

Coronado XC Rules

1. Team Rules
 - a. All practices are mandatory. Only those who seek approval in advance will have practice excused. Please schedule all appointments after practice.
 - b. All school rules apply
 - c. Failure to comply will result in removal from team
 - d. Must be in class **all** day to practice or compete

2. Practice times – everyday right after school in room 917. Be ready by 1:30. I will try some morning practices this year as well so be on time so everyone can get to school on time. If you need to see a teacher about grades, come and tell me first.

3. Behavior Guidelines
 - a. Sportsmanship
 - I expect everyone to be courteous and respectful to all teams and coaches.
 - I expect everyone to cheer on their own team and other teams
 - I expect everyone to try their best

 - b. Behavior
 - Follow all school and team rules
 - No one is to say anything to other teams that is not positive
 - Any forms of Hazing will result in removal from team
 - Everyone is to clean up after a meet
 - No posting of anything on social media about other teams

4. Letter criteria – top seven earn a letter. These are the seven who run in the regional meet.

5. Schedule – on line

6. HB – top 24 boys and girls go.

7. No Road Races **during the XC Season**

8. Parents must see me to sign out their child at an event if they are not taking the bus home.

9. Please pick your child up right after the bus returns to school.

Parent Signature _____

Student Signature _____

Student Name Printed _____