

# MY PLEDGE TO AYALA CROSS COUNTRY

Being a member of the Ayala Cross Country team is an earned honor, one that must not be taken for granted. I, \_\_\_\_\_, do pledge the following to my team and its coaches.

***It is a requirement of all team members and parents to read and sign the following rules and contract.***

## **RULES**

1. Failure to attend practice daily will result in that athlete's not being able to run in the competition that follows (excused absences will be reviewed on a case by case basis). Varsity athletes must attend all 6-8 weekly practices or will not run.
2. An injured athlete is still required to attend practice, even if he/she is unable to run. He/She is expected to join the team in meeting and assist the coach in whatever way possible.
3. All team members are expected to treat each other with courtesy and respect.
4. All team members are expected to treat the coaching staff with courtesy and respect.
5. The varsity team is generally composed of the seven fastest runners, but is ultimately comprised of those athletes that the coach chooses.
6. Cross Country is a team sport, and therefore any athlete expecting to make the varsity team must commit to competing in the following meets:

<b>Laguna Invitational</b>	<b>September 11, 2010</b>	<b>8am</b>
<b>Woodbridge</b>	<b>September 18, 2010</b>	<b>4pm</b>
<b>1<sup>ST</sup> Sierra League Meet</b>	<b>September 28, 2010</b>	<b>4:15pm</b>
<b>Clovis Invitational</b>	<b>October 9, 2010</b>	<b>8am</b>
<b>2<sup>nd</sup> Sierra League Meet</b>	<b>October 12, 2010</b>	<b>4:15pm</b>
<b>MSAC Invitational</b>	<b>October 23, 2010</b>	<b>8am</b>
<b>Sierra League Finals</b>	<b>November 2, 2010</b>	<b>2:30pm</b>
<b>CIF Prelims</b>	<b>November 13, 2010</b>	<b>8am</b>
<b>CIF Finals</b>	<b>November 20, 2010</b>	<b>8am</b>
<b>State Finals</b>	<b>November 27, 2010</b>	<b>9am</b>

**\*If an athlete is one of the seven fastest, but unable to commit to the above dates, or practices leading up to, he/she should not plan on running varsity.**

7. The above rule is subject to the judgment of the coaching staff. The coach will consider exceptional circumstances and emergencies.
8. It is the responsibility of the team captains to serve as a liaison between his/her fellow athletes and the coach. He/She is expected to lead by example.
9. The coaches reserve the right to ask any athlete to leave the team if he or she is not in compliance with the rules.
10. Every Athlete is expected to participate in all fundraisers.

## **ATHLETE CONTRACT:**

I have read and understand the rules of the Ayala High School Cross Country team. I agree to abide by these rules and realize that I may be asked to leave the team if I am unable to comply.

Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

## **PARENT CONTRACT:**

I have read and understand the rules of the Ayala High School Cross Country team. I realize that my son or daughter will not race or may be asked to leave the team if he or she cannot comply.

Signature: \_\_\_\_\_ DATE: \_\_\_\_\_