

Any of the Following May Result in Suspension or Removal from the Track Roster

1. Showing up to practice late.
2. Leaving practice early.
3. Missing practice entirely, excused or unexcused (unless absent from school for entire day).
4. Missing the daily 3:30 Lower Commons Team Meeting.
5. Showing up late to a Meet.
6. Leaving a Meet early.
7. Missing a Meet, excused or unexcused (unless absent from school for entire day).
8. Speaking disrespectfully to any coach or teammate.
9. Disrespecting or misusing team equipment.
10. Coming to practice or a meet unprepared, (no equipment, uniform, shoes...)
11. Hiding, away from the coach (in the shed, bathroom, etc) to avoid doing practice reps.
12. Misusing equipment in a manner that could endanger coaches or teammates.
13. Not completing duties that have been assigned to you by a coach at meets or practice.
14. Using an iPod or cell phone during practice.
15. Not completing the requirements for practice on any given day.
16. Dressing in non-athletic attire for practice.
17. Vandalizing, destroying, or in any way damaging equipment (team or teammate).
18. Using Profanity at any point during practice or meets.
19. Directing inappropriate comments toward any members of a female sports team.
20. Not participating in required team activities.