

CONROE BOYS TRACK & FIELD RULES

- **Grooming**
Dress for track meets in town or out of town. Dress Neatly.

- **Practices**
Late for practice (50 Burpees) Miss Practice **without Notification** subject to not run **that week and (50 Burpees)**.
Never leave the field without permission under any circumstances.
Injuries- Dress in athletic uniform. Stay with Group and learn or encourage.

- **Field House and Weight Room**
 1. Keep all equipment and lockers clean always.
 2. Misuse of Equipment: Punishment will be determined.

- **Grades**
 1. Grades will be checked every two weeks.
 2. An athlete who has below 75 must attend tutorials.

- **Behavior**
 1. In-School Suspension or Misbehaving in class or tutorials.
(100 Burpees and subject to track meet suspensions)
 2. Stealing (**Make amends plus burpees or Suspended from the Team**)
 3. Profanity (50 Burpees)

- **Alcohol, Tobacco, and Drugs**
Use or possession of illegal drugs-Athletic Department Discipline Guidelines Policy.

Not responsible for any electronics brought to Track & Field.

Do not do anything that will embarrass your team, your school, your family, or yourself.

I have read the above rules and understand that I must abide by them to be a member of the Conroe Boys Track & Field Team.

Athlete: _____ Date: _____

Parent/Guardian _____ Date _____