1. ***Any*** student with 2 failing grades on their 2nd semester report card, in ***any*** class, is [***INELIGIBLE***](http://www.google.com/search?hl=en&safe=active&client=firefox-a&hs=n8&rls=com.google:en-US:official&sa=X&ei=zkBeT-GgL6Lo2QWpsJniDg&ved=0CCMQvwUoAQ&q=INELIGIBLE&spell=1&biw=1440&bih=770) to participate in cross country. School comes before sports!
2. Practice is important. We expect you to be at practice on the scheduled days. **If you need to miss practice, communication is key.** Talk to us if you have a conflict in scheduling. Never assume we know anything. YOUshould let a coach know the day before you are going to miss practice. DO NOT have a friend tell the coach for you. If you are absent from school, you DO NOT need to notify a coach. **If you are not at practice the day before a meet, you cannot participate in the meet unless it is an excused absence.**
3. Make sure you have a ride to pick you up on time. We will dismiss you from the team if we have to repeatedly wait on you to be picked up. We have a 3 strike policy on rides. If your ride is 20 minutes or more late to pick you up from practice more than 3 times, you will be dismissed from the team. If your parent/guardian cannot pick you up at a schedule time you **MUST** make carpool arrangements. **Pick up times will vary on meet nights. Please refer to your schedule!**
4. We expect you to come to practice and work hard. ***If you exhibit a bad attitude or poor work habits, you WILL be dismissed from the team. If you show disrespect towards your teammates, coaches, opponents, or any cross country meet staff, you WILL be dismissed from the team.***
5. Be prepared to practice outside. Dress appropriately for the weather. Make sure you listen to announcements during the school day for information regarding practice or meets. Sometimes weather can force us to cancel these events. Sometimes, we may practice in the gymnasium if the weather is poor.
6. The coaches reserve the right to make all decisions about the team at their discretion. If you have a question or concern, please see your coaches for an explanation. Our goals as coaches are to have fun but also to compete at a high level. If these aren’t your goals, then cross country may not be the sport for you.
7. All school rules apply at both cross country practice and at cross country meets.
8. Headphones/earbuds are not allowed to be worn during practice. This is for the safety of the athletes so they can hear their surroundings and hear what the coaches are saying to them. Also, they are not allowed during any meets.
9. COMPETE, COMPETE, COMPETE!!! Come to practice every day ready to get better. Your goal each meet should be to set a new personal best. Champions are made day by day, not overnight!
10. Coaches reserve the right to dismiss anyone from the team who has reached **step 5 on the school’s discipline plan.**



**Contact Information**

Head Coach: Coach New

 mnew@gws.k12.in.us

Assistant Coach: Coach Hockersmith

 mhockersmith@gws.k12.in.us

Follow us on Instagram (gmsxcounty) or Twitter @GMSXCountry or visit our website

<http://www.gmscrosscountry.weebly.com> to receive updates and announcements.

Please keep in mind that many announcements are given over the intercom during the school day. We rely on the athletes to relay some of these messages their families.