



CROSS COUNTRY EXPECTATIONS 2026



ATHLETE RESPONSIBILITIES

All student athletes are aware of these responsibilities and are expected to uphold them.

These responsibilities include:

- 1 Exhibit the qualities of sportsmanship, proper behavior, and healthy living.
- 2 Perform at the highest level in practice, meets, the classroom, and on campus.
- 3 Conduct oneself in a manner which will bring honor to our program and school: this includes, but is not limited to, behaving appropriately at practice and meets, cleaning up after oneself at meets and practices, and treating other teams with respect.
- 4 Work hard at all times to improve one's self and to make the team better.
- 5 Follow expectations on meet days including warming-up with the team, cheering on teammates, and talking with coach before you leave.
- 6 Have open communication with the coach to discuss performance in races, even if it wasn't the best performance.
- 7 Practice: Athletes are required to be at practice each day, on time. Attendance at practice is mandatory, unless specified.
- 8 Eligibility: If a runner is ineligible 4 times throughout the season, they will be dismissed from the team. The expectation for eligibility is a C minimum.



GENERAL INFORMATION

- There will be weekly hill workouts at Rim Point park. Parent volunteers will be needed to assist with transportation to and from hill work outs. If you would prefer to transport your child to or from hill work outs, you are welcome to do so but must communicate this to coach.
- If there is no school there will be no practice.
- There is no transportation to and from meets around town and running order for each meet changes each week. Your child will be placed on boys or girls JV or Varsity based on their run timing in practice or a meet. Heats for runs will be split up by gender and team placement, so each meet has 4 different heats.
- When your child finishes running at a meet please check them out with the check out person, runners are allowed to leave after their race. I try to check in with each runner before they leave, but that is not always possible and I can sometimes be hard to track down, since races run back to back and I am out supporting the runners.
- Please make sure your child comes with a water bottle to practice each day! Also have them prepared with layers for various weather. It is also very important for them to have appropriate foot wear. Athletic/running shoes are necessary with the amount of mileage being run for proper support and to avoid injury.
- If you have to pick up your child early from practice please make sure to message me when you arrive! We are often out and about running so it can be hard to track us down.



PARENT/GUARDIAN RESPONSIBILITIES

All parents/guardians are aware of these responsibilities and are expected to uphold them.

These responsibilities include:

- 1 Be on time to meet (an hour to a half hour before the first race) so your son/daughter has enough time to walk the course and warm-up with the team.
- 2 Refrain from name calling or using profane or disrespectful language when addressing the runners and coaches.
- 3 Be an encouraging person to fellow parents and athletes.
- 4 Be respectful and supportive to all team and school personnel.
- 5 Provide a positive atmosphere at home about your child's role on the team. Many successful teams are destroyed at home when parents are not supportive of fellow players or coaches and the role their child has been asked to fulfill. Your child may not be the number one runner, but they are an important part of the team.
- 6 Support your child at all times (both during the good times and the tough times).



COACH RESPONSIBILITIES

These responsibilities include:

- 1 Provide a positive atmosphere for practices and meets and be role models for our athletes.
- 2 Share our knowledge of running to help foster a love for the sport and educate the athletes as they grow.
- 3 Plan, organize, and develop the proper training program and teach relevant skills to help an athlete improve.
- 4 Maintain open and honest communication between the coach, athlete, and parent triad.
- 5 Support an athlete's academic expectations, responsibilities, and achievements first and foremost.
- 6 Be on time for practices and meets.

COACH CONTACT INFORMATION



Coach Ouzts

ouztsk@eldergrove.k12.mt.us



(406) 697-2989

Please put my contact information into your phone for early pickup from practice or dismissal from meets. I hand this out knowing it will be used professionally! Thank you!



ELDER GROVE

CROSS COUNTRY

Every Mile Matters.



ACKNOWLEDGMENT FORM 2026

Please read the Cross Country Expectations for the 2026 season carefully.

By signing below, you acknowledge that you have read, understood, and agree to uphold the expectations and information outlined in the document.



ATHLETE ACKNOWLEDGMENT

AS AN ATHLETE, I UNDERSTAND AND AGREE TO:

- ☒ Uphold the responsibilities and expectations outlined in the Cross Country Expectations for the 2026 season.
- ☒ Represent Elder Grove Cross Country with pride, respect, and effort at all times.
- ☒ Communicate openly with my coach and be a positive teammate on and off the course.

Athlete Name (Print): _____

Athlete Signature: _____ Date: _____



PARENT/GUARDIAN ACKNOWLEDGMENT

AS A PARENT/GUARDIAN, I UNDERSTAND AND AGREE TO:

- ☒ Support my child and the team by upholding the responsibilities and expectations outlined in the Cross Country Expectations for the 2026 season.
- ☒ Provide encouragement and a positive environment at home and at meets.
- ☒ Communicate respectfully with coaches, athletes, and other parents.
- ☒ Ensure my child attends practices and meets on time and is prepared.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date: _____

Thank you!

PLEASE RETURN THIS SIGNED FORM TO COACH BY AUGUST 25TH, 2026.

