

Edina Boys Cross Country

Team Expectations for High School Athletes

General Expectations

1. It is a privilege (not a right) to be part of this team; treat it as such
2. Use common sense
3. Take responsibility for yourself; don't make excuses
4. Academics are most important, but learning to balance commitments and time management are important lessons
5. Respect Coaches, teammates, community, opponents, officials, facilities & equipment

Attendance

1. Daily attendance is expected; consistent & reliable attendance is required
 - a. We understand that there are a lot of demands on the time of the student-athletes and we are willing to be flexible if worked out **ahead of time**
 - b. Communication is key: it is important that you communicate (by email or phone) your absences with your coaches prior to your absence – while it is ok for a parent/guardian to communicate this to a coach, it is ultimately the responsibility of student-athlete and no one else – take responsibility for yourself! *In that vein, having another student inform a coach is not an appropriate communication method*
 - c. When appropriate, your coach may give you a workout to do on your own
 - d. If a student-athlete is injured and unable to run, they are still expected to attend practice to check in with coaches, do rehab and cross-train if appropriate
 - e. An absence will be deemed unexcused if it is not communicated prior to practice, and approved by a coach (typically school official release, family emergency, SAT/ACT related, certain extra-curricular conflicts – see below)
 - f. Medical absences that are reported to EHS do not need to be recommunicated to coaches
2. District policy on conflicting extra-curricular activities
 - a. Competition/Performance > Practice
 - b. Practice = Practice (student-athlete chooses; please try to balance)
 - c. Competition/Performance = Competition/Performance (student-athlete chooses)
3. Be on time (see respecting your coaches & teammates)
4. We practice in ALL weather conditions (we will stay inside if necessary)

Participation in Competitions

Unexcused absence(s) or failure to respect coaches, teammates, community, opponents, officials, facilities & equipment may affect participation in competitions and/or practices