

SMS Cross Country
Rules and Procedures

- **BE RESPECTFUL**
 - To your coaches
 - To your teammates
 - To your teachers
 - To your parents

- **ATTENDANCE**
 - 1-2 unexcused absences will result in missing meets
 - 3rd unexcused absent will result in DISMISSAL FROM THE TEAM
 - Doctor notes must be brought in for excused medical absences.

- **GIVE 100% EFFORT**
 - Always try your best
 - Make others around you better

- **Never Run Alone!!**

- **Practice Time**
 - 3:10pm-4:45pm (*A-Group sometimes 5pm*)
 - Report to gym before 3:10 (PUSH-UPS AFTER)
 - PLEASE PICKUP AT 4:45!!

- **Eligibility**
 - Remember you are a STUDENT FIRST!
 - Do your work and make sure it gets turned in on time.
 - Cross Country will never be an excuse for not completing your assignments.
 - 1 F = ineligible for that week Monday- Sunday.
 - You are still expected to practice with the team, but you may not participate in any meets that week.
 - Continued ineligibility may result in dismissal from the cross country team.