

MRHS Cross Country / Track & Field Team Rules



ANY student that signs into school AFTER 9:00AM will not be permitted to participate in an athletic contest or practice that same day (FRIDAY will determine SATURDAY eligibility).

****Any athlete needing to leave early from a meet, or arranging any alternative form of transportation other than the team bus MUST submit a parent request form 24 hours in advance to the head coaches for approval. Under no circumstances will an athlete with a provisional license be allowed to transport another student. Students are only permitted to leave with a parent/guardian.****

Danny Rapcienski (Cross Country Boys & Girls/Spring Track Girls)

Email: drapcienski@monmouthregional.net

Phone #: 201-424-2513

School #: 732-542-1170 x 1178

TEAM WEBSITE: www.monmouthtrack.org

ATTENDANCE:

- Attendance impacts your participation. It is at the coach's discretion regarding how your attendance affects your entry in meets.
 - All absences MUST be documented with a note, text, email, or phone call from a PARENT or TEACHER.
- ALL athletes are required to attend all competitions unless otherwise specified.
- **ANY student that signs into school AFTER 9:00AM will not be permitted to participate in an athletic contest or practice that same day (FRIDAY will determine SATURDAY eligibility).**

ANY athlete absent the DAY BEFORE a meet will not be allowed to participate in said meet, including excused/documented illness (for their safety).

UNEXCUSED ABSENCE FROM A MEET/CONTEST

First Violation: The athlete will not participate in the next comparable contest.

Second Violation: Student-athlete forfeits participation in the remainder of the season.

Early Dismissal

- All athletes are required to ride the team bus home from all meets. If a circumstance arises that you need to be dismissed, you must submit a transportation form 24 hours in advance. **If your event requires implements, you are responsible for your gear returning to school**

Just because parents attend a contest DOES NOT give any athlete the ability to go home without following the rules mentioned above.

Pick a way to receive messages for **MRHS Distance**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/mrhsx

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @mrhsx to the number 81010.

If you're having trouble with 81010, try texting @mrhsx to (435) 238-4614.

** Standard text message rates apply.*



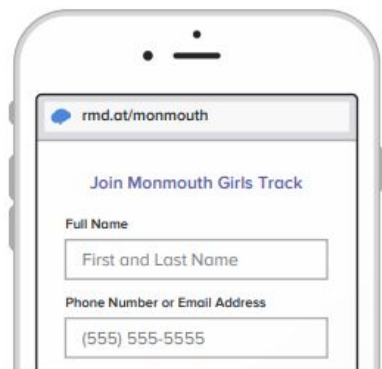
Pick a way to receive messages for **Monmouth Girls Track**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/monmouth

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

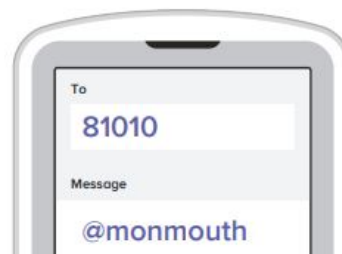


B If you don't have a smartphone, get text notifications.

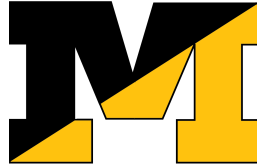
Text the message @monmouth to the number 81010.

If you're having trouble with 81010, try texting @monmouth to (435) 238-4614.

** Standard text message rates apply.*



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We understand that I, the XC and/or Track & Field athlete, will be held accountable for knowing and abiding by the rules and regulations outlined in the attached sheets. We have read the attached rules and agree to abide by these rules and are aware of the consequences (up to and including dismissal from the team) if we choose not to do so. In signing, I have read, and understood and agree to the MRHS CROSS COUNTRY & TRACK & FIELD TEAM RULES.

Team Member Signature

Parent/Guardian Signature

Team Member Name (print)

Parent/Guardian Name (print)

Date _____

Parent Email (please print): _____

Parent Contact #: _____

Emergency Contact #1: _____

Emergency Contact #2: _____

Allergies: _____