

2011 MNW CROSS COUNTRY PARENTS INFORMATION

COUGAR PLAYER IMAGE

Runners are expected to carry themselves with pride and respect in all that they do.

PRACTICES

Practices are scheduled from 7:00-8:15 during the pre-season and 3:30-4:45 after the school year begins. **Unexcused absences will not be tolerated.**

BEING ON TIME

Runners should be stretched and ready to go at the beginning of practice. Those arriving late will receive extra work as determined by team captains and the coach. Continually tardy athletes may be disqualified from meets and/or dismissed from the team.

DURING PRACTICES AND MEETS

1. Runners should conduct themselves in a professional manner. **Horseplay will not be tolerated at any time.**
2. **Vulgar or abusive language will not be tolerated.**

AWAY MEETS

Runners will show proper respect to the driver, bus/vehicle, coaches and teammates, and people they encounter from opposing schools.

1. No music will be allowed without headphones and conversation should be held with people in the immediate area at a low volume.
2. Muddy running shoes will not be worn on the bus; runners should bring a change of shoes or flip-flops for wear on the bus.

If runners will not be returning on the bus, parent(s)/guardians must provide me with a signed written statement, talk to me in person or on the phone.

WHO STARTS

Our seven fastest runners will compete at the varsity level, with the remaining team running as JV.

ELIGIBILITY

Players will be under the jurisdiction of the eligibility rules and good conduct policy as found in the student handbook. I believe that playing sports is a privilege; runners need to understand the consequences of their decisions.

COMMUNICATION

I want to establish a feeling of mutual respect between myself, student athletes, and parents. I will always be happy to talk about any concerns that you have. I have also established a team page on Facebook called MNW Cross Country where I add a lot of information and pictures. If you have a Facebook account, send me a request and I will add you to the group.

COACH'S INFORMATION

Coach Kyle Teeselink

Cell phone: (515) 293-2761 / Home phone: 515-448-9896

Email: kteeselink@manson-nw.k12.ia.us