

SRHS Cross Country Team

Runner's Contract 2025

The following rules for running workouts on roads must be strictly observed by all athletes for their own safety.

- Never run alone. Bring one phone per group for emergencies
- Always run on the sidewalk. Not in the street, bike lanes, etc.
- Never climb fences to get into or out of any location. This means SRHS or any other area
- Avoid major intersections whenever possible.
- Never challenge a car or driver – the car will always win.
- Misconduct on the roads will not be tolerated. Remember who you are and who you represent.
- Always report any unusual occurrences immediately upon your return to the campus.
- Always check-in with a coach when you return to the campus.

The mission of the SRHS Cross Country Team is to promote the sport of competitive running in an atmosphere of high ethical standards that encourages sportsmanship and personal growth.

Attitude, Integrity, and Effort

- Be respectful of others around you and of the community. When you are running off campus or at a meet remember that you are representing the SRHS Cross Country team, and you should conduct yourself in a manner that enhances our program and our school. Running at Scripps Ranch High School is a privilege. Any conduct that is detrimental to the team may be cause for removal.
- **By being a part of this team, you are making cross country your first athletic priority during the Fall sports season. Except for certain circumstances, Cross Country practices and meets come before any other athletic obligation including club sports.**
- Come prepared and on time each day. This means having the appropriate attire and equipment.
- We are a Cross Country team and not a run club. By joining this team, you are agreeing to do all of the workouts, meets and training to improve and contribute to the team's success. You will be expected to run six days per week and strength train.
- Do nothing to harm your body or your image as a high school student athlete. SRHS Cross Country has a zero tolerance policy toward illegal drug and alcohol use. Any violation of the SDUSD drug and alcohol policy during the season will result in removal from the team.

Teamwork

- Realize that academics and athletics are important commitments in your life. Budget your time accordingly and communicate with your teachers as it is primary in your drive to success. You are most important to the team when you are giving 100%, and you are only able to give 100% in competition by training 100%.
- Accept your teammates without reservation and treat each other and your coaches with respect. Be POSITIVE when cheering for your teammates.

Academics

- Runners must maintain a minimum GPA/citizenship grade of 2.00. Excessive tardiness and citizenship grades may cause you to be ineligible to participate in meets.
- Athletes that fall below a 2.00 will be removed from competition and will be allowed to compete again only when their grades have improved on the next school progress report. Additionally, if grades continue to decline, coaches may also remove athlete from practice and place him/her in study hall.

- Disciplinary action in any academic class may have consequences on the team.

Attendance

- Our time is limited, so any absence is a missed opportunity to improve. Runners are expected to be at all scheduled team practices and events. Medical and other appointments need to be scheduled after practice whenever possible.
- There are a limited number of Varsity positions for each race. Your commitment and effort during practices and meets, as well as your speed, will factor in the coaches' decisions.
- If you are absent on a practice or meet day you **MUST** contact the coaches before noon on that day.
- Injured athletes are still required to attend practice. Even if he/she cannot run, the athlete is expected to attend team meetings, practices and meets and assist the coaches and team in any way possible.
- If a runner misses an excessive number of practices/meets or is frequently tardy, the coaches may consider removing the runner from the team. Serious illness/injury will be dealt with on an individual basis.

[Parents and Runners: please click this link to sign the contract](#)