**RUNNING PERMISSION AND EXPECTATIONS - MADISON YOUTH X-COUNTRY**

**Please fill in the following off campus running permission form:**

The Cross Country team will take several runs off campus. They are from 1 to 3 ½ miles in length. We will start with the shorter runs and will build up. The runners will always be in the company of running adults. We will discuss rules and will keep safety in mind at all times; however, there is inherent risk in running beside roads, crossing streets and running on uneven paths and trails.

I give my child permission to run off campus with the Madison Youth Cross Country Team.

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

**For the runner to read and sign:**

In order to run off campus with the Cross Country team, I need to be trustworthy. I agree to listen carefully to the rules before we leave on the run. I understand that I must always run when there is an adult with the group. I will stay with the group. I agree not to run through anyone’s yard. I will leave for the run only if I leave with the group. I understand these are training runs and are considered a running workout. I understand that if all of these rules are not followed, I will not be invited to run off campus during future practices of this track/cross country season.

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

**Expectations of student athlete behavior:**

* The expectation is that track/cross country students participate in track/cross country from 3:30-5:00 PM every day there is a practice. Students must attend all practice days each week to participate in the meets. (A multi-sport athlete must attend 1-2, please clear this with a coach)
* Students may not leave the teams location without permission.
* Students may leave to go to the restroom, with the coach’s permission.
* Students will sign in before each practice.
* Students are required to attend practice in appropriate attire (running shoes, no jeans).
* Students are expected to treat everyone on the track with respect and politeness.
* Students are there to have fun and to work hard.
* Parents will be notified when these expectations are not being met.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_