

# **RANDOLPH GIRLS CROSS COUNTRY**

## **TRAINING RULES:**

1. You will need rest, 7 - 8 hours of sleep each night is recommended.
2. Eat properly, **YOU ARE WHAT YOU EAT**, avoid the junk food.
3. School work is number one, your grades should not suffer because you are out for a sport. If you need extra help see your instructors, if need extra time, see me.
4. Follow the Zero Tolerance Training Rules Policy.
5. All athletes are responsible for equipment that is issued to them. Lost equipment must be paid for by the athlete
6. Since you have signed up for Cross Country it is my responsibility to know where you are during the hours of practice. If you are going to be late or not here, I must know where you are.
7. Athletes should keep diaries of their workouts.
8. If you need to get in touch with me, you can reach me at the following numbers.

**Home-----973-895-6005**

**Fernbrook-----973-361-0660 X 216**

**Cell-----201-841-0566**