**Tulpehocken Cross Country Rules**

**For our team to have a safe and successful season, we all need to be responsible for our actions. Here are our rules for the 2022 season.**

* **Attendance – One unexcused absence from practice will earn a verbal warning from your coaches. A second unexcused absence will result in missing the next meet. A third unexcused absence will result in dismissal from the team. An unexcused absence is when an athlete was at school and decided not to come to practice that day. An absence from school, doctor’s appointments, and certain other situations will be considered an excused absence depending on coach’s discretion. Please discuss these situations with coaches *in advance* so we know your absence in not unexcused. *Coaches should be notified through the team app so it can be recorded.***
* **All athletes should be signed up for the team app. There is website for athletes that do not have cell phones.**
* **If sending a coach a message on the team app, two adults must be included, a parent and coach, or both coaches.**
* **Be on time for practice. All athletes must be ready to run by 2:50. If you need to see a trainer make sure you meet with one immediately after school is over.**
* **Athletes must report any injuries to the coaches and the trainer.**
* **All athletes must wear proper running shoes and have a watch with a stopwatch feature.**
* **Conversations and language at practice needs to be appropriate. Also, no talking during drills, abs, planks, push-ups, etc.**
* **Athletes must bring long pants, long sleeves, and a warm up jacket to all meets.**
* **Safety: All athletes must run on the left side of the road, single file. Also, whenever a seatbelt is available all athletes must wear their seatbelts. No listening to music while running.**
* **If an athlete is caught breaking any safety rules, walking, or messing around during a run, they will be prohibited from running on the roads.**
* **Cells phones should be put away during practice. Ask permission if you need to use your phone.**
* **If an athlete is caught not following the assigned training for the day, example walking or hiding, they will run extra.**
* **Lastly, you are representing our school and our sport. We ask you to keep a positive attitude, be respectful to coaches, athletes, opposing teams, and *act responsibly*. Failure to behave responsibly, especially at away meets or invitations while you are representing our sport and school, may result in missing meets or losing varsity positions.**