

Piqua Cross-Country Team Rules and Expectations

Player Expectations

1. All athletes understand they are students first, athletes second.
2. All athletes must perform academically year round, not just in season.
3. All athletes are to be at their respective practices and meets on time.
4. All athletes are to display proper sportsmanship at all times.
5. All athletes are to show respect for their fellow athletes and coaches.
6. All athletes must show respect to opponents and meet officials, no matter what the circumstance.

Team Rules

1. Attendance

Unexcused Absence for Practice

- a. FIRST OFFENSE- Coach's Discretion
- b. SECOND OFFENSE- Removal from a meet
- c. THIRD OFFENSE- Possible removal from the team

Unexcused Absence for a Meet

- a. FIRST OFFENSE- Removal from next meet
- b. SECOND OFFENSE- Possible removal from team

School Day Requirements

- a. Student must attend at least ½ day to participate that day in practice or a meet.
- b. If attending a field trip or school activity, the student is permitted to run that day.
- c. Athletes are expected to be at practice the day before a meet.

2. School Disciplinary Issues

- a. All detentions, suspensions, and so on will be served as assigned by the school.
- b. Repeat offenses by one athlete will be dealt with at the coach's discretion.

3. Disrespectful Conduct to Team, Coaches, Officials, Opponents

- a. FIRST OFFENSE- Coach's Discretion
- b. SECOND OFFENSE- Removal from a meet
- c. THIRD OFFENSE- Possible removal from the team

4. Practice and Meet Requirements

- A. Athletes are expected to show up to practice and meets with proper running apparel and equipment
- B. If an athlete is unwilling to participate in workouts, causes disruption to other athletes, or doesn't meet other team requirements (such as eligibility) they may be removed from the team.
- C. Each athlete must prove that he/she is capable of running (no walking) the distance equivalent
- D. to a Cross Country course (2 miles JH / 3.1 miles HS) before he/she may participate in a meet.



(Please acknowledge that you've read and understand this document by clicking on the "Rules and Expectations Acknowledgement button on www.piquacrosscountry.com)