

Allen Cross Country Expectations – 2017 - '18

1. Be committed, respectful and loyal to yourself, your teammates and your coaches.
2. Be prepared for workout every day:
 - dress according to weather conditions
 - heart rate monitor
 - running journal
3. Jewelry is not allowed at practices or meets (this includes earrings, rings, body piercings)
4. Maintain good training procedures including: proper nutrition, hydration, rest, and injury management.
5. Report **ALL** injuries to Coach Trent for referral to the trainers. You need to let Coach Trent and the trainers know you are injured before you go to the doctor.
6. Attend and participate in **ALL** practices, team meetings, and meets, including those scheduled on school holidays. Athletes are not excused for work, hair appointments, etc. If you miss a workout for any reason, you must email Coach Trent at: kirk_trent@allenisd.org explaining the reason, prior to the absence. If you miss 1 practice during the week, you will not be able to run on Varsity that week. If you miss two or more practices in a week, you will not be able to run in that week's meet.
7. Athletes must participate in a minimum of 14 mandatory practices before they can compete in a meet.
8. Doctor's appointments should be made after school (not during cross country practice).
9. Report to practices and meets on time. You will be expected to report to practice 15 minutes prior the practice start time.
10. Athletes are required to pass all classes. If an athlete fails 2 consecutive grading periods, they can be removed from the cross country program.
11. **Tutorials are allowed after school only.** If an athlete has below a 70 on a progress report or report card, that athlete will be subject to the Athletic Tutorial Program.
12. Athletes should demonstrate exceptional behavior in the classroom as well as in the athletic realm.
13. Properly care for all equipment loaned to athletes. Missing or destroyed equipment will have to be paid for by the athlete.

Failure to meet the team expectations may result in disciplinary action including, but not limited to: physical reminders (i.e. push-ups, crunches, and burpies) suspension from meets and or removal from the team. Coach Trent reserves the right to suspend/remove any team member for any action he considers inappropriate or detrimental to the team.

If a team member has a conflict with any other school activity, the athlete, the school sponsor for that activity, and Coach Trent will discuss the situation and come up with a compromise. If there is a conflict with an outside school activity, Cross Country will take priority. Coach Trent will make the final decision as it affects the Cross Country program.