

FRI Oct. 7: To Be Determined

HELP CONCESSION STAND- HOME FOOTBALL GAME

The booster club has supported our team through the purchase of a tent, and most recently the approval for the purchase of heart rate monitors. We can show our thanks and help all sport teams at Owensville by working one home football game.

Yes I have _____ helpers. Name _____ Phone # _____

Tues Oct. 10. Meet starts at 4pm AT OHS!! HOME MEET HELP

Parents—I am looking for help watching all of the many turns and the finish line on our cross country course.

Basically just say...“Good Job!” “Stay on the Line”

Yes I have _____ helpers. Earliest time I can arrive _____pm.

2023 CROSS COUNTRY MASTER PERMISSION FORM

I give permission for _____ to go with his/her team to:

RUN ON PRIVATE PROPERTY

THROUGHOUT SEASON

SWIMMING

THROUGHOUT SEASON

RUN AT CANAAN STATE PARK/PORT HUDSON

THROUGHOUT SEASON

Parent Permission and Authorization for Treatment.

We hereby give our consent for the above student to accompany the team on the private property of Canaan Conservation Area, Peaceful Valley Lake Owners, Peaceful Valley Lake Association and its Trustees, Owensville Park Board, Bruce & Jan Sassmann and Prairie Star Restoration Farm, Cody & Erin Sassmann and family, Joe & Lynn Candrl, John Nicks and Family, Kyle Lairmore, Joe & Rhoda Voss, and will not hold the school/school district nor the previous mentioned parties responsible in case of accident or injury whether it be while on the property or en-route to or from the property, and we hereby agree to hold the above parties, and the school district of which this school is a part, its employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever which may arise by or in connection with participation by my child/ward in any activities at the above named properties.

In addition, the Parent/Guardian grants permission for a representative of the Gasconade County R-2 School district to seek emergency medical attention for the above named student in the event of an accident/injury and a parent cannot be contacted.

Parents or Guardian's Signature: _____ Date: _____

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 Pondrom (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 _____

