

Owensville Middle & High School Cross Country

Attendance Policy

Athletes are **required** to be at practice every day.

You have made a commitment by joining the Cross Country Team. This commitment is to yourself, your teammates, and your coach. Sometimes commitment means sacrifice. You may have to give up some things you want to do in order to fulfill this commitment.

The coach puts a lot of time and thought into preparing a workout schedule that is a progression designed to allow each athlete to reach his or her maximum potential by the end of the season. Missing practice interrupts that progression and limits your ability to perform up to your potential and increases the possibility of injury. Therefore every athlete is expected to be at practice every day.

We realize that there are times that missing practice or meets is unavoidable, but the key is **communication!** Athletes should communicate with the coach as soon as they are aware they are going to miss or be late to practice or competition.

You need to personally communicate an absence with Coach Candri (HS) or Coach Ahring (MS) Via the GOOGLE FORM located at www.coachcandri.weebly.com/cross-country.html

• An unexcused absence will be made up through meet setup/cleanup, water cooler/bus cleanup duties (before/after practice) for one week starting the next practice the athlete returns. The head coach will determine the satisfactory completion of this consequence or whether additional days will need to be added. HS-Unexcused absences can affect lettering status. Extended vacations 2 or more days will result in Bus Duty, water cooler for 2 weeks maximum.

1st Unexcused Absence- Warned about attendance-Setup/Cleanup Bus Duty

2nd Unexcused Absence- Meeting with coaches-Setup/Cleanup Bus Duty.

3rd Unexcused Absence- Miss a Meet/Setup/Cleanup Bus Duty.

- If you have to **miss a practice let coach know the day before if at all possible.**
- If you have to **miss a competition** let your coach know **at least a week in advance.** (Coaches usually have to submit entries about a week in advance of conference & district meets where 7 athletes must be declared.)
- **If you need to stay after school to make up work/tutoring or a club meeting let your coach know in advance. You may need to make up some or all of the workout or practice in the morning.**

Failure to comply with any of the above will be considered an unexcused absence.

Remember that communication is the key! We will work with you if you communicate with us.

Student Signature _____ Date _____

