

# North Clackamas Christian School

## Cross Country Expectations - 2019

Coach Susan Van Sickle

Welcome to the 2019 season of Cross Country!

My name is Susan Van Sickle, and I will be helping with the Cross Country team this year. This will be my family's seventh year at NCCS. We have six kids at the school. I have limited experience with Cross Country, but I am excited to help each athlete reach their running goals.

### Runners' Responsibilities

- Turn in the required paperwork to receive a school Athletic Pass.
- Do your best during each workout and each meet.
- Be a good representative of your faith, family and school.
- Notify me if you are unable to attend meets/practices.
- Be on time.
- Stay hydrated – be sure to drink water before, during and after workouts.
- Have a good attitude.
- Have fun.

### Coaches' Responsibilities

I am committed to this team and will do my best to help you succeed. I will be prepared and on time to each activity. I will strive to be a good communicator so you know what is expected of you.

### Contact Information

I can be reached by phone, text and email.

Susan Van Sickle

Cell: 971-322-8650

Email: [joyfilled99@gmail.com](mailto:joyfilled99@gmail.com)

I agree that I have read and will abide by these expectations.

Athlete Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_