Welcome to Cross Country! I am excited to see returning runners and to welcome new team members. Everyone is welcome, no experience is required!

General Info:
- Fee is $30
- Athletes must have a TSSAA physical dated after April 15, 2019, consent form, concussion form, and cardiac form on file in order to practice! Forms are available at:
  - ehmhs.hcde.org -> For Students -> Athletics -> Physical, Concussion and SCA forms.
  - New this year: East Hamilton is using the Dragonfly online system for managing health records. Parents will need to create an account for their child. See website for instructions. If you are not able to upload your paperwork then bring it to the first day of practice.

- Thursday, August 8 will be the first day of practice. Please attend even if you have not had your physical yet, because we will be discussing important information.

- Practices will be held Monday - Thursday and some Fridays, 2:30-3:30. Meet at the track.

- Athletes must order a uniform top (singlet) to wear during meets if they do not already have one from last year’s XC or track team. This is the black, sleeveless top with “East Hamilton” across the front. Other team apparel is optional. Place orders at https://sportsspectrum.itemorder.com/. Use code EHMSCC2019. Please note that while the singlets are usually delivered in time for our first competition, other apparel may not arrive until towards the end of our season.

Student Responsibilities
- Come to practice ready to run! Have workout clothes and running shoes with you every day. Bring a water bottle- it will be hot!
- Try your best in every practice! If you are new to running, it may seem difficult at first, but you will quickly improve if you consistently work hard. If you are an experienced runner, the only way to continue to improve is to keep challenging yourself.
- Try your best to attend all practices. If you need to miss a practice you must let me know! Either tell me the day before OR email/call/text OR send a Remind message
- Exhibit exemplary behavior at meets! Display good sportsmanship to other athletes, fans and officials, support your teammates and be focused on the competition.

Parent Responsibilities
- Practice ends at 3:30. Please pick up your children by the track. (Pull into the parking lot at the back of the school.)
- Students will need a ride to and from meets. If you cannot provide one or find a teammate who can, let me know and I’ll try to help arrange carpooling.
- I will be sending out messages using Remind. Please sign up so you are aware of changes in the practice schedule, etc. Instructions are available on website.

Meets: All meets are held at Chickamauga dam. Course map and directions are available on website.
Below are general requirements for all East Hamilton athletes and their parents. Please read and sign the pages where required. Please return pages with signatures to Coach Janis.

**East Hamilton Parent and Student-Athlete**

The student-athlete and his or her parent/guardian have received and read the "Student-Parent Athletic Participation Information". Based on this information, the student and parent/guardian understand and stipulate the following:

1. I/We understand the eligibility regulations required for participation.
2. I/We affirm that the student has satisfied all of the eligibility requirements, including age, residence and academics.
3. I/We affirm that the student will exert effort to maintain a high level of academic achievement.
4. I/We understand that there is potential for serious, catastrophic or life-threatening injury associated with participation in a sport.
5. I/We affirm that the student will not participate in hazing at any time or any nature.
6. I/We as a participant or spectator, will exhibit a high level of sportsmanship at contests.
7. I/We will follow appropriate procedures in communicating concerns to coaches.
8. I/We affirm the student will abide by all team and participation standards.
9. I/We affirm that the student will not use steroids, illegal drugs or substances, alcohol or tobacco unless medically prescribed for a specific condition or illness.
10. I/we affirm that I/my child will use social media responsibility and refrain from posting information or pictures that promote drugs, alcohol, sex or anything else that will promote my teammates, coaches, peers or school and that I will not use social media to bully, haze or harass anyone.
East High School Athletics Parent Contract

Parents are a vital part of our Athletic Department, and we want to incorporate the following values of academics, sportsmanship and teamwork.

Review this contract carefully, complete information as requested, sign and return the completed contract to the school.

Code of Conduct
- I will pledge to actively monitor my child's academic progress and reinforce the importance of academic achievement.
- I will remember that my child plays sports for his or her enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will inform the coach of any injury or ailment that may affect the safety of my child or the safety of others.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, sex or ability.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player or parent such as booing and taunting or using profane language or gestures.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy and by demonstrating positive support for all players, coached, officials and spectators at every game, or other sporting event.
- I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will stress the importance of academics first and foremost, understanding that sports participation is a privilege available to support, not excuse classroom obligations.
- I will attend organizational meetings at the outset of sports seasons to meet coaches and learn the expectations for participation in athletics.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field and will take the time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol, and I will refrain from their use at all sports events.
- I will give consistent encouragement and support to my student-athlete and fellow teammates, regardless of degree of success, the level of skill or time on the field.
- I will leave coaching to the coaches, enduring not to publicly criticize coaches, strategies, or the team; nor pressure my student-athlete or coaches about playing time and performance.
- I will educate my child about responsible use of social media and will monitor my child’s social media practices.
- I will respect and show appreciation for other parents who share these beliefs.
- I will be there when my child looks to the sidelines for a positive role model.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, school administrator or security officer.
- Parental game suspension with written documentation of incident kept on file at the school.
- Parental season suspension from events
Residency Verification

Students must be legally enrolled at the high school designated by the school system based on their legal address. Please respond to the following residency questions:

A. I reside at____________________________________________________________ (Street Address, City, State, Zip Code)

B. This residence is in the East Hamilton School zone. yes____ no____
   a. If no, then has a hardship, Institute Application, etc… has been approved yes____ no____

C. I reside at this resident with a parent or legal guardian. yes____ no____

D. My current address is the same as last year. yes____ no____

E. I agree to notify the coach/school of any residence change. yes____ no____

I/we have read the EH Athletic Handbook and I understand that failure to abide by the policies in the EH Athletic Handbook, HCDE’s Student Code of Acceptable Behavior and Discipline, the EH Student Handbook, or society’s laws could lead to disciplinary action by the school that could lead to being removed from an athletic team.

Signature of Parent or Legal Guardian: ______________________________ Date: _____

Signature of Student: ______________________________ Date: _____

Sport: ______________________________
Parent/Guardian Contract

I/we have read the EH Athletic Handbook and I understand that failure to abide by the policies in the EH Athletic Handbook, HCDE’s Student Code of Acceptable Behavior and Discipline, the EH Student Handbook, or society’s laws could lead to disciplinary action by the school that could lead to being removed from an athletic team.

I have also read the requirements specific to EH Middle School Cross Country and agree to follow those.

Signature of parent or guardian:

(Printed) Name: ________________________________

Signature: ________________________________ Date: _________

(Circle) Father/ Mother/ Grandparent/ Other

(Printed) Name: ________________________________

Signature: ________________________________ Date: _________

(Circle) Father/ Mother/ Grandparent/ Other

(Athlete) Name: ________________________________

Signature: ________________________________ Date: _________