



Prairie Cross-Country Code of Conduct

I understand kids are presented lots of opportunities to make choices. The peer pressure to make some of these choices can be very hard at times. The wrong choices are a blatant disregard for the respect of your parents, yourself, your teammates and me as a coach. I believe the wrong choices have consequences for everyone involved.

If you miss (2) practices (unexcused) during the week. Ex: Just not showing up for practice because you didn't feel like it. If you don't get your school work done and end up in after school study hall.

Punishment is not racing in that weeks meet and helping me get splits for the rest of your teammates. (No matter which week it is.)

If you decide you want to drink alcohol or do drugs during the season, whether it's at a homecoming party or some other going away party or just you and some friends. If you don't think I'll find out, don't be too sure because kids talk and stuff gets put on face book or other stuff comes up.

Punishment is not racing in that weeks meet and helping me get splits for the rest of your teammates. (No matter which week it is.)

A second offense and you are off the team.

Thank you for your cooperation in this matter.

Coach Larsen

Parent's signature: _____ Date:

Runner's signature: _____ Date: