

Team Guidelines for Behavior

Assumption Cross Country is generally blessed with girls who possess great character and demonstrate excellent judgment. No one is perfect, however, and situations can and do arise where a girl may struggle with making proper choices. Rather than establish rules designed to catch girls when they mess up, we provide rules that hopefully create appropriate boundaries for our girls – something that can hopefully make those tough choices easier at decision time.

When it comes to behavior, our girls must follow the rules which apply to all Assumption students. As representatives of the Assumption Cross Country team, our girls should always embody the character expected of each member of the Community of Assumption High School.

In addition to abiding by all school rules regarding behavior, there are three areas where we very clearly build upon those rules. As a team, we will not tolerate certain behavior, and depending upon the situation, will at least consider dismissing a girl from the team if she struggles with following these guidelines.

- Honesty is what binds everything together on our team. Honesty is not always an easy option, but it is the best option. Given that situations can and do arise at Cross Country practice where the girls are practicing outside of our ability to observe them directly, trust is critical in the safe operation of our team. Although dishonesty can tear apart the fabric of team unity, or even worse – dishonesty can also lead to situations where one of our girls may get hurt or worse.
- Respect on our team should be ongoing and constant. We will demonstrate respect in a variety of ways, which include, but are not limited to the following interactions:
 - **Athlete-Coach:** when a coach asks you to do something, you should do it to the best of your ability. If you don't understand the request or don't understand the reasoning behind the request, then it's definitely ok to inquire about those things, but that inquiry should always be made with a respectful attitude. *Note also that there is an avenue for dealing with any coaching request that's considered unreasonable, and that's to follow the chain of command outlined within Athletic Dept policy.*
 - **Athlete-Athlete:** we don't speak poorly of teammates in any public setting and in any manner where it's even remotely possible that your words could "leak out". "Team time" should always be a sanctuary from any issues between team members.
 - **Athlete-Team:** choosing not to follow certain rules is an act of disrespect toward your teammates. Respect for teammates implies supporting teammates and encouraging them at both practice and in meets.
 - **Athlete-Other teams:** we should respect other teams in the same manner that we respect our teammates. I.e., we should be supportive and encouraging of other teams, even though we are competing against them.

- In signing the Drug-Alcohol-Tobacco form, Cross Country girls agree to abstain from drugs, alcohol and tobacco during the season. The Cross Country coaches believe it is best for our girls to simply avoid situations where this behavior occurs. Attending such events can send a bad signal about oneself or the team as a whole, and may also expose a girl to potential harm. We build upon the Athletic Department's policy for dealing with drug and alcohol use as follows.

If, during the season, we learn that a Cross Country girl was in attendance at an event where drugs were taken or underage drinking occurred, then we will meet with that athlete and her parents to determine the extent of her involvement. We will not allow that girl to participate in any team-related function (i.e. practice, meet or team event) until we have determined whether or not she was involved. If she was not involved, then we will allow her to return to the team. If she is guilty of breaking the school's drug and alcohol rules, then we'll proceed with the Athletic Department's policy for such situations AND contact any appropriate legal and school authorities to report the matter.