

Rules/ Regulations

Top 10 Steps to Success

Academics is a must...athletics is a choice!

- 1 Respect yourself, peers, and above all the coaching staff.
- 2 Arrive to practice and meets prepared to run.
- 3 Always remember that elite athletes arrive early and stay late...something to think about.
- 4 Eat a well-balanced meal on a daily basis. Twinkies, honey buns, Doritos, soda, and other fatten products are not well-balanced meals.
- 5 Ask questions when you have second thoughts regarding information given out at practice.
- 6 Practice is mandatory...not an option. If you feel the need to make practice 50% of the time, then just stay home.
- 7 If for any reason you are going to miss practice or be excessively late on several days, you **MUST** notify a coach prior to that day. If you cannot verbally speak with a coach, please leave a note under Coach Rose's door in school. *We will no longer accept verbal information from your teammates.* It is your responsibility as a young adult to represent yourself.
- 8 Please show sportsmanship during practice times and at meets.
- 9 Communicate effectively with the coaching staff regarding your injuries. If you are injured then state that. There is a difference between being injured and having normal running aches that every athlete will have to fight through.
- 10 **STOP WHINNING...RUN FAST... RUN LONG...BE COMPETITIVE...**

HAVE FUN!

Practice Schedule/ Meet Schedule

Monday	4:30pm-6:30pm
Tuesday	4:30pm-6:30pm
Wednesday	4:30pm-6:30pm
Thursday	4:30pm-6:30pm
Friday	4:30pm-6:00pm
*Saturday	TBA

*AM Practices will also be scheduled...

*Practice may end earlier than the designated time posted. Be prepared to stay until 6:30pm unless stated differently.

Equipment

All athletes should make sure that they have the following equipment in order to have a productive season.

- Proper running shoes- ask for recommendations if you are not sure
- Competition spikes- specific to event
- Training watch- recommended but not necessary
- Personal hygiene supplies on hand
- Practice clothing, sweats, extra socks, tights, shirts, and sports bras
- C.H. Flowers competition uniform will be distributed to travel team
- **Flowers Spirit Pack**- Warm Up Suit, Backpack Pouch, T-Shirt \$75-\$80
- A strong mind, a fierce heart, and the will to overcome the challenges of a tough practice regimen.

2.0 GPA/Physical examination/ Parent permission slips

Minimum 2.0 G.P.A. in the marking period previous the competition season and marking period during the sport season.

Physical examinations and parent permission slips all have to be turned in ASAP students will not be permitted to practice or compete if paper work is not on file with the coaching staff. (Nov. 14th). Please make an extra effort to contact the doctor's office to have the physician fill out the form. If your child was recently in for a visit but did not have the doctor complete the form, just take the form back and have them fill it out and sign off on it.

If any athlete has exercised induced asthma or serious allergies, please inform the coaching staff in advance. You will be required to bring an extra inhalant to be left on school/ practice premises.