

## Track Boys

- For day meets you are to come to St. Bruno School and sign-in with your teachers.
- If you have assignments, tests etc. please take care of that before school.
- It will be a long day and it is advised that you eat breakfast at school
- As soon as the bell rings, we will pray and you will immediately board the St. Bruno bus. You will need to take your track stuff and book bags.
- It is recommended that you take homework to work on at the meets. You will have some downtime between events, so utilize your time wisely.
- Bring your lunch, plenty of drinks and snacks. Do not plan on a concession stand.
- Bring sunscreen. You will be exposed to the sun all day. You can get a burn even if it is cloudy.
- **Dress in layers.** The day can start out chilly, wet and cold. By the afternoon, it could get hot. You will be OUTSIDE ALL DAY. There will not be a place inside for you. Students need to be in uniform when they get on the bus at 8AM. Wear warm up, sweats, etc. on top of your uniform. There will be no locker rooms.
- Directions to the meet are to go to Herrin High School (700 N. 10th St). Go past it 1 mi. turn left and you can't miss it. It is by the football field.
- It is estimated that you will return to school before dismissal. If the Tamaroa bus returns to the Y by 2:30, the St. Bruno bus will be there to pick up the students and return them to St. Bruno. If not, parents in attendance will make a decision on transportation back to school. You must send a note giving another parent permission to transport your child if needed. Parents in attendance may sign their children out. See the Coach for the sign-out sheet.
- Athletes are asked to wear a tank top or t-shirt under their uniform tops and may wear black spandex shorts under the track shorts.
- Students are asked to be on their best behavior at the meets. Remember you are representing our school and church. You are to be in your **designated** area at all times and respect others personal space. Inappropriate behavior could result in a suspension or removal from the team. There will be no running back and forth to the bus, bathroom, etc. Students will use the facilities as needed with permission from an adult supervisor.
- Athletes must also abide by the student handbook policy for extra-curricular activities. See page 33 in the handbook. Handbooks can be viewed on the [stbrunoschool.com](http://stbrunoschool.com) website under the "our school" link.
- Cell phones will be given to the coach prior to arrival at the track meet. They will be returned upon departure from the meet. Athletes are not to ask others present at the meet to use their phones. The usage of DSs and ipods is permissible as long as they are being used appropriately to play games, etc. If it is found to be a problem, they will not be allowed either and will be treated like cell phones.
- Valuables should not be taken to the meets. There will be nowhere to secure them.
- Athletes are to follow directives of staff (and designated parents and volunteers). Coaches will settle any disputes.

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- Athletes are asked to wear a tank top under their uniform tops and may wear black spandex shorts under the track shorts.
- Students are asked to be on their best behavior at the meets. Remember you are representing our school and church. You are to be in your **designated** area at all times and respect others personal space. Inappropriate behavior could result in a suspension or removal from the team. There will be no running back and forth to the bus, bathroom, etc. Students will use the facilities as needed with permission from an adult supervisor.
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- Girls are to wear a sport bra and tank top under their track shirts. Undergarments are not to be seen. Makeup is not to be worn at track practices or meets.
- Cell phones will be given to the coach prior to arrival at the track meet. They will be returned upon departure from the meet. Athletes are not to ask others present at the meet to use their phones. The usage of DSs and ipods is permissible as long as they are being used appropriately to play games, etc. If it is found to be a problem, they will not be allowed either and will be treated like cell phones.
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