**2024 XC Checklist**

* Please keep all paperwork stapled together so that it is easy and quick to check everything off!!!

**DO NOT BRING THIS BACK WITHOUT EVERTHING BEING FILLED OUT.**

\_\_\_\_\_1. **PROOF OF ADDRESS**

* You must be districted to attend East Paulding High School. You can check at this address: <https://transweb.paulding.k12.ga.us/elinkrp/Students/BasicTransBoundarySearch.aspx>

\_\_\_\_\_2. **XC SIGN UP** **(NOT included in this packet---ONLINE)**

* Please go to the following link and complete XC Sign Up Form
* This will give us emergency contact info and uniform sizes
* <https://forms.gle/16ytGiYSc7zn3yZG8>

\_\_\_\_\_3. **Remind Sign Up**

\_\_\_\_\_4. **XC Team Expectations Sheet**

\_\_\_\_\_5. **$150.00 CROSS COUNTRY DUES + UNIFORM DUES**

* PayPal is the preferred method: <https://www.paypal.com/paypalme/EPHSXCBOOSTERS>
* If you write a check, make it out to: **EPHSXCBoosters**
* Uniform dues are for each athlete
* Put the name of the runner in the bottom left-hand corner
* Put Check in the envelope and seal it.

**XC Sign Up**

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* **Follow the link and submit all information!**
* <https://forms.gle/16ytGiYSc7zn3yZG8>

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**Remind 101 Text Reminders**

Please send MESSAGE *@g8g9296* to *81010*

Why use Remind101?

* There may be times throughout the season that last-minute changes need to be communicated quickly, or helpful reminders need to be communicated quickly. This is a great, safe way to communicate this important information!
* Please read any attachments sent out, downloading the remind app may be necessary.

**Jr. Raiders XC Team Expectations**

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1. **Be here, Be on time.**

* You must be able to attend 2 out of the 5 races.
* If you cannot go to a race you need to let one of the coaches know a week in advance. Give the coaches a signed note from your parent listing the reason you are missing the race.
* We operate on the “if you are early you are on time, and if you are on time you are late” policy.

**2. Keep Your Grades Up**

* Doing well in school is more important than shedding 30 seconds off your race time.

**3. Dress Code**

* When it gets cooler, make sure to have a long sleeve shirt, light jacket, or hoodie to warm up in or run in. Under 70° is normally when these should be available.

**4. Show your Coaches and your teammates respect**

* All incidents of disrespect to the coaches and other team members will result in some form of consequences. The consequences will be dealt with on a case by case basis and will be at the coaches’ discretion. Normally this will be a miracle mile.
* If the situation is severe enough, then the coaches reserve the right to dismiss the athlete from the team.

**5. No Walking Rule**

* We have built in walking time for certain abilities and experience. Please do your best to limit walking! If you can run the whole time do it! We are trying to prepare you for high school, where walking DOES NOT happen. To get better you need to run.

**6. Wear Your Digital Watch Every Day**

**7. No Electronics**

* No music should be with you on runs especially headphones, this distracts you and could hinder race performance
* No phones during practice, if you need to contact your parents do it before or after practice.

**The Excuses List**

This page is meant to clarify some things. In the past couple of years, we have had way too many people missing practice and meets. Here is a list of appropriate reasons to miss events. I’m not saying you can’t miss a practice for a big concert or something, but I am saying that you will pay the price for it.

**The following are not acceptable excuses for missing practices/meets:**

1. Going to a concert, play, sporting event, etc.
2. It’s my birthday
3. It’s my birthday weekend
4. Relatives are in from out of town-

* you only practice 1.5 hours out of the day…you can see them after practice!
* The one exception: Immediate family member back from active duty.

1. I am injured-

* Just because you are injured doesn’t mean that you are not a part of this team.

**The following are acceptable excuses for missing/being late to practice**

1. Death in the family/funeral
2. School Detention (with note from the teacher)
3. Doctors’ appointments (& Dental)
4. Immediate family member coming home from active duty
5. Going out of town (if the coaches are notified at least the week before)
6. Other sports practices and games

**ALL SCHOOL RULES APPLY AT PRACTICE, AND AT MEETS**

**Runners Name (Print) :**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Runners Signature:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parents Name:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parents Signature:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_