

# Granada Hills Charter High School

## Cross Country Team Rules

1. Always act in a first class manner so there will be no doubt of your behavior.
2. While traveling to any meet where we are representing GHCHS, we will wear the appropriate school issued uniform.
3. Always respect the opposing team(s) members, coaches, yourself and your coaches. No taunting cheers.
4. Always come ready to practice and communicate with the Head coach about any issues regarding academics and injuries.
5. All cell phone should be hidden during practices and meet days.
6. Stay focus on the race ahead. Support your own team members.
7. Keep the locker rooms and athletic facilities clean. Use trash cans.
8. All Cross Country athletes are expected to attend all team events. Occasionally a runner is sick or there is a family emergency arises, contact your Coach or have the captains contact the Head coach.
9. On away meets you will ride the bus to the event, unless alternative arrangements have previously been made.
10. All athletes should bring a couple of water bottles and snacks during meet days.
11. Cross Country runners that engage in behavior inconsistent with Granada Hills Charter High School Code of Conduct may be placed on suspension or removed from the team. If this occurs at the end of the season, the conduct may be considered in determining whether the athlete will be eligible to participate on the team the following season.
12. All Cross Country athletes are required to train with the appointed Head Cross Country coach and assistant.
13. All Granada Hills Charter High School Policies will be enforced.

---

I have read the above rules:

---

Athlete's Signature

---

Date

---

Parent/Guardian Signature

---

Date