

**Newburgh Free Academy Boys Cross Country**  
**Athlete Code of Conduct/Team Rules**

- If you are sick or have an emergency that will cause you to be late for or miss practice, notify the coach as soon as possible.

**Jack Mager - Head Boys Coach**  
Vails Gate High Tech Magnet School  
(845) 563-7900 - School  
(845) 566-5111 - Home  
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- You must attend school to participate in a practice or in a meet. The Newburgh Enlarged City School District policy regarding cuts or absences and participation in athletic events will be strictly enforced. Cuts or absences not cleared within three days will result in a mandatory one meet suspension.
- Athletes that are continually late for practice or have excessive absences will be dismissed from the team. Students that are disciplined in any way by school officials may face a one meet or more suspension from the team, after their school punishment is complete. The length of the team suspension is entirely at the discretion of the coach.
- You are responsible for having the appropriate clothing to practice in. Be prepared for weather extremes (heat, cold, rain, snow, wind, etc.). **Do not wear any of your meet clothing for practice or during the day in school.**
- Protect and secure your belongings at all times. Do not wear jewelry at any time.
- No profanity, horseplay, hazing, or inappropriate behavior at any time.
- No public displays of affection during any official track activity.
- Be respectful of the coaches when they are speaking to the team. Be kind and courteous to all opposing athletes, coaches, and officials.
- You are responsible for all of your school issued equipment. Athletes that fail to return equipment at the end of the season or upon their dismissal from the team (voluntary or involuntary) will have their academic records impounded and will be billed for all missing equipment. A NECSD Misconduct Form may also be filed.
- Maintain good health habits. It is essential that you eat well and get plenty of sleep. No alcohol or drug use of any kind will be tolerated.
- Workouts should be completed as directed. Athletes should report to their coach if they were unable to finish the assigned workout for any reason
- Report all injuries to the coaching staff immediately.
- Schedules, results, and other important information can be found on our web site:

<http://www.nfatrack.com>