

CMR Track & Field- 2021

Rules and Expectations

Welcome to the 2021 CMR Track and Field season. As coaches, we look forward to working with you and helping you achieve your goals. Our program is dedicated to helping each individual student-athlete achieve success, but we are also a team. Our team-first mentality needs to be recognized by all members of our track and field family. Also, please keep the following items in mind.

-Make sure you are aware of training rules and other important information in the district handbook (access at www.gfps.k12.mt.us).

-Theft and vandalism will not be tolerated and may result in immediate dismissal from the team.

-Absolutely NO harassment, bullying, hazing, intimidation, discrimination etc. It may result in immediate dismissal from the team. We are a positive team/family that will display good sportsmanship and be there for each other.

-Remember that you represent our program, our school, your family and our community when we are practicing, competing and traveling.

-Please be aware of the following expectations:

1. Show up to every practice and meet ready and willing to work hard. If you need to miss something, you need to communicate with the coaching staff.
2. Our program will always be a class act! Good sportsmanship is important.
3. Listen to and trust your coaches.
4. Have fun! Participating in athletics should be enjoyable.

Once again, we are glad that you are in our program. Let's have a great season!