

Reagan High School
XC Team Expectations/Rules

Team Expectations

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. Good sportsmanship will be displayed at ALL times.
5. Give your best effort at every practice/event.
6. Help your team and teammates become better.

Team Rules

1. Do not cheat workouts
2. Conduct yourself properly at school/practices and competitions
3. Come prepared to practice every day, running clothes, running shoes, warmups
4. Follow team attendance policy
5. The use of tobacco/vape products/alcohol/drugs = removal from the team.

Failure to meet team expectations, or follow team rules, can result in suspension from team activities/practices and/or competitions. Continued issues will result in removal from the team.

Attendance Policy

This is a competitive high school team sport, not a club team. To participate on the team, we expect members to be in attendance.

1. Attendance at practices/competitions is required to be on the team.
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. Example of excused absences: Dr's appt, illness (not at school), test makeup/tutoring.
4. If you accumulate missed practices or have unexcused absences, you will sit out the next competition.

Accumulation of late arrivals/missed practices and/or competitions will result in removal from the team.

Varsity Letter Requirement

1. Follow attendance policy
2. Meet team expectations
3. Qualify to compete at weekend invitationals (Regional team for XC top 8)