

Santa Margarita Boys Cross Country 2009 Team Contract

There are some inherent dangers that accompany participation in high school athletics; and Cross Country, although not a contact sport, is not exempt from these dangers. Please be aware that injury is possible, and in extreme cases, death could occur. All preparations and precautions are taken to minimize and avoid all possible instances of the aforementioned.

Please be aware that when running on the roads, all the boys are required to obey all traffic laws. The boys should:

- Run on a sidewalk whenever possible
- Avoid major intersections whenever possible
- Never challenge a car or driver
- Know that misconduct on the roads will not be tolerated
- Report any unusual occurrences to the head coach ASAP
- Always check in with the head coach when you return

The boys are never permitted to run alone. They must run with at least one other boy at all times. The team often runs on trails. It is possible that a runner may encounter wildlife including but not limited to rattlesnakes, coyotes, bobcats, and mountain lions.

There will be a time trial offered to any boy who did not attend 80% of the summer practices. This time trial will take place, this year, on Monday 8/31/09 at our regular practice time after school. Additional time trials to make the team will also be offered the first 2 Friday afternoons in September. Time trials can be taken as many times as they are offered. The purpose of the time trial is NOT to make a smaller team, in fact, the bigger our team is, the better. The purpose of the time trial is to ensure that all the boys are in sufficient physical condition to safely complete all our workouts. I have to feel comfortable that if I send a boy out on a distance run, that he will be able to complete the run... safely and in a timely manner. Ideally all boys would be at all practices. I realize that this is not reasonable so I am happy to offer the tryouts to the boys who could not attend 80% of the summer workouts but still have the desire, dedication and motivation to prepare properly for the rigors of X-Country training at Santa Margarita. The incoming freshmen boys running the time trial must complete an approximately 6 mile run in the designated time. Boys going into grades 10 – 12 must complete an approximately 8.3 mile run in the designated time.

Please list any existing medical condition and/or medications on the back of this form and return to Coach Zeitler. (This information will be kept confidential.)

Athlete: _____

Parent or guardian: _____

Date: _____