

Montrose Cross Country - Team Handbook

Travel To And From Competition

- **The team will travel to the meet together. We will leave from the Senior Parking Lot at MHS for each meet.**
- **Know when the bus leaves or it will without you. If you miss the bus your parent / guardian must drive you to the meet and drive you home. If you arrive with someone else, you will not be allowed to participate for any reason.**
- **Injured athletes will not travel to meets unless there is a specific job they can do at the meet. They will not travel to be a spectator.**
- **Post competition: After the meet is over, athletes will finish their cool down run, and awards have been handed out, then a parent / guardian may sign their son or daughter out to travel home with them.**
- **If an athlete plans to travel home with someone other than their parent / guardian they must have permission from the Athletic Director before the Head coach leaves for the meet. Each parent must bring a signed note to the MHS Athletic Office, meet with the Athletic Director, and then the Head coach will be notified of the approval.**
- **NOTE: Do not run beside a racing athlete. You cannot touch a racing athlete for any reason. You cannot give aid to a racing athlete. All of these actions would be grounds for disqualification of the athlete running.**

Uniforms

- **Uniforms will be checked out to each athlete. Athletes are responsible for the care and replacement of any items missing or damaged, at the end of the season.**
- **Athletes must wear school issued uniforms only.**
- **Undergarments must be of one solid color, including the stitching.**
- **EVERYONE MUST LOOK THE SAME! CHECK WITH COACH'S CONCERNING COMPRESION SHORTS OR OTHER UNDERGARMENTS!**