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ST. JOSEPH SCHOOL CROSS COUNTRY Expectations 2026

September - early November

Grades 4-8

Boys and Girls

First Cross Country practice

Wednesday, September 9, 2026

3:00 - 4:00 pm

Practices will be on Wednesdays

3:00 - 4:00 pm

Meet days and times to be announced

RULES AND EXPECTATIONS

The following is expected of me as a member of the Cross Country team:

1. The permission slip must be handed in to the school office if I wish to be a member of the team.
2. Be punctual to all practices. We gather in the gym.
3. Practice begins promptly at 3:00 p.m. Parents will pick up children at the gym at 4:00. Students will not leave the area without checking in with the coaches.
4. Gym uniforms are acceptable cross country outfits.
5. Bring a water bottle to all practices.
6. If you are disrespectful or disruptive to our group, you will be asked to go to the Aftercare program until your parent has picked you up. You will be asked not to return if this happens.
7. To follow school attendance policies. (You may not attend practice if you are absent from school).
8. If you are out sick or went home early, please have your parent email or leave a message with the school office. Please do not ask another student to tell us.
9. To maintain grades as deemed by the school.
10. To come prepared to work, to have fun, make new friends, and strengthen existing friendships, as we create a team we can be proud of, always encouraging each other and working together, using the talents and gifts God has given us!