**Lower Dauphin Cross Country Team Rules and Policies**

Participation in athletics at Lower Dauphin is a privilege, and should be treated as such.   Students choosing to participate as a member of the Cross Country team should be aware of the Code of Conduct for the Lower Dauphin School District.  It is requested and required that each student athlete read and abide by this code at all times.  In addition to the Code of Conduct members of the Cross Country Team will be expected to follow the following rules.

* All students will be expected to follow the drug and alcohol policy set forth by the Lower Dauphin School District.  There is no place for the use of drugs, alcohol, vapes or tobacco in the sport of Track and Field.  Anyone caught using any of the above will be subject to disciplinary action and possible expulsion from the team.
* Any athlete that has been suspended from school, this includes in school suspension, will not practice or compete with the team on the day or days of the suspension.  Also any athlete who comes to school later than 11:00 am will not practice or compete with the team that day.  Exceptions to this rule will be for excused absences, such as doctor appointments, college visits, funerals or other such excused absences.  If you leave school because you are sick, you may also not practice or compete that day.
* Attendance **everyday** at practice is mandatory.  Failure to comply with this rule could result in the dismissal from the team.  Excused absences will be accepted for valid purposes.  Please let the coach know ahead of time for any planned absences.  You are responsible for **informing the coach, not one of your friends/teammates**. After 3 unexcused absences the athlete will be removed from the team no questions asked.  Examples of unexcused absences are, skipping practice, haircuts, other sport practices, etc.  You know the practice and meet schedule, please schedule your appointments outside of the practice and competition times. If you have questions or concerns with this policy, please see Coach Bray!
* Athletes are expected to come to practice prepared.  Athletes should wear appropriate clothing for practice and meets.  The weather will be cold as we get further in the season.  Please bring an extra sweatshirt, sweatpants, hat and gloves with you so that you will be prepared for any weather.  We will be going outside to practice even if the weather is not perfect, please be aware of this. I recommend keeping a large garbage bag to keep your personal belongings in during practice in the event that it is raining.
* Equipment that is issued to each athlete will be the responsibility of that athlete until it is returned at the end of the season.  All athletes are expected to turn in the same numbered uniform that they were given.  Please do not leave sweats and shoes lying around unattended during meets.  Anything that is lost, stolen or damaged will be charged to the student.  If an athlete quits throughout the season, their equipment must be turned into a coach within 2 days.
* All athletes are encouraged and expected to ride home on the team bus from competitions.   In addition athletes will not be allowed to ride home with friends or other athlete’s parents, unless a written permission is given to a coach ahead of time. **The only exceptions to this rule will be in case of emergency or with permission given by the coach ahead of time.**
* There is a difference between pain and injury.  Please report **ALL** injuries to your coach as soon as they happen.  All serious injuries will be referred to the trainer for medical attention. We are fortunate enough to have a full time training staff accessible to us. They are professionals and will give us access to doctors/orthopedists/rehabilitation.  More than likely they will be able to get you in to see a specialist faster than you will be able to schedule one.  Please talk to your coaches and trainers.
* Insubordination and talking back to a coach will not be tolerated in any aspect.  Athletes are also expected to put forth a reasonable effort and display good sportsmanship at all times.  Swearing, foul language or obscene gestures will not be tolerated.  Athletes are expected to treat all coaches, teammates and officials with respect.  Harassment or hazing of any kind is **not acceptable** and will result in immediate dismissal from the team.