Dear Cross Country Parents,

Since I do not get to formally speak to many of you until the season is fully underway, I wanted to give everyone a list of expectations for the boys & girls participating on the 2020 McCormick High School Cross Country Team. If you have any questions concerning any of the following expectations, please do not hesitate to call me. I look forward to seeing you at the meets.

1. Athletes are held to high expectations in both practices and meets. Attached is a copy of our May/June conditioning schedule. Adjustments will be made as needed.
2. Practices are mandatory. If your child is going to miss a practice, a note from the parent needs to be given to the coach **at least** a day in advance. Please do not give a note to another athlete to give to the coach the day of the appointment, as your child will be expected to be in practice. You may call the coach at home if your child is going to miss practice. If your child is *unexcused* from a practice they will receive a warning and extra laps for the first offense, and they will have to sit out a meet for the second offense. A third offense will result in their dismissal from the team. If your child becomes sick during the day, please have the **nurse contact the coach** at school.
3. Attendance at all meets is mandatory. This is an individual AND team sport so everyone is expected to be at the meet to support each other.
4. Athletes must wait until the completion of meet scoring, and the coach has debriefed the team, before they may leave with their parents. At this point parents may sign out their athlete, with the coach.
5. Practices will end between 5:00 and 5:30pm on Monday – Thursday. As noted on the schedule, the team will be traveling to Hickory Knob State Park to run at least twice a week; the other practices will be at MHS. There will not be practice the 1st and 3rd Wednesdays of every month.
6. When the team has to travel for meets, I will give the athletes an order of events, and an approximate time that we will be arriving back at the high school. Please make sure we can get in contact with you, as your athlete will be calling you when we leave the meet.
7. If you would like to donate gatorades, water, or snacks to the team, please contact me.

I look forward to a great first season with your son/daughter. If you have any questions or concerns please contact me.

Sincerely,

Coach Rachel Robinson

803-627-5051

[rpark@mccormick.k12.sc.us](mailto:rpark@mccormick.k12.sc.us)

Cross Country 2019 Expectations

I have read the expectations for my child being a member on the MHS Cross Country team, and I agree to let them participate on the team.

Parent’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Emergency Contact 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Emergency Contact 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_