MSA Cross Country Expectations

1.         Being a member of the MSA Cross Country Team is an honor and a privilege. It provides a chance to develop your body and mind. It is both hard work and lots of fun. All athletes need to demonstrate a positive attitude towards all school personnel, coaches, teammates, and officials. You are expected to cooperate with all. Hazing or harassment will not be tolerated.  
  
2.         Practice will be Monday through Friday beginning at 4:10pm and runs until 5:45pm. Athletes should be picked up by 6:00pm. Summer practice will start on 8/14 from 8:00am until 9:45am. Students should be picked up by 10am. If coaches need to wait an excessive amount of time for you to be picked up, you may not be able to participate and could hurt your chances to letter.

3. Athletes must have all forms (MSHSL Eligibility Brochure, Emergency Contact From, Waiver of Liability Agreement, and Sports Physical) by the first day of practice or you will not be allowed to practice. Fees must be turned in by the first meet or you will not be allowed to participate.

4.         High school athletes are expected to be at practice at least 4 days per week. Middle school athletes are expected to be at practice at least 3 days per week. If you miss a practice or a meet, you must have contacted the coaches prior to the absence. Runners will be allowed 3 unexcused absences, or 6 excused absences before consequences.

5.         Practices and meets are a time to improve your fitness level and to develop your skills. Success is measured by effort, attitude and improvement as well as by race times.  If you improve you win.

6.         We encourage all students to ride the team bus home from meets.  You may ride home with a parent if you check out with a coach.  You may not leave a meet with anyone other than your own guardian/parent without prior written approval.    
  
7.         You live in Minnesota! Anticipate cold, wind or rain every day. Be prepared to add or remove layers of clothing to stay comfortable. Athletes need to get in the habit of checking the weather forecasts.  Athletes must wear shirts at all times.  
  
8.         Academics are at the core of your educational experience. All athletes must be making good behavior and academic choices to stay active on the team. We are students first; athletes second.  
  
9.       All team members must abide by the MSHSL rules. Theft will not be tolerated and could result in your dismissal from the team. Runners represent themselves, MSA, and the community; runners will not use profanity and use appropriate langue while at practice and meets. These are minimum standards; we, of course, expect better!  
  
10.       Communication is an important part of any team. Short notice changes in meet times and locations often occur due to weather conditions. Please check your email often.  
  
11.       We are a team of athletes from grade 6 to grade 12. We must work together to meet the individual developmental needs of each student.  
  
12.       The skills and the attitudes learned in athletics are applicable to all aspects of life; it is an overt goal of athletics to develop students to be happy, hardworking, goal oriented and ethical adults. Learn, try and have a great season!

13. To earn a varsity letter you must:

1. Consistently attend practice at least 4 days per week
2. Finish in the top 7 on our team over half of the races or be a member of the section team
3. Be a leader on our team and help younger athletes along the way
4. Boys run under 19 minutes for 5k and girls run under 23 minutes for 5k, plus one of the above will earn a varsity letter if you are not on the section team
5. Coaches discretion