

FCA Cross Country Code of Conduct

Runners' Code of Conduct

1. I understand and agree that my education is an important responsibility and that I must maintain a Grade Point Average that meets the expectations of my school, my parents and myself.
2. I will run the race assigned to me and will do whatever my coaches ask me to do to the best of my ability at all times.
3. I will run the race cleanly at all times, in a true sportsmanship like manner with never any intent to harm any opposing runner.
4. I will participate in prayer and Bible study during practices and meets with my coaches and teammates.
5. I will treat with respect my coaches, teammates, officials, opponents and any other individual I may come in contact with at all times on or off of the cross country course.
6. I will not use drugs, alcohol and tobacco on or off the cross country course.
7. I understand that a competitive team sport requires my attendance at all practices, meets and related events. I will make the commitment to my coaches and teammates to be on time and to notify my coach if, for any reason, I am unable to attend any scheduled event.
8. I will not in any way damage or deface property, buildings or equipment and will take proper care of all equipment assigned to me.
9. I will abide by the decisions of the meet officials and will not create any un-sportsmanlike behavior or gestures.
10. I will act as a lady or gentleman at all times and refrain from any foul or questionable language.
11. I will inform my coach of any injuries I may sustain on or off of the cross country course.

I agree to the following terms of participation and attendance at FCA Cross Country Team events. As a runner, I will conduct myself in accordance with the Runner's Code of Conduct. I understand that my failure to abide by the above conduct may result in disciplinary action as deemed appropriate by my coach, up to and including expulsion from the FCA Cross Country Team. I have read FCA Cross Country Policies and Procedures. I will fully support and abide by FCA Cross Country Team's Policies and Procedures.

Runner Signature:

_____ Date: _____

Runner Name: (print)

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Parent's Code of Conduct

1. I will encourage good sportsmanship in my child for all runners, coaches and officials at every meet, practice or other team event. I will require my child to treat other runners, coaches, officials and fans with respect, regardless of age, race, sex, creed or ability. I will support the coaches' efforts in reinforcing these values and behaviors in my child.
2. I will model responsible, polite behavior toward coaches, officials, participants, and spectators; good sportsmanship; good citizenship and self-discipline even when provoked, either, personally or on behalf of others.
3. I will place the emotional, physical and spiritual well-being of my child ahead of my personal desire to win.
4. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
5. I will support a sports environment for my child that is free from drugs, alcohol, tobacco, and profanity. I will refrain from their use at all team events.
6. I will remember the game is for the youths - not the adults.
7. I will do my very best to make youth sports fun for my child.
8. I will inform my child's coach should he/she sustain any potentially serious injury associated, or not, with his/her participation on the FCA Cross Country Team.
9. I understand that FCA Cross Country is a family-operated, volunteer-led organization, and I will volunteer to assist the FCA Cross Country Team with one or more of the items on the commitment list.

I agree to the following terms of participation and attendance at FCA Cross Country Team events as a parent or guardian and/or spectator:

As a parent, I will conduct myself in accordance with the Parent's Code of Conduct.

I recognize that my child has committed to conducting him/herself in accordance with the Player's Code of Conduct and I will support him/her in this effort. I understand that my child's failure to abide by them may result in disciplinary action as deemed appropriate by the Head Coach, up to and including expulsion from the FCA Cross Country Team.

I understand that all registration and other fees I have paid to FCA Cross Country are not subject to refund or return.

I will fully support and abide by FCA Cross Country Team's Policies and Procedures of which I have read.

Father's Signature: _____ Date: _____

Mother's Signature: _____ Date: _____