

**Indian Peaks Running
Winter Conditioning 2013
Athlete Expectations and Rules**

1. All athletes will contact Coach Jen Lavelly in person, by phone, 303-475-3947, or e-mail, coach@peaktopeakxc.org if unable to attend practice. Please do so the day before if possible. Being at practice is very important!
2. All athletes will be expected to conduct themselves in the same manner as they would if representing their school. This includes a zero tolerance policy for drug/alcohol misuse.
3. All athletes will come to practice prepared – this includes proper running shoes, a watch, work-out gear, water bottle, sunscreen, hat/sunglasses, warm sweat pants and shirt, and a good attitude. It's winter in the mountains, so please dress for it! We will be outside AND inside most days, so gloves, mittens, something reflective and/or lights are good ideas!
4. Athletes will have their own form of transportation to and from practices and other club activities.
5. Athletes must communicate with their coach immediately about any injury or problems they're having with our conditioning regimen.
6. All athletes are expected to show good sportsmanship at all times.
7. Unexcused absences from practices may result in disciplinary action.
8. All athletes will maintain good grades in school. School work and performance comes first, which may mean missing practices and/or meets until grades are improved.
9. This is supposed to be fun. If it is not, then please speak with your coach. Running is a lifetime sport and this is just the beginning. Let's make it work for everyone who is interested.

Happy Winter Running!

Athlete name _____

Athlete Signature _____ Date _____

Parent/Guardian Name _____

Parent/Guardian Signature _____ Date _____