

## ***Expectations & Guidelines***

### **Practice Time**

Practice begins at 2:00 pm, dressed out, ready to warm up – rain or shine. We will often run a warm-up jog of a few laps followed by the stretching routine as directed by the captains. Practice usually lasts until 4:00 pm. Since consistency is vital, please schedule all appointments around this block of time. Please notify a coach well in advance if you must miss a practice or meet.

### **Dressing Out**

All athletes must be dressed out. If you are healthy enough to come to school, you are healthy enough to do some form of workout. Those who are injured or cannot run for any reason will be doing an alternate workout after conferring with coaches. Athletes who need to go home due to extreme illness must go through the Health Office.

### **Off Campus Running**

This is a privilege. To ensure the safety of the runners, maintain the integrity of our group, and to retain this privilege, the following procedure must be followed:

1. At the end of the stretching the coaches will describe the route and the day's activities.
2. Begin running as a group and embark upon the designated route.
3. There shall be only one exact route on any given day so that all athletes can be accounted for. If athletes need to return to school due to an emergency, they are required to follow the designated route.

### **Non-School Day Training**

All runners are to complete prescribed training on non-school days. These activities will be individualized for those who are injured. Sundays, by CIF rule, are on your own. For optimal results, it is imperative that each athlete follow these instructions and inform the coaches immediately when they do not. Coaches can help you train properly only when they know exactly what you have been doing.