CERRITOS HIGH SCHOOL CROSS COUNTRY
STATEMENT OF ACKNOWLEDGEMENT

Tryouts
The coaching staff will cap the roster at an appropriate number of athletes based on the logistics of running the program. Cuts will be made based off of attendance, effort, attitude, and performance. The coaching staff reserves the right to remove an athlete from the roster based on the above factors at any point including athletes who may risk the health and safety of fellow athletes or themselves. Athletes who do not attend the summer training program will be allowed a tryout, however, the fitness of the athlete at the time of the tryout will be considered.

Attendance
Athletes must submit a note 24-hours in advance to receive an excused absence for a practice and at least one week prior to a race. If a student is absent or leaves school early and is cleared by the school, the student may have 24-hours AFTER the practice to submit a note. Unless otherwise instructed or agreed upon, injured athletes must attend all practices and races. Multiple illnesses or injuries may require a clearance note from a doctor, as request by the coaching staff. Athletes who receive an unexcused absence may be subject to being disallowed to compete in the next competition and will be subject to the grade deduction due to that absence at the discretion of the coaching staff. The removal will count as a meet absence. Please note the other restrictions as discussed in the Cerritos Cross Country rules and regulations packet.

Grading

-1%	Excused Absences (>1 Week) (Practice)	-10%	Add.Excused Absence (Race)
-2%	Unexcused Absence (Practice)	-10%	1st Unexcused Absence (Race)
-5%	1st/2nd Excused Absence (Race)	-15%	Add. Unexcused Absence (Race)

Behavior/Citizenship/Attitude/Sportsmanship/Effort
An athlete will also be evaluated on their performance in behavior, citizenship, attitude, sportsmanship, and effort which will comprise 30% of an athletes' grade. Athletes will be evaluated at the discretion of the coaching staff. Athletes who drop after September 9th may receive a failing grade at the discretion of the coaching staff.

T-Shirt/Jersey
Athletes will receive a t-shirt that they will wear on the day of a meet. Athletes who lose the shirt must pay a $10 replacement fee if lost (subject to availability). New athletes will purchase their jersey through their team donations.* Athletes who lose or have lost their jersey may replace their jersey at a cost of ($50). Please write your name on the tags of the t-shirt and jersey.

Obligations/Fundraising
Athletes should refer to the finance option sheet for the team in order to see the costs for various aspect of running the program. In addition, athletes who attend the additional events including isoCAMP, Mammoth Camp, the Iolani Invitational, and CIF (optional activities) will be subject to additional fees. Athletes who participate in the program longer than five (5) days will be subject to the summer camp program fee. Athletes will not be released to another sport until their obligations have been taken care of. All checks payable to Cerritos Cross Country. Checks written in the summer should be dated 9/1/12. Payments for summer camps should be paid in cash or money order.

	Total Due	Payment #1	Payment #2	Payment #3	Increases*
Team Donation (New)	$225	$125 - 7/2	$100 - 11/2		$25/50 (11/2)
Team Donation (Return)	$190	$115 - 7/2	$75 - 11/2		$25/50 (11/2)
Individual Plan	**SEE FINANCE OPTION SHEET FOR MORE INFORMATION**				
isoCAMP	$100	$100 - ASAP			$25 (8/1)
Mammoth Camp (New)	$525	$300 - ASAP	$125 - 7/20	$100 - 7/27	$25 (9/1)
Mammoth Camp	$525	$400 - ASAP	$125 - 7/20		$25 (9/1)
Hawaii (Early Bird)	~$650	$300 - ASAP	TBD - 9/1	$300 - FUND 9/1	$25 (10/1)
Hawaii (Late)	TBD	$300 - ASAP	TBD - 9/1	$300 - FUND 9/1	$25 (10/1)

Safety/Health
At all times, athletes must ensure that their safety and health is ensured. Athletes must maintain a healthy well-balanced diet including consistent hydration with water and/or sports drink. Athletes must also warm up and cool down properly. Finally, athletes must follow the rules of the road and the law as outlined in city, state, and national law, as well as the suggestions in the Cerritos Cross Country rules and regulations. By signing below, I understand the rules, regulations, and points listed above and in the Cerritos Cross Country rules and regulations packet and agree to abide to them accordingly.

Athletes Name/Signature _____ Date _____

Parent/Guardian Name/Signature _____ Date _____