

Attendance

Attendance is mandatory starting Aug. 15 in 2011.

Parents must notify Coach Scott Smith via e-mail of any absences, ahead of time unless emergency, to be excused.

Each athlete must attend ten mandatory practices before he is eligible to run any meet (excused or unexcused absences).

Group Two and Three absences must be made up through attendance at two Morning Weight Liftings. Failure to make up the absence within one week makes that absence unexcused.

****August 15 to the End of the Season Attendance Policy****

Group One: Excused—Does not need to be made up.
No points subtracted.

1. Absent from school all day due to illness.
2. Special Church Function (ex: Confirmation or Baptism) involving the immediate family
3. Observance of a Holy Day or Sabbath
4. Required School Performance (Concert/Competition)
5. Wedding or funeral of an immediate family member.

Group Two: Excused—Need to be made up:

1. Doctor or Dentist Appointment (not on Thurs or Meets)
2. Special Family Functions (Please try to avoid conflicts)
3. School project/make up test (must be approved by Mr. Smith at least one day in advance—plan ahead)
4. Court Hearings
5. School Discipline

Group Three Unexcused—Need to be made up & missed meet

1. Employment absences
2. Driver's Education/Secretary of State
3. Vacation/Amusement Park except with his own family
4. Any absence where Coach Smith is not notified in advance by a parent e-mail of an eligible Group I or Group II absence, except in emergency.
5. Any Meet Day or Thursday absence except those in Group I.
6. Unexcused absence from any part of school day
7. Any Group II absence not made up within week.
8. Chronic Tardiness
9. Missed bus to a meet (can't run meet)

The athlete will be ineligible to run the next meet due to any Group Three Infraction. Athletes will be removed from the team on the third Group III infraction or if his points fall below 10,000.

Athletes more than 10 minutes late to a practice must attend one morning weight/cardio session. Failure to do so will result in an unexcused absence.

Athletes need to attend the entire school day to be eligible for practice or a meet. School absences due to medical or court appointments can be waived by the Athletic Director if he is notified ahead of time at teaganm@slcs.us

Rewards

Morning Weight Lifting		200 ea.
Athlete of the Week		200
Summer Evening Runs		200 ea.
Miles (June 1 – Aug 15)		30 ea.
	June 1-Aug. 31 as submitted online only	
300/500 mile club		3000/5000
	June 1-Aug. 31 as submitted online only	
Freshman 200		2000
	June 1-Aug. 31 as submitted online only	
First Card Marking...		
	3.0+	2000
	3.5+	3000
	4.0	5000
First Time	in career	or this year
Break 20:00	400	200
Break 19:00	600	300
Break 18:00	1000	500
Break 17:00	2000	1000
Break 16:00	4000	2000
Break 15:00	10,000	5000
Camp		1000
Community Service in		
CC Shirt w/ electronic picture		500
Summer Road Races		200
	Plus 100 points for each team	
	Member who runs with you	

Add

Penalties

Missed practice		*300 Group II
		*3000 Group III
Missed Thursday Practice		*2000 Group II
	During dual meet season	*4000 Group III
Missed Meets		*2000 Group II
		*5000 Group III
Late to practice up to 5 mins		200
	5-10 minutes	500
*Late to meets		500
*Poor Driving		100 to 5000
*Improper Spirit Wear		1000/5000
*Poor sportsmanship		100 to 1000
*Violate Dress Code		1000 to 2000
*Poor Practice		200 to 1000+
*Improper Uniform		200 to 1000+
Interrupting a Speaker		200-1000+
*Disrespecting a Captain,		
	Coach, or Teammate	500-1000+
*Improper Speech		100-1000+
		*Might also lose racing privileges

Subtract