

Team Guidelines for Behavior

Assumption Cross Country is generally blessed with girls who possess great character and demonstrate excellent judgment. Regardless of how well our girls behave, situations can and do arise where a specific girl may struggle with making proper choices. Our guidelines are primarily designed to create appropriate boundaries for our girls – something that can hopefully make tough choices easier at decision time.

Every girl on our team must follow the rules which apply to all Assumption students and should always embody the character expected of each member of the Assumption community.

There are 3 areas where our team builds upon the rules which apply to all Assumption students. As a team, we will not tolerate certain behavior, and will consider dismissing girls from the team if we believe they struggle with following these guidelines.

- **Honesty.** 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. We expect every girl on our team to be honest with us at all times.
- **Respect.** Our girls should be respectful in terms of their interaction with coaches, teammates and fellow competitors. Respect should be demonstrated at all times in several different 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, and if a coach is attempting to speak with you, then you should be respectful. If you don't understand a coach's request or don't understand the reasoning behind that request, then it's appropriate to ask questions, but again, in a respectful manner. *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 never speak poorly of teammates in any public setting (e.g. social media, or via gossip) and any issues between team members should never enter into practice. *When these issues do occur, these issues should always be brought to the attention of a coach so that they may be addressed.*
 - **Athlete-Team:** choosing not to follow certain rules is an act of disrespect toward your team. Respect for team implies supporting your 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.

- **Drugs-Alcohol-Tobacco.** In signing the Drug-Alcohol-Tobacco form, Cross Country girls agree to abstain from drugs, alcohol and tobacco. The Cross Country coaches believe it is best for our girls to avoid situations where this behavior occurs. Attending such events can send a bad signal about oneself or the team as a whole, because we are typically viewed within the context of our associations. Attending events that involve alcohol or drugs may also expose our girls 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 has attended an event where drugs were taken or underage drinking occurred, then we will meet with that athlete and her parents to discuss the situation. If she was not involved, then we will proceed accordingly. 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.