

# FCA Cross Country Team/ Commitment Agreement

## Runner's Commitment Agreement

The principles of the Fellowship of Christian Athletes of Serving, Integrity, Teamwork, and Excellence guide our mutual commitment to enhance character development, leadership, teamwork, and maturity through the development of physical skills, competition, and responsibility. Parents, Coaches, Administrators, and Players each have a contribution to make to these goals.

As a runner for the FCA Cross Country Team, I am committed to the Team's activities and agree to wholly participate in the program by complying with the following:

1. I agree FCA Cross Country is my priority for the fall season, and I commit to make all scheduled meets. FCA Cross Country practices and meets take precedence over other extracurricular activities. Where there is a conflict, FCA Cross Country will come first.

***Families who have the possibility of regular conflicts with practices or meets, or who have planned absences for vacation, college visits, appointments, and the like during the season must discuss with the Coach regarding these prior to the start of the season.*** Note: Cross Country is a fall sport, and we encourage participating families not to take vacations that would interfere with the cross country season.

2. I agree to notify the Coach of any unplanned schedule conflicts that may arise and seek his/her release from practice. Runners will at times experience ***unplanned*** events or emergencies that might interfere with practices. Runners should alert the Coach as soon as they become aware of these conflicts, to request to be excused from practices. Coaches will not penalize the runner for an excused event. Runners should not miss a scheduled meet unless they have received the consent of the Coach.

3. Runners who miss practice the day before a meet for an unexcused absence may be prevented from running that meet, at the coach's discretion. The Coach, at his discretion, may still allow the runner to compete.

4. When a runner is ***ill***, they must notify the Coach. Ill runners will not be penalized for missing a practice or meet due to illness. When runners are ***injured***, they are not excused from meets or practices unless cleared by the Coach(es). Recovering injured runners are expected to attend practices and meets in order to assist the coaches, encourage their teammates, and continue to follow the principles and values of the Fellowship of Christian Athletes.

5. I agree to participate with my teammates in team-sponsored fundraising programs. Participation in team-organized fundraising activities prior to and during the season may be necessary to raise the funds essential to run a legitimate cross country program.

Runner Name: (print) \_\_\_\_\_

Runner Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# FCA Cross Country Commitment Agreement

## Parent's Commitment Agreement

The principles of the Fellowship of Christian Athletes of Serving, Integrity, Teamwork, and Excellence guide our mutual commitment to enhance character development, leadership, teamwork, and maturity through the development of physical skills, competition, and responsibility. Parents, Coaches, Administrators, and Players each have a contribution to make to these goals.

As a parent of an FCA runner, I am committed to the team's desire to run a legitimate Middle School and High School Cross Country program. I acknowledge that programs of this caliber require significant operations support, and I agree to serve my child and his/her team by committing to participate in one or more of the following roles:

(Potential Roles: Initial and insert preference 1st, 2nd, 3rd)

- Board Member, ~ 4 meetings, 2 positions
- Home meet welcome crew, 3 events, 3-4 positions
- Home meet timing crew, 3 events, 3-4 positions
- End-of-Season Team Banquet, 1 event, 2-3 positions
- Fundraising, if necessary, 1 position
- Uniform and apparel coordination and ordering, 1 position
- Registration and bookkeeping, 1 position

\*Note: Responsibilities for roles with more than one position will be shared among those assigned to that role.

I understand that there are a limited number of positions available for each role listed above, and that assignments will be made on a first come first served basis. If my preferred role is filled, then I agree to accommodate the team's need and serve in my secondary or tertiary preferred role.

I also understand that should I be unable to fulfill my commitment for a specific event according to my assigned role(s), I am obligated to find a substitute or alternate from the team parents to serve in my place.

I agree to attend pre-season team meetings and any team coordination meetings necessary for me to understand the duties of the role(s) I am assigned. I also agree to support, to the best of my ability, other parents and families serving the team in other roles and capacities for which I may not be responsible.

Father's Name: \_\_\_\_\_

Father's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Mother's Signature: \_\_\_\_\_ Date: \_\_\_\_\_