

Allen Cross Country

Tutorial Consequences 2017-18

First Offense - 25 Push Ups
50 Sit Ups
1 Minute of "Monkey Drills"
"Monkey Drill" – Deep squat shuffle with hand slaps on the ground

*Consequences will be taken care of **after** practice*

Second Offense - 2 X 25 Push Ups
2 X 50 Sit Ups
2 X 1 Minute of "Monkey Drills"

*Consequences will be taken care of **after** practice*

Third Offense - Miss 1 meet