

What You Need

1. Good Running Shoes (typically around \$120)
- We get 10% off at Big Peach in Suwanee Town Center
2. Running watch (doesn't have to be fancy)
- Just needs a basic stopwatch function. Timex is a great brand.
3. Clothes to run in
- Shorts, sweats (for under 65 degrees), running socks

Uniforms: Every athlete needs a uniform.
Same as last year. Cost is about \$80 total for top/shorts.

Order for uniforms will be early July. (We'll communicate)

Sweats / Spirit Wear: Every athlete needs a pair of PRHS XC sweats. We'll also have other team spirit wear items available for athletes and parents.

Spirit wear order will be early August. (We'll communicate)

Dues: \$250 per athlete

Dues cover things like meet entry fees, costs for meets we host and our banquet, and other team expenses. Athletes also receive a team shirt.

Multiple athlete discount: \$25 off each additional athlete
2nd athlete: \$225, 3rd athlete: \$200, etc.

Sponsorships

If you help find a team sponsor, it will reduce your Booster Club dues!

- Get a Bronze (\$50) sponsorship, take \$12.50 off your dues!
- Get a Silver (\$100) sponsorship, take \$25 off your dues!
- Get a Gold (\$200) sponsorship, take \$50 off your dues!
- Get a Platinum (\$300) sponsorship, take \$75 off your dues!

This applies for EACH sponsorship you get, so you can get multiple sponsorships!

*If you have financial hardship or extenuating circumstances, please talk to our coaches or booster club. We can figure out a way for your child to participate.

Lettering Requirements

1. By time

	Boys	Girls
Freshman or 1st year sophomore	Sub-19:30	Sub-22:30
Sophomore or 1st year junior	Sub-19:00	Sub-22:00
Junior or 1st year senior	Sub-18:30	Sub-21:30
Senior	Sub-18:00	Sub-21:00

2. Race top 7 at Region or State

3. Member on team for 3 consecutive years

Attendance Policy

To get the most out of this, you must show up consistently. Being on this team is optional. Practices and meets are not.

Starting July 31st: **Each runner gets up to 3 unexcused absences/tardies**

- 1st Offense - Stadiums, cleanup, or some other chore
- 2nd - Same as 1st, and can't run next meet
- 3rd - Can't run a meet until you're at 5 practices in a row

Unexcused Absence/tardy: coach calls roll and has no idea where you are or you are absent due to an invalid reason

Examples: working on homework/paper/project, at work or a club (see below), sickness that did not prevent you from going to school, sore or injured (you still come to practice), no ride (we'll find you one!)

Excused Absence Examples: making up work with a teacher (come straight to practice and bring a note), drivers license, doctor's appointment

If you are going to be absent: athlete AND parent must notify a coach in writing (as soon in advance as possible)

- You are still expected to run the full workout on your own that day.
- Wednesdays and Fridays are typically our recovery days, so those are good options for appointments, makeup, etc.

Job - If you plan on working please talk to a coach beforehand to set expectations. **Your job cannot require you to miss more than 1 practice a week.**

Club - Cannot require you to miss more than 1 practice every other week. If this is an issue, talk to coach.

Dual Sport - If you are doing another sport at the same time, we need to discuss expectations before and during the season.

Team Rules

1. Smoking, Drinking, Drugs—1st offense-1 meet suspension. 2nd offense-dismissal
2. **All runners should be dressed out for practice at the beginning of our meeting. No exceptions!**
3. All School rules should be followed at all times, including outside of practice/meets. **Runners also should be appropriate on social media and not reflect the team or themselves in a negative manner.**
4. Runners should be respectful of coaches at all times. This includes not being on your phone or talking during team meetings, not ignoring a coach, and/or not following instructions. **A pattern of not following directions is considered a behavior problem.**
5. Runners should always give their best effort in all that they do. This includes all parts of practice, *running* their entire mileage, how they treat their teammates, their attitude, and how they conduct themselves outside of practice.

*Situations may arise which are not covered by these rules. In these situations, coaches will decide, as a staff, what action to take, and will consult with parents if the situation warrants it. If school rules have been broken, the administration will give their consequences, and then coaches will give additional consequences as they see fit.

Consequences for rules violations:

- 1st offense-warning, possible chores-based repercussions such as trash pick up, stadiums, or arriving early/staying late to pack up before/after meets, etc.
- 2nd offense-miss the next meet
- 3rd offense- dismissal from the team, and will not receive a letter if you are eligible for one