



## T.Q.S. Tornados Cross-Country Permission Form

I, \_\_\_\_\_, give permission for \_\_\_\_\_ to participate on this year's cross-country team. I have read the attached information sheet and I understand that I will be responsible for providing or arranging transportation for my child after each practice and meet.

**Signature of Parent/Guardian** \_\_\_\_\_

Also, to improve communications, could you please fill out the following information:

**Primary email address:** \_\_\_\_\_

**Second email address:** \_\_\_\_\_

We are really hoping to use email this year to communicate with the families of the students on the cross country team to keep you informed and up to date.

Best phone number to reach a parent between 3 pm and 6 pm:

**1st choice: Name** \_\_\_\_\_ **Ph#** \_\_\_\_\_

**2nd choice: Name** \_\_\_\_\_ **Ph#** \_\_\_\_\_

### **\*\*Late Pick-Up Charge\*\***

Pick up times for away games will be 5:45 p.m. at TQS and 4:45 p.m. for home meets and practices. Late fees will be charged if you pick up your child beyond the scheduled pick-up time. The cost will be \$1.00 for every minute after the scheduled pick-up time payable in cash only to the adult in charge.



## TQS Tornados Cross-country - Behavior Contract

**Student** \_\_\_\_\_ **Homeroom** \_\_\_\_\_ **Date** \_\_\_\_\_

Reasons for the contract:

1. This is an extra-curricular activity, which is a privilege, not a requirement.
2. We will be representing TQS as we run against other schools.
3. Fun factor – cross-country is more fun when we are a team
4. Safety factor – cross-country can be unsafe when behavior is inappropriate.

Therefore:

Students will be expected to behave like members of a team. They will be expected to treat this time as an opportunity to have fun and learn while following the rules set forth in this contract. This means that you will:

- encourage every other member of the team to do their best.
- never make fun of or put down yourself or another team member.
- maintain a positive attitude, regardless of the situation.
- Help out the coaches and your teammates every time you are asked.
- Follow the rules and the coaches' instructions the first time they are given, without arguing.

If you are unable to follow these guidelines for participation, the following actions will be taken:

- 1<sup>st</sup> time – You will receive a warning
- 2<sup>nd</sup> time – You will miss the next meet or practice
- 3<sup>rd</sup> time – You will miss the rest of the season.

I, \_\_\_\_\_, with my parents, have read and agree to follow this behavior contract. I understand what is expected of me and why, and I agree to meet these expectations to the best of my ability. If I am unable or unwilling to follow these guidelines, I understand and agree to accept the stated consequences.

**Student signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent signature** \_\_\_\_\_ **Date** \_\_\_\_\_