**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. **RANK ONE (NOT included in this packet---ONLINE)**

 **Pease click on the following link and fill out all forms requested!**

* <https://pauldingdistrict.rankonesport.com/New/NewInstructionsPage.aspx>
* Will include the following forms:
* Participation, Insurance, & Consent form
* Athletic Responsibility Acknowledgement Form
* Concussion Awareness Form
* Heat Guidance Sign Off Sheet
* Sudden Cardiac Arrest

\_\_\_\_\_2. **COMPLETED PHYSICAL** (Turned into Athletic Office)

* Must be valid thru November 2024

\_\_\_\_\_3. **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/yF3WcjjxmnFX1pad6>

\_\_\_\_\_4. **PERMISSION FOR OFF-CAMPUS PRACTICE FORM-** (Turned into Coach Ford)

\_\_\_\_\_5. **Remind101 Sign Up** (Instructions attached to Off-Campus Practice Form)

\_\_\_\_\_6. **XC TEAM EXPECTATIONS SHEET** (Turned into Coach Ford)

\_\_\_\_\_7. **BLANKET PERMISSION FORM** (Turned into Coach Ford)

\_\_\_\_\_8. **$250.00 CROSS COUNTRY DUES + UNIFORM DUES**

 **(made out to EPHSXCBoosters)**

* $200.00 for additional runners. (families)
* 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/yF3WcjjxmnFX1pad6>

**East Paulding High School**

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***Cross Country Travel/Practice Authorization Form***

I am aware that my child will be running off campus during Cross Country practice and during summer conditioning. I release East Paulding High School and its representatives from all liability for any injury and/or death connected during this practice. I hereby declare that my daughter/son has permission to run off campus.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Parent/Guardian Signature Date

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**Remind 101 Text Reminders**

Athletes please send MESSAGE *@epxc24* to *81010*

Parents please send MESSAGE @epxc24p 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.

**EPXC Team Expectations**

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

* You must be able to attend 6 out of the 8 races whether you are running in those races or not. Being a part of a team takes a great commitment and if you cannot totally commit to the sport then please reconsider joining the team.
* If you cannot go to a race you need to let one of the coaches know a week in advance. Parents need to email the coaches when the weekly email comes out.
* NO RACING if you miss the practice before a meet (including pasta dinner), or miss 3 practices during the week.
* 50m of lunges if you are late to practice.
* UNEXCUSED absences will result in cannon hills. If an athlete has 4 unexcused absences, they will be removed from the team.

**2. Keep Your Grades Up**

* Doing well in school is more important than shedding 30 seconds off your 5K time.
	+ - We will be checking grades throughout the year. On September 3rd, and October 8th will be the 2 times we check grades. With a passing grade, or significant improvement an athlete may start racing/practicing again.
			* Failing 2 classes results in not racing
			* Failing 3 or more classes results in not practicing and possible removal from the team

**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.
* While on school property all athletes must have their shirts on. They may take them off at parks, or when off campus.

**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 after consulting the Athletic Director and Principal.

**5. No Walking Rule**

* If any coach catches any new runner walking during practice on more than one occasion after Labor Day, you will be on the track for a week of practice and will do 50m of lunges. Returning runners are expected to run every day to start the season. We are a competitive team. If you would like to start a walking club, then you can do that on your own.

**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 only exception is running off campus, but they are only to be used for emergencies in this situation.

**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 2 hours out of the day…you can see them after 6pm.
* The one exception: Immediate family member back from active duty.
1. I have to go to church-
* You can leave at 5:30 from practice to go to church one day a week. If you leave before that time it will be an unexcused absence.
1. I have to go to work-
* We must draw the line; we have had way too many kids having to miss practice because of work. Some of them must leave early almost every day. From here on out, you must choose, if you must miss more than one practice a week. Schedule the weekend and late nights if you HAVE to work. You’ve got your entire life to work, and you only have these 4 years to participate in high school sports. It is your call.
1. I am injured-
* Just because you are injured doesn’t mean that you are not a part of this team.

8. I forgot my clothes-

* If I were you, I would keep a couple sets of clothes in your locker or in your car. Be ready for practice every day.

9. I have a meeting/tutoring-

* Go to the teacher earlier in the day to get the information or set up a tutoring time before school with the teacher. I will need a note from your teacher saying you were at tutoring.

10. Parents or Coach holding you out because of grades-

* You will still have to be here, but you will not dress out. You will work on your school work while practice is going on.

**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
	* We will work try and work with any athlete doing travel sports if they can provide a practice schedule and game schedule. We will try and accommodate you as best we can. We require all athletes playing another sport in the fall to still be able to make EVERY practice, even if that means the warm up and form drills.

**ALL SCHOOL RULES APPLY AT PRACTICE, AT MEETS, AND ON THE BUS**

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

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

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

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

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  **“BLANKET” PERMISSION TO PARTICIPATE**

**IN A SERIES OF SCHOOL SPONSORED FIELD TRIPS**

**I hereby request that (Student’s Name-PLEASE PRINT):**   **be allowed to participate in athletic team, band, orchestra, chorus, and/or any series of field trips related to one particular area of study or activity. I understand that transportation may or may not be provided by the Paulding County School District (District). If bus transportation is not available, I understand that school and/or District personnel may be transporting students. In the event transportation is not provided by the District, transportation will be the student’s responsibility.**

**Detailed trip information, including destination, date, time of departure, time of return, purpose, and supervision, will be given in writing to the parents/guardians at least two (2) weeks prior to each trip in the series. (Exceptions must be approved by the Director of Athletics and Student Activities.)**

**If any emergency medical procedures or treatment are required by the student during the trip, I consent to the trip supervisor(s) taking, arranging for, and consenting to the procedures or treatment in his/her or their discretion.**

**I agree to release, indemnify, and hold harmless the Paulding County School District (District), its Board of Education, and its employees, agents, or assignees, as well as its approved adult trip supervisors from and forever promise not to sue them on any and all claims, demands, rights, causes of action, liabilities, losses, damages, costs and expenses (including reasonable attorneys’ fees), whether known or unknown, that I, any other parent or guardian of the above-named student, or the student may have or may allege to have against the District or which may be brought against the District arising out of or in any manner relating to the student’s participation in the field trips, including but not limited to the rendering of emergency medical procedures or treatment.**

**NOTE: This form must be signed by student if the student is 18 years of age or older.**

**Name of Student (PLEASE PRINT) Signature of Student Date**

**Name of Parent/Guardian (PLEASE PRINT) Signature of Parent/Guardian Date**