



SHREINER ATHLETICS

2010 Cross Country Schedule

St. Martins September 9th 4:00-5:45pm(DUAL MEET Cochran Shoals) Leaving from Shreiner @ 4pm.

St. Martins: September 28th 4:00pm Leaving from Shreiner @ 3:30

October 9th 10th Annual Cobb Country Make-A-Wish 5K Run

Wesleyan Meet: October 14 (TIME TBA)

Pace Meet: (DUAL MEET TIME TBA)

STATE REGIONAL CHAMPIONSHIPS TIME AND DATE (TBA)

Season starts on Monday, August 23rd.

Practice is held Monday through Thursday from 4:30-5:15pm.

Meet outside the PAC building on time.

A team singlet will be issued as a uniform.

Students may purchase a team t-shirt if desired.

Team Requirements:

1. Because we have such a short season (and no Friday practice), attendance is mandatory for ALL practices. Only three excused absences for any reason will be permitted.

This does not include meets.

This does not include other prior commitments such as karate or piano lessons. However please notify Coach Tulloch about your prior commitments.

2. Attendance at ALL meets is mandatory. If you know in

advance that you cannot attend all of competitions, please consider if you have time to commit to participating in cross country this fall.

3. Students must be on time and appropriately dressed to run. T-shirts, athletic shorts, socks, and running shoes are required.

4. Students are required to bring a water bottle to practice every day. It is hot in the afternoon!

5. Students must use the restroom before practice begins.

6. Students must ride the van to all weekday meets. They may go home with a parent if the parent speaks to a coach before leaving the meet.

7. More than three absences at practice and absences at any meets could lead to dismissal from the team. This is a no-cut sport, which means we love working with you if you are fast, or not so fast! We value your best effort, and a commitment to the team. Those who are dedicated to the team (regardless of ability) will be the ones who participate.

Questions? Please contact Coach Tulloch @

billytulloch@shreiner.com

By signing this commitment letter I agree to give my best effort as an individual and to the team. I understand that I represent Shreiner Academy, and that I will follow all rules found in the parent and student handbook.

Student Signature: _____