

THUNDER BOYS CROSS COUNTRY EXPECTATIONS

“The most important thing to remember is that what you put into cross country is what you will get out of it!”

There are many things to keep in mind when joining an elite team such as the THUNDER. We will try and break them down into their simplest forms, but remember that being a part of this team sometimes means self-sacrifice and often requires your best effort.

Of the three parts of training the coach only controls one, the training, and even at that it is only “*how far*” and “*how often*.” You are in control of the other two, *diet and rest*. We expect that you will work to be responsible in these areas and will use good judgment. You will run in races as well as you train in practice *so practice hard and you will reap the reward*. Communicate with a coach about pain, injuries and illnesses. We can’t help what we don’t know and will more than likely be able to help you recover faster and better if we are informed. Make sure and *work hard in all your classes making academics first*. Make good decisions socially and don’t do things that will keep you from participating with your team. Be safe when you are on your run; use the sidewalk or bike paths when available, cross at cross walks, look before you cross, run facing traffic and stay alert at all times.

I also expect the team to ride to and from *all* meets on the transportation provided by the district. Athletes can only travel with their *own* parents under extreme circumstances and with prior approval from the Athletic Director. Unexcused absences will not be tolerated! There will be only two absences allowed and then you could be dismissed from the team. Tardiness will count as half absences. Any missed practice is considered unexcused *unless it is communicated to the coach the day before or by your parents by the day after*. The coaches will evaluate all absences with circumstances taken into account and the coach’s discretion will be used. Take care of your locker, team room, and uniform. Show respect for your school, your team, and yourself in all that you do while on the team.

Remember the team at the top of the mountain did not fall there!

Sincerely, Coach Hanson

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Home

School –DV

School – AMS

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I _____, agree to the above and will do my best to follow all the expectations. I accept the consequences and know that communication with the coach is the best possible solution for most any problems. *(sign and return to Coach Hanson)*