

# DAILY AND RACE DAY REQUIREMENTS

## Practice:

The first two to three weeks of school we will hold practice from 5:00 PM to 7:00 PM (M-Th) (Friday's at 2:30 PM)

- After school practice: The first 15 minutes of the class will be used for changing and getting to our meeting location. Practices will generally run from 90 minutes to two hours. Attendance is required for all athletes who are at school during the day, including those who are injured or slightly ill. All athletes must dress out even if injured or ill.
- **Notify Coach Peters IN ADVANCE OF PRACTICE if you will be absent, or if ill or injured, notify Coach Peters before practice starts. Email is the best method. This policy is similar to the absence policies of most companies of the work-world. Failure to notify before practice of intended non-participation will result in the loss of competition at our next meet.**

All absences or days of non-participation, other than doctor's excused illnesses/injuries, will be deducted from varsity letter eligibility. Please schedule doctor/dentist appointments around our posted practice times, **as such appointments will be deducted. Should a doctor's note restricting practice be attainable, it must be submitted within one week of missed practice in order to clear attendance deductions on the varsity letter program. After one week, a doctor's note will not clear absences for attaining letter points.**

Bad Weather will not cancel practice. The coaching staff will cancel practice. If it is excessively smoggy or raining hard, practice will be modified to accommodate. Modification of practice may include postponing the start of practice to 6:00 PM, after our three week late start period.

## Races:

The coaching staff determines the "varsity lineup" on a weekly, race-by-race basis. The varsity seven each week will be chosen and announced prior to race day based on a variety of factors, including previous times, attendance and "varsity-level effort" at practice during the week (or specifically a lack of it), attitude, long-term team strategy, illness/injury, varsity "exposure" and other unforeseen issues.

- All athletes are expected to race on race day unless injured or sick. Attendance at all meets is expected as well unless the athlete is being disciplined for attendance or effort-related issues
- All athletes must wear the school issued sweats to and from meets. Individual sweats of school colors are NOT allowed. Civilian clothes are not permitted traveling to or from meets. **Athletes must wear the "Meet Day Team Shirt" while on the bus and at all times (outside of racing) at meets.**

All athletes must travel to and from a race on the school bus or coach-organized transportation. NO ONE IS ALLOWED TO LEAVE A MEET EARLY.

## Athletic-PE Grading Policy:

- Attendance and effort are weighted at 50% and 50% of your semester grade. Athletes are graded daily on both accounts and the grades are averaged to form your semester grade.
- "A's" are not automatic for simple membership on the team.