



MARCUS TF/XC



PLAYER EXPECTATIONS

Welcome to Marcus XC/TF! Our program is one of the elite teams in the state as reflected by our tradition of success on the field during the history of the program.

Being a member of Marcus XC/TF requires a great deal from you and there are expectations and standards of behavior that you are required to adhere to as long as you are a member in the program.

ACADEMICS

You are a student before you are an athlete, thus the name student-athlete. You are expected to make your academics a priority and maintain high standards in the classroom. Remember that you represent the XC/TF program while you are attending classes, therefore be a role model so that the student body and faculty has positive things to say about you and our program. Always remember that the personal impression you give others on campus will ultimately reflect on the impression that they have of Marcus XC/TF!

ACADEMIC STANDARDS

Follow the Student Code of Conduct Handbook at all times
Punctuality in attendance and coursework
Attend any/all necessary tutorials to maintain your desired GPA
Establish a positive relationship with teachers and classmates. Represent our team well.
Extend beyond the minimum academic requirements for competition

TRAINING/COMPETITION

Our teams are highly competitive so there is an on-going battle for places within the team. In order for you to be successful, then you must be present at all practices, meetings, training sessions, video sessions, meets, etc. Our training is very specific and your role within the team is being evaluated during practice on a daily basis. Therefore it is crucial that you take every opportunity to give 100% and show the coaches that you can help the team be successful.

TRAINING/RACE STANDARDS

Attend **all** assigned practices/team activities on time in **MARCUS** represented apparel
Have a **Growth Mindset** in **ALL** aspects of the sport (ie. coaching, racing, training)
Work everyday 100% **on task** **“Hang Distractions At The Gate”**
Be a team player **FIRST**.
Be respectful to coaches, teammates, officials, & self.
Accept that what’s best for the team comes before what’s best for you.
Maintain an organized locker room/practice and event area. Including set-up and breakdown of practices and meets.
We Are Marcus! Support as many Marcus events as possible in a calendar year.
Communicate ALL injuries with coaches & trainers.

I have read the expectations and understand that failure to meet these expectations will result in consequences determined by the coaching staff including potential dismissal from the program.

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SIGNATURE PAGE-----

ALL ATHLETES AND PARENTS MUST SIGN AND RETURN THIS PAGE ACKNOWLEDGING THAT THEY HAVE READ THE TEAM HANDBOOK & UNDERSTAND ALL THE RULES AND PRINCIPLES PRESENTED.

FURTHERMORE, SIGNEE'S ACKNOWLEDGE THERE ARE A WIDE VARIETY OF CIRCUMSTANCES AND SITUATIONS THAT ARE NOT SPECIFICALLY COVERED OR DISCUSSED IN THIS HANDBOOK AND IT IS THE COACHES JOB TO DISCERN AND PURSUE THE BEST COURSE OF ACTION IN EACH CIRCUMSTANCE.

I understand this Signature page must be signed, filled out and returned in order for my son/daughter to participate in a race or meet .

I have read and understand everything in the Marcus TF/XC handbook and understand the Coaching staff has the final say regarding all decisions related to training and racing.

Father: _____ Print

Father: _____ Signature

Father: _____ Email

Father: _____ Best Phone #

Mother: _____ Print

Mother: _____ Signature

Mother: _____ Email

Mother: _____ Best Phone #

Athlete (PRINT): _____

Athlete (SIGNATURE): _____

Date: _____