

Carlton-Wrenshall High School Cross Country Contract

This contract is in place to ensure that there are no discrepancies with the policies and procedures expected of this team. This contract addresses all aspects of the program.

Policies

1. No athlete will: partake in the use of tobacco, drugs, alcohol, or any other banned substance, speak disrespectfully to any adult, or break any of the policies in the Carlton & Wrenshall High School Handbooks.
2. All athletes will have a cumulative 2.0 GPA per MSHSL policy. If at any point a student is failing a class, they will need to get that grade to PASSING before they are eligible to participate in the next scheduled meet and beyond. Remember, you are a student first and an athlete second.
3. All athletes will turn in all paperwork (XC contract, MSHSL eligibility, Sports Physical) and fees before the first meet. Carlton athletes will complete this through PRIVIT sidelines, while Wrenshall athletes fill out hard copies and return them to their coach.

AND

Fees:

Wrenshall - grades 7-8: \$55 & 9-12: \$85 / Carlton – grades 7-8: \$70 & 9-12: \$100

4. All athletes will be on time for practice and will make practices and meets a priority.
5. All athletes will have a minimum of 8 practices before being allowed to compete. This is for the athlete's safety.
6. If an athlete will be late for or absent from practice, it is that athlete's responsibility to inform the coach. Do not pass this responsibility along to other teammates.
7. All unexcused absences will result in sitting out in the next meet. Communication with your coach is vital.
8. Athletes must remember that they are representing their school and must behave in a respectful and appropriate manner at all times.
9. If you are not giving a whole-hearted effort, you may be sent home. You are allowed back the next day with no penalty as long as there is a change in attitude. Continuation of this behavior will result in dismissal from the team. Remember that you are here to be the best that you can be.

Team Procedures

This is a "non-cut" team. If you show up every day and work hard, you are on the team. In certain meets, however, only a certain number of athletes may be entered in a race. In this case, the coach will decide whom will be competing, based upon prior race times.

How to Earn a Varsity Letter

Attendance at practices and meets, work ethic, and attitude all factor into earning a varsity letter. Attendance is extremely important. Even if absences are excused, they are still absences. You must compete in a minimum of 6 varsity meets and maintain a 95% attendance rate to earn a varsity letter.

Team Captains

There will be two team captains, one male and one female. Captains will be chosen by the team. Captains are expected to lead warm-ups and cool downs at all practices and meets, as

well as to encourage and motivate their teammates at all times.

Meets

- All athletes are expected to be punctual for meets. The bus cannot wait for late arrivals.
- When we arrive at meets athletes are responsible for taking all supplies and equipment off from the bus and setting up a team camp in an appropriate area. When we depart from meets, athletes are responsible for reloading all supplies and equipment.
- Athletes are expected to warm up a minimum of 15-30 minutes prior to their race. These warm-ups are crucial to your performance and safety. The coach reserves the right to not allow you to compete if you are not properly warming up.
- Athletes are expected to do a cool down jog and stretch of at least 10 minutes. We will always do a cool down.
- Athletes will be respectful to all bus drives, coaches, race officials, and other athletes.
- Athletes are expected/required to be with their teammates and to cheer each other on at meets. We understand that other friendships exist outside of the team, but you are there with and for your team.
- **To leave with a parent from a meet, a *Parent Permission Slip* must be signed and turned in BEFORE leaving for the meet. A hand-written note or a verbal request will not be accepted. ALSO, an athlete will not be allowed to ride home with anyone besides their legal guardian.**

Together through cooperation and hard work we will have a successful season. This team's success, as well as your individual success, depends on you and your commitment to being the best that you can be.

Let's have a fun, memorable season! Communicate well, ask questions often, budget your time, and enjoy our time together.

Please reach out to me with any questions you may have by using the following:

Coach: Erik Holter

PHONE NUMBER: (Cell) 218-260-6514 / (Office) 218-384-4274 x2008

EMAIL: eholter@isd100.org

Assistant Coach: Brenda Cid

PHONE NUMBER: 218-499-1628

EMAIL: blueberrybrenda4@gmail.com

REMIND (phone app): Please complete the following instructions to join *RaptorsCC-21*:

Text: @cwxc → to this number: 81010

***This will be our main way of notifying you with important details throughout the season.**

CROSS COUNTRY CONTRACT

Your signature indicates that you have read the team policies and agree to them.

Date _____

Athlete's printed name _____

Athlete's Signature _____

Parent or Guardian Signature(s) _____
