

Mesquite Junior High Cross Country 2023 Contract

Athletes and Parents,

Welcome to the Mustang 2023 Cross Country Team. As this is a no-cut sport, once you sign this contract and return it, you are on the team! As coaches, we are excited to work with each athlete in the areas of endurance, confidence, perseverance, sportsmanship, and overall enjoyment of running. In order to do this effectively, we will need the cooperation of the runners and parents. The guidelines for runners are as follows:

You will be dressed out and prepared to practice by 3:35 p.m. for afternoon practices and 7:00 am for morning practices.

You will be dressed out and ready to board the bus by 3:45pm on days that we have "away" meets.

Your focus during practices and meets will be on Cross Country! The girls will be expected to encourage and cheer on the boys during their race, and the boys will be expected and encouraged to cheer on the girls during their race.

Do not touch your cell phones while the coaches are beginning or wrapping up practices or meets.

You will be in your proper running attire/uniform. If you are not dressed out appropriately, you will not practice or compete that day.

Once you start a race, you will finish the race.

If you have gaps in your training, due to missed practices, the coaches can choose to have you sit out of a meet.

This is for your health, and general safety reasons.

Finally, maintain a focused and positive attitude at all times!

We also need support from the parents in enforcing these guidelines. We need your help in these areas too:

Encourage your athlete with positive comments!

Check out with the coaches if you are picking up your athlete at away meets.

Pay the \$100 athletic fee to the office or on registermyathlete.com

Thanks to parents and athletes in advance for all your support and effort in making this season a great one! Please sign and return the bottom portion of this contract to the coaches by August 4, 2023.

Tiffany Blasdel-Anaya and Tony Powell
MJHS Cross Country Coaching Staff
480.926.1433 ext. 2507 (athletics office)

Student Name _____

Student Signature _____

Parent Name _____

Parent Signature _____