

# Cupertino High School Cross Country 2023

*Home of the Pioneers*

*Head Coach Paul Armstrong*

## Conflicts

Name: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_ Practice \_\_\_\_\_ Meet

Date of Conflict: \_\_\_\_\_

Reason: \_\_\_\_\_

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

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

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

**Due by 9/6/23. Use one sheet for each conflict occurrence.** Use for conflicts **only** after talking to the coach.

**Submitting this sheet does not mean that your absence will be automatically excused. Too many absences may cause you to lose PE credit or your status on the team. You are responsible for knowing your schedule!**

The following is from page 15 of the FUHSD Coaches Handbook:

### STUDENT/PLAYER EXPECTATIONS

**Responsibility: Whether teams win or lose, it is important that athletes learn responsibility. Athletes are expected to be at all practices and games unless they have cleared an absence first with a coach. Students are expected to practice time management by working on projects, making up tests, etc., on their own time and are expected to fulfill their athletic commitments.**

**Finally, all team members are valuable, and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, family trips, and other events, which come in conflict with the rigors of training and competition. Learning to make choices is one of the most valuable life lessons an athlete takes from a good athletic program. The commitment is real for both students and parents.**