FM **Fort Mill Cross Country Team**

225 Munn Road ● Fort Mill ● SC ● 29715

As a member of the Fort Mill Cross Country Team, I pledge to respect and follow the guidelines set forth in this contract.

STUDENT
I pledge to:
- Behave with dignity, respect and good sportsmanship at every practice and game.
- Refrain from using any profanity or other inappropriate language.
- Be a good teammate and support all other athletes regardless of ability level.
- Attend every practice and game and contact a coach if unable to attend.
- Remember that playing sports is a privilege and not a right.
- Be a team player and commit myself to the team, the sport and a full season of participation.
- Refrain from any activities unbecoming of a student athlete.
- Maintain a "passing" average or better.
- No ISS or OSS for behavioral offenses. (1 ISS=Suspension; 2 ISS=Off team; OSS=Off team)
- Give 100% effort at practices and meets.

The consequences of not following the expectations listed above include: extra after practice workouts, temporary suspension from practices, meets, and/or the team. The consequences are decided at the coaches' discretion.

COACH
I pledge to:
- Work hard to provide an environment conducive to a positive sports experience.
- Plan and execute the necessary drills during practice to improve skills and overall ability.
- Always remember that academics come before athletics.
- Be a role model of character.

PARENT:
I pledge to:
- Always cheer words of encouragement to the players, coaches, and officials.
- Prepare my child for practices and meets to the best of my abilities.
- Pick up my child no later than 5:30 after practices and will arrange for transportation if unable to pick up child at required time.

All students are required to ride the bus to all away events. Should there be extenuating circumstances that require the athlete to ride with a parent this must be approved at least 48 hours in advance. Failure to comply with this rule will result in the athlete not participating in that meet.

_____   _____   _____
Student Name   Student Signature   Date

_____   _____   _____
Parent Name   Parent Signature   Date

_____   _____   _____
Coach Name   Coach Signature   Date