods.
* If an athlete has not been training on a regular basis, he/she will probably experience muscle soreness and various aches and pains. Feel free to discuss these cases with the coaches. Our experience is invaluable in addressing these problems and your concerns.

**Nutrition**

* There are two main things to remember, WATER, lots of it, and a varied, balanced diet. Water bottles should be brought to practice every day.

 **Cross Country Meets**

* Cross country meets are normally scheduled on Saturday mornings or after school. Meets may last a few hours or all day, depending on the organization and number of entries. Please check the schedule provided herein for specific meet locations and times.
* Races are divided by age group or divisions:
	+ V Boys – Varsity Boys – Top 7 or 10
	+ V Girls – Varsity Girls – Top 7 or 10
	+ JV Boys – Junior Varsity Boys – next 7 - unlimited
	+ JV Girls – Junior Varsity Girls – next 7 - unlimited
	+ Open – Anyone not in top 7

Etowah High School



2018 Cross Country Program

Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Male\_\_\_ Female\_\_\_ Grade \_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete’s Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Email for Communications: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Parent email (optional): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete email if they want to receive emails: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE READ THE HANDBOOK THAT WAS EMAILED TO YOU...

I have read, understood, and agree to abide by the standards set forth in this handbook.

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Student’s Signature Date

I have read, understood, and agree to support my athlete in meeting the standards set forth in this handbook.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature Date