

Cupertino High School Cross Country 2023

Head Coach Paul Armstrong

CONTRACT

All athletes that I coach are required to sign or at least acknowledge a pro-active athlete/parent/coach contract. This will help keep the parents informed if there are any areas of concern, and show a level of commitment by the athlete to achieve the highest level of academic progress, athletic skill, and citizenship.

1. ACADEMIC PROGRESS AND ELIGIBILITY:

The Athletic Director will perform grade checks on after each grading period. Any athlete falling below a 2.0 GPA may be suspended from the team. The athlete will be directed to get help, tutoring or study session. I may monitor the grades of any athlete via weekly progress reports. The athlete will not be able to compete until the next grading period. If the athlete fails to improve by the next grading period, he or she may be dismissed from the team because maintaining your grades supersedes participating in extra-curricular activities.

2. PRACTICE ATTENDANCE:

If any athlete has to miss practice due to illness, notify me prior to practice when possible. Any other reason for missing practice should be discussed with me *beforehand*. (See the contact information below). The first unexcused absence may result in a telephone call home to a parent. The second unexcused absence may result in a meeting with me, and a call home. The third unexcused absence will result in a one meet suspension and a call home, no matter when or what the next meet is. Any future unexcused absences will result in dismissal from the team. Saturday practices are mandatory. **You cannot improve if you are not at practice consistently.**

3. TRAINING:

Team members are not allowed to participate in outside races, meets, or practices. Unless specific permission or direction has been given, there will be no training on Sundays. Team members cannot train with friends, family members, etc. The control and monitoring of the training program are key components in injury prevention and consistent progress.

4. OUTSIDE COACHING, OUTSIDE RUNNING and OTHER SPORTS:

During the cross country season, outside coaching is not allowed unless there is some extraordinary circumstance that the head coach has approved prior to its commencement. In addition, participating in outside practices, races or meets is not allowed. The training for the season is planned with short and long-term goals. We tweak the plans as conditions change. If someone is participating in another sport, the coaches will not cut back the training for cross country. Requests to leave early for the other sport will not be granted.

5. TEAMS:

In cross country, no two meets are exactly alike so the composition of the teams will vary from meet to meet. The best interest of the team as a whole is the highest priority. The coaching staff will determine composition. If there is time, discussion of decisions may occur. However, once the decision is made, it is final. If you are going to compete for Cupertino HS, you must put the team first. Not yourself.

6. MEETS:

Most of the meets on our schedule are invitationals. All meets are mandatory. There is an entry fee for all invitational meets and some have qualifying standards or limited entry. The coaching staff will decide whom to enter in each meet when entry is limited. You have an obligation to attend all meets and perform to expectations. Failure to compete may result in suspension or termination from the team. If you have submitted an approved conflict by the required date, there will be no consequence to your status on the team.

7. PARENTS:

Your child spends a lot of time and hard work at practice preparing to compete at our meets. Please support their efforts whenever you can. I encourage parents to attend our meets. I urge you to attend at least one meet during the year. We need drivers to transport the team to and from meets since the school does not provide buses. You can also help by providing well-balanced meals for your athlete, a suitable environment to study, the equipment that is required to participate, and enabling your student athlete to develop and maintain good time management as well as responsibility. Do not add extra responsibilities to your child’s duties that will interfere with practices or meets. Let your child begin taking responsibility if you have not already done so.

8. ISSUES and RULES:

If an issue arises during the course of the season, I expect to be informed of the problem and allowed to offer a remedy if necessary or possible. There are a number of guidelines and rules, which provide a framework for a successful season. Please become familiar with them.

Please read over this sheet. Both athlete and parent/guardian must sign. I look forward to providing my student/athletes with the best coaching I can provide as well as an informative and a great athletic experience. If you have any concerns or questions about this document or anything else, do not hesitate to contact me.

(athlete)	(student id #)	(parent/guardian)
(date)		(date)

Go Tino Pioneers,
Head Coach Paul Armstrong cell (408) 691-3022 Coacha@prodigy.net or CoachA@TinoRunners.org