

Reagan High School  
XC/Track 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 products/alcohol/drugs = removal from the team.
8. Come prepared to workout everyday, runningclothes, shoes, sweats, etc.
9. Dress for the weather!!

Attendance Policy

1. Attendance at practices (M-F) is mandatory.
2. Be at practice on time (on campus 4pm/off campus 4:10pm)
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, test makeup/tutoring
4. If you miss practice M-F (**unexcused**) you will be suspended from 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/tardies
2. Qualify to compete at weekend invitationals and conference championship top 7 and/or serve as alternate at regionals/state championship
3. Adhere to all team policies and expectations