

2018 Nike South Travel Expectations

While on this trip you are expected to represent our school, program, teammates and coaches. This is not a vacation, you are traveling on this trip to compete in one of the best cross country meets in the country. If you do not follow these guidelines and embarrass yourself, or the team, then you will not be permitted to represent our program and participate in Nike South in the future. Below are the behaviors and expectations that I have for each individual.

- Be respectful to the parents who volunteered to drive
- No cussing or inappropriate language/conversations
- Thank anyone who helps or serves you in restaurants, gas stations or at the hotel
- Treat the hotel and their accommodations as if it was at your own house – NO RUNNING IN HALLWAYS
- Be respectful to your roommates and their preparations for the meet
- Lights out at 10:00 AM
- Be polite to other teams and coaches
- Wear Plano East gear while on this trip
- Help parents and volunteers if they ask you to do something
- Be a great teammate

I expect this form to be turned into me by Thursday, November 15th. You and your parent signing this form is an agreement that you will uphold these simple standards.

_____ Student Signature

_____ Parent Signature