Welcome to another great season of TMS cross-country!

Practice starts on Monday, August 24th this year, and we will run our first meet on Sept 3rd. Practices will be every day after school from 4:00 to 5:30pm.

**Expectations:**
1. Be prepared for ANY type of weather. It’s a good idea to have a gym bag stocked with all types of gear for Colorado’s fast-changing weather (hats, gloves, etc.).
2. Unexcused absences will result in the athlete NOT competing in the next Cross Country meet. Email, call, have the school deliver a message to make sure we know if/why you will be out (having a friend deliver a message does not make the absence excused).
3. BE ON TIME! Practice begins with captains out on the field warming the team up at 4:10.
4. Practice will end at 5:30. Make sure you know how you are getting home!
5. TMS Cross Country is a TEAM sport! Practice and competitions will be conducted as a team.
6. Be ready to put your full effort into the workouts and the meets.

**Meets:**
1. You must be in attendance of your online classes on the day of the meet to participate.
2. **There will be NO RETURN TRIPS for district meets. Students need to be picked up by their own parent or guardian from every match OR complete paperwork for their child to be transported by a different parent from every match or meet.**
3. The team area will follow the “Leave No Trace” philosophy. As a team, we help each other keep our area clean.
4. All uniforms or equipment are the responsibility of the participant (make sure you wear your uniform on race day or you will not be running in the meet).

*Personal Conduct:* Any personal/physical misconduct on school property before or after school hours (including practice times) will result in not only punishment from TMS, but parents will be notified and consequences will be determined by the coaches and athletic director. The team follows the district policy for ineligibility based on Work Habits scores.