

2017 Glenbard West Boys Cross Country

Dear Athletes and Parents,

The Glenbard West coaching staff would like to welcome you to the 2016 Cross Country season. As a coaching staff, it is our goal to teach our athletes the importance of commitment, community service, integrity and hard work. We will do our best to help each athlete achieve success both on and off the course. We are very excited for this season and hope that you are too. The coaching staff thanks you in advance for all that you do in support of the program this year. Please read our team policies and sign your name (athlete and parent) at the end of this document to show compliance with these policies.

Needed to Participate:

- Updated physical needed once a year and good for one calendar year
- Eligibility form completed each year for athletics, transferable sport to sport
- Team Policy sheet ([this sheet](#)) signed and discussed between parent/legal guardian and athlete
- Athletic fee of \$150 per sport season (Pay on PowerSchool or checks payable to Glenbard West). This fee will cover all sports for this school year.
- Steroid Policy read, signed, and discussed between athlete and parent/legal guardian
- Student Athlete academic eligibility. Grade reports are checked once a week throughout the season

Policies:

The boys cross country team policies are aligned with the rules outlined in the school and athletic code. By signing this paper, the athlete agrees to comply with all school and athletic code rules. Athletes are expected to represent the cross country team with pride and integrity. All athletes are expected to treat each other with the utmost respect. These rules are not only in place while athletes are on school grounds, but in fact these rules extend to the home environment and the internet. All athletes are expected to meet these standards at all times.

Uniforms: All athletes are issued sweats and a uniform. Equipment is expected to be maintained and returned at the end of the season. Charges will be collected for missing items. Replacement costs:

Uniform Top.....\$30
Uniform Bottom.....\$30
Sweat top.....\$50
Sweat Bottom.....\$50

Commitment/Attendance: "Our commitment to each other is designed for our team's success." We believe this to be especially true for cross country, where each teammate must be able to count on each

other to ensure team success. All athletes are expected to be at practice every day, as well as at each meet. Daily attendance at practice and meets will be taken and is expected from our athletes. 100% effort and participation by all athletes in planned workouts by the coaching staff is expected.

Communication: Daily attendance at practices is required, but of course we understand that certain obligations are out of an athlete's control. We are committed to teaching responsibility and effective communication to our athletes, so we would like for them to talk with us about any upcoming conflicts they may have. All athletes are expected to communicate with Coach Nugent or Coach Frazier for any commitments they are unable to meet.

If the athlete can control an appointment/meeting/work schedule, they are expected to attend the practice or meet. Conflicts out of the athlete's control need to be communicated (along with a written note from parent/legal guardian) ahead of schedule. Conflicts with Glenbard West school sponsored activities are worked out between the athlete and the coaching staff.

We will be holding 3 morning practices per week to allow any athlete to make up a practice that he might have missed. If a varsity athlete skips a practice, he will be expected to attend a morning practice that week.

Transportation: Glenbard West supplies transportation to and from meets. All athletes are expected to ride the team bus to the meet. After the meet, all athletes are strongly encouraged to take the team bus home and have a parent/legal guardian pick them up from Glenbard West. However, if your son must leave right after a meet, he must check out with a coach and have a written note from a parent/legal guardian.

Meets: Athletes are expected to attend meets whether they compete or not. Those athletes not competing may be given a workout to do and/or duties to perform during the competition. ALL athletes are expected to stay until the end of each meet and must take the team bus home (unless athlete checks out and has a written note from parent/legal guardian).

Coaching Staff: Please contact us for any questions or concerns

Kyle Nugent, Head Coach

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Work: (630)942-7509 x2736

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Kurt Frazier, Assistant Coach

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Cell: (630)336-0613

I have reviewed the 2017 Glenbard West Boys Cross Country team policies with my son and we agree to comply with these policies.

Athlete's Signature

Parent/Guardian Signature

_____ Date