

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, running clothes, running shoes, sweats, etc.
9. Dress for the weather!!

Attendance Policy

1. Attendance at practice (M-F) 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.
4. If you miss practice (**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/lates
2. Qualify to compete at weekend invitationals
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.