



STUDENT-ATHLETE & PARENT/GUARDIAN COMMITMENT FORM

Being part of Helena Cross Country is a choice and a privilege – and with that comes responsibility. This program is built on three pillars: **Excellence, Curiosity, and Love**. When you join, you represent the program in everything you do. It is also important for participants to recognize this is a varsity sport where all students are welcome, but all participants must strive to meet expectations and standards of behavior presented in this commitment.

PROGRAM VALUES & CULTURE

Athletes agree to:

- Live out our pillars – give your best, remain open-minded, be a great teammate.
- Help create a positive and welcoming team culture.
- Represent Helena High with integrity at school, practice, meets, online, and in the community.

Parents/Guardians agree to: Support our values and expectations of the program.

CONDUCT, CITIZENSHIP & SAFETY

Athletes agree to:

- Demonstrate sportsmanship in what you say and what you do.
- Make choices that reflect well on you, teammates, and Helena High.
- Avoid behavior and conduct that violates school policy or degrades team culture.
- Follow all HPS chemical-use rules.
- Never participate in hazing, bullying, or harassment, and report it to a coach if you witness it.
- Report unsafe behavior and communicate injuries honestly.

Parents/guardians agree to: Model sportsmanship and follow HPS communication guidelines.

RESPECT FOR TEAMMATES & COACHES

Athletes agree to:

- Listen when others speak.
- Follow instructions the first time.
- Treat teammates and coaches with kindness and respect.
- Hold teammates accountable if they are not demonstrating kindness or respect.
- Trust coaches' expertise and their obligation to do what is best for the team.

Parents/guardians agree to: Support coaching decisions and model respectful communication.

ATTENDANCE & PRACTICE EXPECTATIONS

Athletes agree to:

- Attend all practices, required team events, and meets unless excused ahead of time, including weekend practices when we don't have a competition scheduled.
- Arrive on time – Mon: 2:50-2:55 p.m.; Tues-Fri: 3:20–3:25 p.m.; Sat: 8:50-8:55 a.m.
- Understand that unexcused absences or chronic tardiness may affect meet entries and travel.
- Follow all travel procedures, bus rules, and gear expectations.

Parents/guardians agree to: Request excusals from scheduled team events in advance by contacting a coach directly via text or email. Failure to communicate will result in an "unexcused" absence.

ACADEMICS

Athletes agree to:

- Prioritize academics and communicate proactively with teachers and coaches.
- Attend class to attend practice and competitions.

Parents/guardians agree to: Support their athlete in maintaining academic eligibility.

COMMUNICATION

Athletes agree to:

- Communicate honestly about academic needs, injuries, illness, or concerns.
- Use team communication apps responsibly and check them regularly to stay informed.

Parents/guardians agree to:

- Follow the HSD communication chain (Athlete/Parent → Coach → Helena High Administrator → HSD Activities Director). This is provided in detail in the [HSD Student/Parent Activities Handbook](#).
- Communicate proactively about absences, illness, injuries, or concerns.

EQUIPMENT & PREPARATION

Athletes agree to:

- Bring appropriate gear daily (Backpack with water bottle, snack, jacket, spikes, etc.)
- Wear Helena High XC gear at meets as directed by coaches.
- Take care of team-issued equipment and return it undamaged, clean, and promptly after the season; each missing or damaged item incurs a \$50 charge processed through the HHS office.

Parents/guardians agree to: Support gear needs for your athlete (shoes, shorts, shirts, socks, watches, water bottles) and encourage proper uniform and backpack care and return. Contact a coach for confidential assistance if you do not have financial means to purchase key items and we can assist.

COMMITMENT

By signing below, the athlete and parents/guardians acknowledge failure to meet the expectations and standards of behavior outlined in this document may result in a warning, suspension or expulsion from the team, using the framework below:

- **Level 1 Violations**
 - **Examples:** tardiness, unexcused absence, disruptive behavior, first-time failure to follow instructions.
 - **Consequences:** verbal warning and possible parent notification.
- **Level 2 Violations**
 - **Examples:** misuse of communication apps, disrespect toward teammates/coaches, repeated Level 1 violations.
 - **Consequences:** practice suspension and/or competition suspension, and parent meeting.
- **Level 3 Violations**
 - **Examples:** bullying or harassment, hazing, unsafe behavior, dishonesty/lying, threats to others, fighting, conduct harming team or school reputation, repeated Level 2 violations.
 - **Consequences:** parent meeting, extended suspension, loss of lettering eligibility, removal from travel team, referral to school administration, potential expulsion from the team.
- **Academic and Chemical Use Violations**
 - Consequences will follow Helena Public Schools policies and procedures.

IMPORTANT NOTE: Coaches have discretion to upgrade disciplinary measures outlined above based on the severity of actions of an individual.

Student-Athlete Name: _____

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Name(s): _____

Parent/Guardian Signature: _____ Date: _____