



Wood St. Sports Youth Cross Country Team Contract

Our Team Promise

Being part of our cross country team means working hard, being kind, and doing your best—every day. When we run, we run for ourselves **and** for our team!

Athlete Expectations

1. Be Ready

- Come to practice and meets on time.
- Bring what you need—running shoes, water, and a good attitude!
- Let your coach know if you can't come or if you don't feel well.

2. Try Your Best

- Give your best effort at every practice and race.
- Listen carefully to your coaches and try what they teach you.
- It's okay to be tired or to have a hard day—just keep trying!

3. Be Kind & Respectful

- Treat teammates, coaches, other teams, and parents with respect.
- Cheer for others and use kind, positive words.
- No teasing, name-calling, or being unkind—ever.

4. Be a Good Teammate

- Encourage and help each other.
- Stay with the team unless your coach gives you permission to leave.
- Take care of our team gear and keep our practice areas clean.

5. Be Safe & Healthy

- Tell a coach if you're hurt or don't feel well.
- Stay hydrated and take care of your body.
- Make good choices—no unsafe or hurtful behavior.

If Rules Are Not Followed

If you forget or break a team rule:

1. The coach will remind you of our expectations.
2. You may need to sit out for part of practice or have a talk with your parents.
3. If problems keep happening, you might not be able to run in a meet or stay on the team.