

Montrose Cross Country - Team Handbook

Practice Times & Requirements

- **Practice starts at 8:00am the first week before school starts.**
- **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 you miss practice you will not travel to the meet that week.***
- **Items for practice: Wrist watch for timing workouts, good shoes, shorts, T-shirt, warm clothes as the Fall Season approaches.**
- **Absolutely No Cell Phone Between 4pm And The End Of Practice!**

Inclement Weather & Lighting

- **Cold Weather: We will practice, no matter the weather conditions. Make sure you have a sweatshirt, hat, and gloves, as it may be nice in the morning and cold in the afternoon.**
- **Lightning: At anytime you feel threatened by lightning; you should take cover and wait for the bus to pick you up.**
- **Lightning: If you are in an open area with no cover, you should place your feet approximately 4” apart, keep your heels on the ground, squat down while wrapping your arms around your legs.**
- **Lightning: If you see a lightning bolt and hear the thunder in less than 10 seconds, you are in danger and should take appropriate action to protect yourself from possible harm.**

Safety, People, Animals, Insects, & Medical Conditions

- **Be aware of your surroundings! It is always a good idea to run with someone or in a group. Two or more runners present a harder target for something to go wrong.**
- **The coaching staff will provide insect repellent.**
- **If you have a medical condition, please talk to the head coach. We want to be proactive and prepared for what we might face throughout the season.**
- **Traffic & Traffic Lights: We always cross and stop at traffic lights. Whenever possible run facing oncoming traffic. It is better to look at the driver to make sure they see you on the side of the road.**