

Howards Grove Tigers

Cross Country

Attendance Guidelines

Attendance at all cross country practices and meets is expected. Consequences for missing either a practice or meet are outlined below.

Acceptable Absence

- County Fair
- Doctor Appointments that simply cannot be rescheduled
- Illness
- Family Emergency
- Other

Unacceptable Absence

- Drivers Education
- Job
- Doctor Appointments that can be rescheduled
- Other

First Absence – One free miss will be allowed without consequence

Second Absence – Consequence shall be to compete at the JV level for one meet

Third Absence – Consequence shall be to compete at the JV level for one meet **plus** be deducted one varsity letter point

Fourth Absence – Dismissal from the team

JV Athletes: Individuals already competing at the JV level will receive consequences as determined by their peers as a collective group. These consequences may involve carrying equipment to and from meets and/or picking up the locker room and weight room areas after practice. JV athletes will not be held out of participation from meets.

Special Note: As head coach, I reserve the right to discuss an athlete's attendance with the athletic director. Together, as coach and athletic director, we may decide to handle situations on a case-by-case basis. It may be decided to give consequences more or less rapidly than outlined above, depending on the circumstances involved.