



<b>Cedar Rapids Kennedy Girls Track and Field</b>	<b>Practice Expectations</b>	
5-14-2019 Rev 0	Page 1 of 1	Doc: CRKG-004

### **1. Practice Expectations**

- a. Practice begins with a team meeting at 3:15pm in the South Gym Entrance
- b. Practice generally ends at 5:00pm
- c. Athletes are expected to attend practice regularly
- d. Excused absences must be kept to a minimum (Ex: After school make up, volunteer work, vacations, etc.). You must contact your coach prior to practice or it will be considered unexcused.
- e. Unexcused absences are not acceptable and will result in missing meet events. Be responsible and avoid these consequences.

### **2. Practice Clothing & Shoes**

- a. Athletes are expected to have appropriate practice clothing that meets both winter and spring weather conditions. Have both available to be prepared for indoor or outdoor workouts.
- b. Kennedy Team sweats and shorts should be worn. Team apparel is available for purchase in the early season, see coaches for more information.
- c. Proper training shoes should be worn during practice. Ask your coach if you are unsure of what shoe type

### **3. Practice Behavior Expectations**

- a. Athletes are expected to demonstrate good behavior during practice times to not disrupt the coaching staff or other athletes. Attitude is everything so bring your "A" game every day.
- b. Athletes not demonstrating acceptable behavior will be disciplined according to team policy.
- c. Promptness is required, so be on time for the 3:15pm team meeting. Notify your coach if you are going to be late. Having other athletes notify your coach is not acceptable and will result in an unexcused absence.