FCMS XC Participation Form

XC PRACTICE WILL BE MONDAYS, THURSDAYS and optional FRIDAYS FROM 2:00-3:45 PM BEGINNING August 27, 2018.

ATHLETIC REQUIREMENTS:
A SPORTS PHYSICAL/EL2 is required on or before the first scheduled practice. A student may not practice until the sports physical is turned into Coach Benavides. [https://www-chs.stjohns.k12.fl.us/athletics/forms/el2/](https://www-chs.stjohns.k12.fl.us/athletics/forms/el2/)

MEETS:
All runners interested may train and run on the FCMS XC Team. All runners may run our home meet. A timed trial will be done before away meets to determine top 20 girls’ & 20 boys’ competitive team. Meets are Wednesdays.

GRADES:
The runner must maintain a minimum GPA OF 2.0 based on the quarter grade. The student becomes eligible once the report card or the interim the next quarter confirms a 2.0 average. All players must attend a ½ day of school in order to run in a meet or to attend practice.

BEHAVIOR:
If a student receives in school detention he or she will be suspended one meet. If a student receives “in school suspension” (ISS) he or she is suspended from meet for the number of days that they have ISS. A full suspension from school means that the student is suspended from meet for twice the number of days they are suspended.

CULTURE OF XC:
Being on an athletic team is a privilege. With that privilege comes responsibility. We seek to set an example of maturity, respect and dedication. Setting a higher standard is at the heart of all we do at FCMS. An athlete should set an example for the entire student body. XC runners must follow the coach’s guidelines and behave in a manner that would reflect positively on Fruit Cove Middle School as well as on themselves. This includes bus rides and behavior at visiting schools. The Coach may remove a player from their roster if the player receives disciplinary actions while on the bus or at an event.

FORM REQUIREMENTS:
1-Sports Physical-EL2
2- $35 participation fee (includes team running shirts)
3-FCMS XC Participation Form (this form)
****Please turn all into Coach Benavides on or before Aug 27th, (Room 715)

ATTIRE and Responsibilities
1-comfortable running shorts, shirt and running shoes
2-BRING YOUR OWN WATER and protein snack if desired for recovery
3-Runners need a way home: may walk, ride a bike, carpool, parent pick up OR RUN HOME 😊

Keep Running,
Coach Benavides

BY SIGNING AND RETURNING THIS FORM THE ATHLETE AND PARENTS AGREE TO THE TERMS OF PARTICIPATION.

Student’s Name: ___________________________________________ Grade: _______________________________________

Students signature: ___________________________________________________________________________________

TEE SHIRT SIZE: ___________________________________________

Parent Name_____________________________________________________

Parent Email_____________________________________________________

Parent Cell Phone_______________________________________________

Parent Signature_______________________________________________