

# 2006-07 SC Rules

## **Dryland Practices:**

- You must have a pair of *athletic shoes* to wear in the weight room. No open toed shoes, sandals, Crocs, or moccasins are allowed.
- *No jeans* or dress pants are allowed. Wear a comfortable pair of shorts or athletic pants and a non restricting top.
- If you are more than *10 minutes* late to dryland practice you will run or ride the stationary bike for the remainder of the dryland practice.
- No one is allowed to lift more than the bar on any lift unless they are okayed by Coach Adam to add weight
- Work in groups of *two*, unless there is an uneven number. There may then be one group of three.
- *Always* have a spotter while lifting.

## **Sectional Group:**

- You must have a *running attendance average* of **5** days a week, plus **2** dryland practices a week. If you fall under this requirement you will be moved to the Senior group until your average rises back above the requirement.
- If you arrive *10 minutes* late or more to practice you may still practice, but the practice will not count towards your attendance. The same goes if you leave more than *10 minutes* before practice ends. If you are not in the water within 10 minutes of the start of practice you will have **100 push ups** before getting in.

Also **anyone** caught doing less than four dolphin kicks off any wall during freestyle, butterfly, or back will have a lap of streamline dolphin kick at the end of practice for each offence.

I have read and fully understand the rules above

Sign \_\_\_\_\_