



Athlete First Name: \_\_\_\_\_ Athlete Last Name: \_\_\_\_\_

The athlete and parent signatures below indicate the athlete and parent understand the following participation requirements, as well as all rules and policies outlined on the team handbook page of the team website ([www.campotrack.com](http://www.campotrack.com)), and agree to abide by them.

Participation in the Campolindo cross country program requires the following:

The athlete must be capable of strenuous physical activities, including sustained pace running for up to 60 minutes, sprinting, jumping and plyometric exercises, weight lifting, core training and other forms of calisthenics.

The athlete must attend practice consistently and be available to compete in all Diablo Athletic League competitions. Daily Monday through Saturday attendance is expected. 90% attendance is required for an athletic letter award. Availability to compete in Center Meet #1, Center Meet #2 and the League Championship Meet is mandatory. Athletes who drop below 80% attendance are not eligible for competition.

The athlete must speak in-person with the coaching staff about any potential conflicts with practices or competitions. This requires the athlete look over the published competition and training schedules in advance of the fall season and meet with the coaching staff to discuss any potential conflicts.

The athlete must consistently put forth their best effort at practices and competitions. The athlete must arrive at practices and competitions prepared to do their best. This requires an attitude of respect for teammates, captains and coaches, as well as respect for the physical and mental demands of this competitive athletic endeavor.

The athlete must wear the appropriate gear to practices and competitions, including properly fitted running shoes, appropriate running apparel, and a sport watch with timer function (GPS function recommended).

The athlete must be appropriately rested and nourished, regularly sleeping 8 or more hours a night, eating healthy, well-balanced meals for breakfast, brunch, lunch and dinner, and drinking water and an electrolyte beverage frequently throughout the day.

The athlete must set up and maintain an XCStats.com account. The account must include a valid email address for both the athlete and the parent. The parent must also activate their own XCStats.com account by following the instructions in the activation email that is received after the athlete completes their own XCStats.com profile setup.

The athlete and parent must utilize the information resources provided on the team website, the team XCStats.com account, the team Facebook group page, the team Twitter account to stay informed regarding team rules, policies, plans, etc.

The athlete must meet these expectations in order to participate in the Campolindo cross country fall season.

Athletes who are unable to meet these expectations should **not** join the Campolindo cross country team.

Athlete First Name: \_\_\_\_\_ Athlete Last Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_