

## **CONROE BOYS TRACK & CROSS COUNTRY POLICY**

### **Grooming**

Dress for competition in town or out of town. Dress Neatly.

### **Practices**

1. Late for practice: Extra Conditioning
2. Miss Practice unexcused: Extra conditioning and subject to suspension from competition
3. 5 unexcused absences from practice: Extra conditioning, suspension from competition and subject to suspension from Team
4. Leaving practice without permission. Extra conditioning and subject to suspension from competition.
5. Injuries. All injuries must be reported to coaches and trainers. Must see trainers and bring return to play note from doctor or trainers. Failure to do so will result in suspension from practice and competition.

### **Locker Room and Weight Room**

1. Horseplaying in locker room or weight room. Extra conditioning and subject to suspension from competition
2. Misuse of Equipment: Extra conditioning and subject to suspension from competition

### **Grades**

1. Grades will be checked every week.
2. An athlete who has a grade below 75 must attend tutorials.
3. Failing at UIL checkpoints. Per UIL No Pass No Play

### **Behavior**

1. ISS or OSS for misbehaving in class or tutorials or fighting: Extra conditioning and subject to suspension from competition.
2. Stealing: Make amends plus extra conditioning and suspension from competition or Suspended from the Team

### **Alcohol, Tobacco, and Drugs**

**Use or possession of illegal drugs- Student Handbook Discipline Guidelines plus extra condition.**

**Not responsible for any electronics brought to practice or competitions.**

**Do not do anything that will embarrass your team, your school, your family, or yourself.**

**I have read the above policy and understand that issues or situations may occur that are not specifically stated above. I understand those issues or situations will be addressed on a case-by-case basis. I understand I must abide by the Conroe Boys Track & Cross Country Policy to be a member of the Conroe Boys Track & Cross Country Team.**

**Athlete: \_\_\_\_\_ Date: \_\_\_\_\_**

**Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_**