

Dimond High School
2010 Cross Country Running
Team Contract and Policies

Coach Information:

Jeff Keller
Keller_Jeff@asdk12.org
Room: A-212

Nate Normandin
Normandin_nate@asdk12.org
Room: B-201

Pam Tittle
Tittle_Pam@asdk12.org
Room: D-103

Website:

<http://www.dimondxcr.org/>

***** All cross country running policies follow the Anchorage School District Policy Handbook. *****

Academics

All athletes must maintain a minimum GPA of 2.0. Because our coaches believe academics are the most important part of the student-athlete's high school career, any student with a **D** or **F** in a class will be suspended from practice until their grades are a **C** or better.

Student-athletes may be asked to complete a "Drag Sheet" to verify their grades. When asked, athletes will receive a drag sheet during practice on Wednesday and need to return it to the coach at practice on Thursday.

Attendance

Athletes must arrive to practice on time. Latecomers will be considered absent. Prior to the first day of school, be sure to check the website for meeting locations. During school, we will regularly meet from 2:20p – 4:30p. The meeting location is usually by the locker rooms. The coaches will take attendance daily.

Athletes are expected to attend all practices and participate in the entire practice. Unexcused absences may result in ineligibility in future meets, awards, and/or athletic waiver. Excessive absences may result in expulsion from the team. To remain on the team, non-varsity athletes must be at a minimum of **4 practices** a week while varsity athletes are expected to be at **all practices**. Please schedule weekly music lessons or other obligations at other times. If you have an unavoidable conflict, you must communicate with Coach Normandin prior to the conflict.

Student-athletes who are truant from school (do not have an excused absence from school) are not allowed to attend practice that afternoon. If an athlete has an unexcused absence the day before or day of a meet (depending on the competition day), the athlete is not allowed to participate in the competition.

You must have completed ten practices prior to competing. Also, you must not have any unexcused absences during the week. Any unexcused absences will result in the athlete forfeiting their right to compete during the next competition.

Sportsmanship

Athletes are expected to represent Dimond High School in a positive and appropriate manner. You represent not only yourself, but your team and school. Make good choices. Dangerous, disruptive, or destructive behavior could result in expulsion from the team, ineligibility to compete or letter, or suspension from practice.

T.A.D. Policy

Tobacco, alcohol, and drugs are not tolerated by the Anchorage School District, Dimond High School, or the cross country running team. Use or possession of these items will result in suspension or expulsion from the team.

Participation Awards and Athletic Waivers

Athletic waivers and participation awards are given to all runners who attend 80% or more scheduled practices and 50% or more races.

Earning a Varsity Letter

You must earn 5 points through the following means. Note, the coaches reserve the right to offer or deny an athletic letter based on extreme circumstances such as an injury. Each item listed is worth a point.

- Placing top 7 for Dimond in a scheduled high school race. (7 races so 7 points possible)
- Perfect Attendance for the entire season (1 point possible)
- Being a part of the state team (1 point possible)
- Helping with Mayor’s Marathon fundraiser (1 point possible)
- Raising over \$150 for our team fundraiser (1 point possible)

(This portion to Coach Normandin)

I have read and understand the team expectations, policies, and team handbook and I agree to follow them. Failure to do so may result in the loss of privileges, competing, lettering, and can lead to expulsion from the team.

Signature of Student-Athlete _____ Date _____

Signature of Parent/Guardian _____ Date _____

Parent/Guardian email address _____ Phone _____

Comments: