

CROSS COUNTRY/TRACK DISTANCE GROUP HALL PASS 2017

Please allow

**To use this hall pass as needed to accommodate the large amount
of fluids that are required prior to practice safely
as a Cougar Distance Runner
thanks**

ATHLETES

**Be responsible with this pass, use wisely and
only when absolutely necessary to accommodate your hydration and
bathroom needs. Teachers may revoke this privilege if they feel
you have not used it for its intended purpose.**

Please communicate with your coach if you have concerns

TEACHERS

Thanks for your cooperation in this health and safety matter

If you have an extra credit system tied to hall pass use

**Please provide this athlete with alternatives so their grade isn't
impacted by its use.**

**Ken Sayles Head Girls Cross Country Coach
kensayles@outlook.com**

**Matt Soto, Boys Head Cross Country Coach
Matt.soto@yahoo.com**

**Teachers feel free to contact us if you have concerns re individual
athletes**
