

# **Montrose Cross Country - Team Handbook**

## **Attendance**

- **Before school starts make sure you know when practice starts and the date.**
- **Practice starts and ends in the Senior Parking Lot at MHS.**
- **Practice starts at 4:00pm Monday – Friday once school starts.**
- **Practice ends around 6:30pm or when we are finished with the workouts.**
- **If an athlete misses practice they will not travel to the meet scheduled for that week.**
- **If an athlete is going to miss practice they will need to contact Coach Simpson before 4:00 PM.**
- **Three (3) absences from practice will cause the athlete to be dismissed from the team.**
- **Attendance at meets is mandatory. This is the reason we train all week. An athlete will be excused from a meet only in extreme circumstances, such as a death in the family.**
- **If an athlete misses a meet they may not be eligible for a varsity letter. This will be dealt with per situation.**