

Montrose Cross Country - Team Handbook

Important Phone Numbers

970.690.8277

**Bradd Schafer (MHS Athletic Director)
Idania Moreno (MHS Athletic Secretary)**

209-6252

Brian Simpson (Cell Phone)

Starting the Season

- **Athletes must have the following items before they are allowed to practice with the team:**
 - **Current Physical turned into the MHS Athletic Office**
 - **Training Code (signed by both athlete and parent)**
 - **Insurance Waiver (signed by both athlete and parent)**
 - **Medical Consent Card (filled out by a parent)**
 - **Impact Test**
 - **CHSAA form “The Competitors Brochure”**
 - **Grades and number of classes checked**
 - **Read XC Rules and Requirements**
- **When athletes have fulfilled all the above requirements they will receive a YELLOW half sheet of paper stating they are ready to practice. Athletes will bring the YELLOW page to the head coach.**

General Information

- **Being a part of the Montrose Cross Country team is a privilege. You are an ambassador for Montrose High School and our community; everything you do and say should reflect a community built on high moral standards. Please do not say or do things that put the coaching staff in a position where we are unable to defend your actions or language.**
- **Commitment to activities, other than Cross Country, must be decided before the first meet. If you participate in another activity you will choose which activity will take priority. This will determine who will run on varsity and when the peaking process begins.**