

Conroe High School Girls XC/Track Sic`Em TIGERS!!!

*Developing Character, Courage and Commitment, One Stride at a Time.
Success is not Given. It is Earned!*

Team Policies and Guidelines

Being a member of the Conroe High School Girls Cross Country / Track program is an honor and a privilege. In joining the team, you have accepted a role in which you will represent Conroe High School, the Athletic Department, the XC/Track program, and all of its members. It is expected that you will act in a responsible, respectful, and positive manner at all times whether on the track or in everyday situations.

General Conduct and Responsibilities

- Always treat your teammates, coaches, and teachers with respect.
- Conduct yourself as a recruitable High School Athlete.
- Athletes and parents must display good sportsmanship towards officials and other teams. Should not make any disparaging remarks about, or gestures towards another athlete, team, coach, or official, nor use foul or abusive language.
- Athletes are responsible for being present for Saturday practices as scheduled. This means securing rides for drop off and pick-up on time.
- Use of tobacco, alcohol, or drugs by any athlete will be handled in accordance with Conroe ISD policy and / or precedence set by the district, school, and coach.
- Any athlete who is assigned ISS, ASD, or suspension; may not be allowed to participate in the next scheduled meet and may be required to do extra conditioning for each day assigned.
- In the event of an injury, each runner will still be required to attend practices and must have a doctors or trainers clearance before returning. It is highly encouraged to consult with our Athletic Trainers first before going to a doctor.
- Concerns or problems should be addressed in the proper chain of command.
 - Athlete / Coach
 - Athlete / Parent / Coach
 - Athlete / Parent/Coach / Athletic Director
- Athletes will not use the internet (i.e. Instagram, Facebook, Twitter, etc) to post personal profiles depicting any activities violating Conroe ISD policies. Athletes will refrain from posting negative comments regarding school, teammates, other students, coaches, and school personnel.
- We seek to partner with the runners/Team member and parent/guardian to secure success for now and years to come in all walks of life.
- Everyone will support the XC / Track program at all times. BE POSITIVE.

Academic Responsibilities

- Your first priority, as a student athlete, is to be successful in your academics. Academic excellence is the student's responsibility and our expectation.
- It is expected you will be on time to each class, everyday.
- Runners must maintain an average, **at least**, above 70% in all of their classes in order to participate in the track meets. Progress reports are sent out every 3 weeks and parent access is available with grades updated weekly.
- Weekly grade checks may be submitted to coaches for review. If an athlete has below a 75, extra conditioning may be assigned. We as coaches high encourage the athletes to maintain A's & B's for college scouts.
- XC/Track is never an excuse for poor grades, missing assignments, or missing school.

Practice Responsibilities

Absences:

- If an athlete misses practice or is going to be late they are required to email or call a coach letting them know why they will be out well in advance of practice starting.
- All absences, even excused, will require make up work. This is to ensure all athletes are training and conditioning to compete on at a high level.

Expectations:

- If a parent wish to attend a practice, they must sit in the stands and not communicate with the coach or any athlete until practice is completed.
- Any taping or treatment must be done before or after practice. Make sure to communicate with trainers and coaches.
- It is critical to be on time for practice so that we can maximize every opportunity to excel. Early is always best!
- You must practice at 100% effort, every day, rain or shine!

Meets

- **All Athletes will not be guaranteed spots at every XC/Track meet.** Therefore, it is important to understand that each week of practice is basically a try-out, and different athletes could be participating at each and every meet. Athletes should be present at practice every day they are scheduled, or face the risk of not being able to participate in the upcoming meet.
- Coach will make participants decisions based on academics, attendance, and performance.
- All athletes will ride to meets with their team on the bus. They will be allowed to ride home with **their parents / guardians** after their last event. Parents must sign their child out before they can leave. **Athletes will not be able to ride home with anyone else but their parent / guardian!**
- Must wear proper uniform issued by Conroe Athletics during competition, and are responsible for any missed / lost items.

EXPECTATIONS

What we expect from YOU, the athlete:

1. To get an education.
2. To hustle around and work hard at all times.
3. To respect all of your teammates. Before you can respect someone else, you need to respect yourself first!
4. Practice to the best of your ability, every single day.
5. To be honest with your teammates, your coaches, your parents, and yourself.
6. To be loyal to your school, teachers, coaches, families, and friends.
7. To be prompt
8. To be courteous
9. To always encourage
10. To be enthusiastic, and to practice and complete with emotion!

What YOU can expect from your COACHES:

1. To be loyal to you in all areas
2. To be totally honest
3. To provide the leadership and training necessary to achieve individual and team goals.
4. To work you harder than you have ever worked before
5. To assist you in any way possible now and after you graduate
6. To treat you as a young woman and give you the respect you deserve
7. To make all decisions predicated on what is best for the team, and then what is best for the individual.
8. To do everything in our power to make this the best place to run in the state of Texas.
9. To help you mature and grow as a lady
10. To help you reach your goals.

What we expect from our PARENTS:

1. Be positive with your child; let them know they are accomplishing something by simply being a part of the team.
2. Encourage your child to follow the team rules whether she is JV or Varsity. Athletes must follow rules in order to get to a point where they compete on a high level.
3. Insist on good grades. If she does not have passing grades, she does not compete.
4. Don't show animosity to any of your child's teammates. Support not only your child, but all of their teammates as well.

**Conroe High School XC/Track
Sic`Em TIGERS!!!**

SIGN, DETACH AND RETURN THIS SHEET
WRITE YOUR GRADE HERE _____

TIGERS MISSION STATEMENT

I, _____, realize in order to create a
(PRINT NAME)
successful XC/Track Program, I must adhere to the following standards:

I will:

1. Strive for excellence in the classroom as well as the track/course.
2. Show respect to teachers and coaches by listening, following instructions, and asking questions when unclear
3. Work hard, give 100% throughout practice both mentally and physically, and improve every day
4. Be at practice on time every day
5. Be a positive representative of the Tiger XC/Track program at school and in the community
6. Be a positive role model for younger athletes in our program
7. Refrain from any overt displays of displeasure or frustration in practice and in competition
8. Take responsibility to help my teammates uphold these expectations
9. Uphold the policies & procedures set forth in the *Policies and Procedures*
10. BE COMMITTED TO DOING SOMETHING REALLY SPECIAL IN XC/TRACK!

By following these standards and rising above them, I will enjoy infinite success in academics, XC/Track and life. I have read and understand these expectations, policies and procedures and pledge my commitment to XC/Track **Team**.

Signed _____
Date _____
Athlete phone number _____ Email _____

Parents,
Please sign below to acknowledge the fact that you have read and understand the policies and procedures set forth in this document.
Signed _____
Date _____
Parent phone number _____ Email _____

**GO TIGERS!!
QUESTIONS?**

Contact Coach:

Coach Ogden – sogden@conroeisd.net