

“Excellence is born of preparation, dedication, focus and tenacity, compromise on any of these and you become average”

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All athletes need 10 practices prior to the first meet in order to participate.

Athletes must be present for at least 4 periods of the school day to participate in practices or meets.

Athletes need to attend **ALL** practices prior to meets to participate in the meets. The Coaches will make exceptions to this policy on a case-by-case basis. If your athlete is going to miss practice or a meet for any reason let us know ASAP via email. **ONCE SCHOOL BEGINS ATHLETES WILL BE ALLOWED TO MISS NO MORE THEN 4 PRACTICES** (not including days absent from school).

Any athlete late to practice must have a note from a teacher. (I will check with the teachers the following day)

Uniforms must be ordered for those who do not already have one from track, the cost is approximately 20.00 dollars from Eastbay. (Mrs. Denning placed a team order)
(The uniforms are the Eastbay brand orange and black, w/ “BETHLEHEM” on the front)

A monthly calendar will be sent home with the athletes. Practices will generally be at 3:00pm. Saturday Practices will generally be at 8 am.

The calendar will include bus departure times for meets and locations of invitationals. All athletes must take the bus to and from meets.

Interscholastic Athletic Handbook: Will be handed out Friday September 3rd and should be returned ASAP.