

2009 Swartz Creek Cross Country Camp Rules



- All runners will conduct themselves as ladies and gentleman at **ALL** times and be good representatives of Swartz Creek Schools and the cross country program.
- We are **GUESTS** at this camp and their rules prevail. Any damages will be charged to you and your parents will be expected to address the situation.
- All athletes will participate in team workouts/runs unless physically unable to do so. The coach will determine the extent of injuries. We are here to **RUN** first, in the process preparing our team for the best possible season.
- Regular school training rules and disciplinary actions will be in effect. Team members will be expected to get along with teammates as well as runners from other schools.
- Coaches need to know where you are at all times. There will be a curfew, and it will be **enforced**.
- Only coaches and other designated people will drive.
- Please use good judgment when choosing music, reading material, and language for camp. If it's not acceptable at school, don't do it here. We want to continue to be welcome here. **No Fireworks, Tobacco, Hazing, or Alcohol are permitted in camp.**
- **REST** is crucial to be successful and avoid injuries. Those who break curfew or keep others from sleeping can expect disciplinary action.
- Swimming will be done at the camp beach. Athletes will not swim alone (think "buddy system") or without permission.
- We expect you to entertain yourselves at times, but there are many things to do for little or no money.
- Please leave expensive stereos and video games at home. The high school and the camp are not responsible for these items. Please realize that they could be damaged or stolen.
- Individuals violating rules may be asked to call home and have their parents pick them up. Any **GROSS** violations of these rules will result in the cancellation of the rest of camp and everyone will return home.
- The permission slip must be signed by student and parent (see below).
- Parents, please use the space below for any extra restrictions or instructions concerning your student that you'd like us to address:

_____ (runner) has my permission to attend Swartz Creek Cross Country Camp and take non-school (or school provided) transportation. This is not a school sponsored event, and I waive liability of the coaches and the school. Attending camp is not a requirement to make the cross country team at Swartz Creek.

_____ (Parent's Signature) _____ (Date)

I have read the above rules and conditions for the camp and agree to abide by them and any others the coaching staff may have to make when circumstances arise.

_____ (Athlete Signature) _____ (Date)