

DISCLOSURE FOR 2008 ROWLAND HALL-ST. MARK'S CROSS-COUNTRY

Mark Oftedal, Head Coach (801) 359-7028 maoftedal@yahoo.com

First Practice: Monday August 11, 2008

Last Day of the Season: Wednesday October 22, 2008

Attendance and punctuality for all practices and cross-country meets is mandatory, unless otherwise indicated by the coach. If you have a conflict, including an injury or illness, please advise me so we can discuss possible options to training and racing. Missed practices and contests could potentially result in you being asked to leave the team.

Communication with the coach is necessary. I am interested in you as a person and as a runner on our cross-country team. Your best performances will not only be the result of what you do at practice, but what you are doing when not at practice. Please let me know as soon as possible if there is something that you feel may be interfering with your progress as a runner this season.

I wish to tailor your training as much as possible to where you are as a runner. Your cross-country running experience should be a very positive part of your school year. I will make every effort to watch and listen to you throughout the season, so that I can adjust your training to meet both your season and long-term goals.

Your grade for this class will be based on participation, attitude, punctuality and effort. Your natural ability in the sport is of absolutely no importance as regards assessment. Attendance at all practice sessions and meets along with an enthusiastic approach to your running will get you a top grade.

All team members are expected to run in the meets prior to the Regional meet. The Region and State varsity team will consist of 7 runners (with the top 5 places scoring for the team total). The varsity team can be changed between the Region and State meets if necessary.

Varsity letters will be awarded to those runners who compete on the varsity team.

Mark Oftedal, head cross-country coach, has talked with the athletes in the Cross-Country program about the requirements of the season. We understand them and will follow them. The following signatures also indicate that athletes and parents have read, understood and agree to abide by the RHSM athletic department policies as outlined in the athletic section of the Upper School Parent-Student Handbook.

Athlete Name (please print)

Athlete Signature

Date

Parent/Guardian Name (please print)

Parent/Guardian Signature

Date