

## Team Expectations:

1. Attend all practices... You may miss up to 2 practices if you are in another sport outside of school or have a doctor's appointment that conflicts with practice. Please make sure to notify the coaches in this case. With 2 unexcused missed practices, you will sit out a meet. With each missed practice after that, you will sit out the subsequent meet. Excused absences from school do not count towards this attendance policy.
2. Bring a positive attitude to every practice and come ready to participate. Practice schedule will be the same but meet times and schedules will differ. Stay tuned.
3. Respect yourselves, your teammates, your coaches AND their decisions AT ALL TIMES!
4. When coaches are talking... YOU are listening!
5. Athletes are to be in supervised areas at all times. At practice and at meets.
6. Do not touch others' property.
7. Respect other schools' property.
8. All school rules apply at practice and meets.

## Team Consequences:

1. Warning
2. Meet suspension
3. Removal from team... Violation of rules 3-8 may result in immediate removal.

## Other important information

- ❖ All athletes must have a current physical on file
- ❖ All athletes must pay a \$25 one time athletic fee and a \$50 program support fee per sport.
- ❖ All athletes must have online forms signed in order to participate.
- ❖ Athletes will not pay for uniforms. They will be rented from the school.
- ❖ Please purchase one tshirt for your athlete, all other apparel for the athlete and family is optional.

## Practice information

- Please bring the following items to practice everyday
  - Lots of water
  - Good running shoes
  - Athletic shorts and t-shirts. Tank tops (no spaghetti straps) will be accepted but no bare chests
  - Epi-pen or inhaler. Please make sure an “Authorization for self-carry” form has been filled out.
  - Watch
  - Towel
  - Healthy snack for after practice

## Parent Volunteers and Snacks for Meets

We will need parent volunteers to help make our home meets run smoothly. Here are some of those opportunities. Handing out Popsicle sticks to the runners as they cross the finish line, recording runners’ names at the finish, and timing,