

CROSS COUNTRY RULES AND POLICIES

1. On file in the office: Before you can practice, the following needs to be on file in the office: physical, insurance waiver (signed by the parent), and your sports fee paid.
2. When you become a part of the sports program at Sandwich Middle School you become a representative of the school, the community, your parents, the coach and most importantly, yourself. Please be polite and courteous at all times.
3. Any unexcused absence to practice will result in not starting the next meet. An unexcused absence to a meet will result in you being required to attend but not run in the following meet.
4. You must be passing EVERY class in order to participate in the meets. On each Monday the coach will be notified as to who has passed all classes the prior week. An athlete who fails a class will be ineligible for the week starting Monday and ending Sunday. You will be expected to dress for all meets and attend all practices that occur during any week you are ineligible.
5. Athletes are encouraged to ride the bus both to and from the away meets. However, an athlete will be allowed to ride back from meets with his/her parent(s). Parents must sign a transportation list prior to leaving with their child. Athletes may not ride with another athlete's parent.
6. Our first practice will be Aug. 25th, 2011 @ 3:00-4:30
7. Practice and meets will be held at the High School

RULES FOR CROSS COUNTRY MEETS

Athletes will need to have their uniform shirt and black shorts on before we leave school. Most races do not have any place to change. You should bring warm clothes because it is easy to remove extra clothes, but you cannot put on what you do not have with you. Do not forget your running shoes. If you have longhair bring several things to tie it back, as these tend to brake.

Some places we run at will not have a concession stand. You should bring water, juice, or sports drink for after you run. Do not drink pop before you run. It will cause stomach pain and can prevent you from doing your best. You may want to bring something healthy to eat after you run.

Athletes will ride to the meets as a team on the school bus.

Please remember that we are a team. Cheer for each other when you are not running. Only say polite things to athletes from other schools. You will be competing against many of them until you graduate from high school, so they may become good friends or college teammates.

Clean your uniform after every meet. Please use low heat or hang dry.

HAVE A GREAT SEASON BY DOING YOUR BEST.

COACH POLERA