

Reagan High School
XC Team Rules

1. While at school, conduct yourself according to class/school rules at all times.
2. Maintain your grades – **manage your time**.
3. Come to school – Do not accumulate absences.
4. Sportsmanship will be displayed at ALL times.
5. Not completing workouts = suspension/removal from the team.
6. Improper conduct at school/practice/meets = suspension/removal from the team.
7. Use of tobacco/vape products/alcohol/drugs = removal from the team.
8. Come prepared to workout everyday, running clothes, running shoes, sweats, etc.
9. Dress for the weather!!

Attendance Policy

1. Attendance at practices is mandatory.
2. Be at practice on time.
3. Communicate with a coach **BEFORE** you are to miss a practice. Only absences approved by the coach beforehand may be excused. Ex: Dr's appt, illness (not at school), test makeup/tutoring.
4. If you miss practice (**unexcused**) you will sit out the next competition.
5. Three (3) unexcused missed practices = removal from the team for the remainder of the season.

1. Varsity Letter Requirements

1. Attend practices without accumulating absences/lates
2. Qualify to compete at weekend invitationals (Regional team for XC top 8)
3. Adhere to team policies and expectations

Bell Rings at 3:40pm

Practice begins at 4:00pm.

No track athletes are allowed in the building/halls after 4:00pm.