

# **2018 TMS XC Rules and Policies**

Coach Schreiner

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(401)338-3459

## **Practice Schedule:**

Athletes practice on Monday, Wednesday and Thursday. Students are dismissed from their home room to the locker room to change after announcements and second bus run has been made.

Practice is held from 2:35- 3:35.

## **Cancellation of Practice:**

Unless there is a notice, email or phone call home, athletes are expected to be at practice! **If not attending, an email or note must be given to Coach Schreiner prior to practice.**

I have alternative workouts planned on rainy days.

## **Proper Dress:**

Athletes should have clothing to change into after school. Pack all the necessary gear: sweatshirt, sweatpants, t-shirt, socks and proper running sneakers. (see tips on running shoes)

## **Water:**

Kids don't drink enough of it! Make sure athletes bring plenty to school and meets. Don't stop there, encourage your athlete to drink it at home as well.

## **Stretching:**

Stretching is the most important part of the workout. We warm-up, stretch, workout and stretch again. Encourage your athlete to do the same at home.

## **Off Days:**

Generally we work out three days a week and compete one day. I encourage athletes to run at least one more days on their own. Parents/ guardians should encourage this (or even go with them)!

**Meets:**

Schedule is available. Meets generally start a ½ hour after the last team arrives. That generally means that meets begin at 4 and generally run an hour and a half plus. The bus returning to TMS varies in arrival time. Please be aware of this and be in contact with your student athlete. I can also be reached @ (401)338-3459.

There will be a designated sign out sheet at each meet to sign your child out if you are taking them by car. If you plan on having someone else pick up your child a note must accompany your child and be turned in prior to the meet. No note means no ride—NO EXCEPTIONS!

**Conduct and Behavior:**

For many, X-Country is the first sport that they have ever participated in.

Always be positive to one another and encourage one another to do your best! You are here to improve yourself and support one another.

Lastly, being part of a team is a privilege. You represent Tiverton Schools, your team, your coach, your family and most importantly yourself.

Have fun..... RUN!