

Clovis Invitational final instructions to athletes and parents

Bag Guideline: One duffle or small carryon size bag.

What to wear on the Bus: Wear running clothes for your warm-up/pre-race. We will go straight to Woodward Park for course preview and pre-race. Very tight time schedule.

What to bring: Uniform, running clothes, warmups, shoes, running watch and socks for 2 runs for all weather. Casual comfortable clothes for the drive home. Clothes for dinner at the Old Spaghetti Factory. Sunscreen, Lip Balm, Bug Spray, Reusable Water Bottle, Toiletries, Feminine Products. Special medications (or general like Advil), iron supplement if you are taking them.

Parents: You are welcome to join us, but you will have to provide your own transportation and lodging.

Money: Bring money for 2 lunches and meet souvenirs. Bring at least \$25 as a general rule.

Waiver: Signed by a parent and/or guardian. Must be turned in by Friday Oct 5. The Waiver can be found on our team website.

Weather: Expecting extreme heat in the mid-90s and could be as high 80s during FS boy's race. Clovis will not shorten the course or cancel. HYDRATE, HYDRATE, HYDRATE!!

Meals: Breakfast will be provided by the hotel and dinner will be covered by the team. You are responsible for 2 lunches. Snacks and recovery will be provided by the team as well. Special diet, please contact **Coach Chai at 949-973-0703**

Remember this trip will be fun, but our main focus is to get experience on the State Meet Course. Please come ready to race HARD but SMART with a positive attitude!

Rules for ALL ATHLETES: We have not had any major issues in the past but...

- 1) All parents' chaperones on the trip have equal authority as the coaches.
- 2) 10:00 pm lights out!! **NO EXCEPTIONS. There will be room checks.**
- 3) You are to stay within the team hotel and may not leave. **NO EXCEPTIONS.**
- 4) You will not leave Woodward Park without adult supervision.
- 5) No visitation with the opposite gender without adult supervision.
- 6) In addition to team policy, you must follow all district overnight policies.
- 7) Additional rules may be added at any given time.
- 8) Violation of any rule may result in consequence for all athletes.

SHOW RESPECT TO OTHERS TO EARN THEIR RESPECT. REMEMBER THAT NOT ONLY ARE YOU RESPRESENTING ETXC BUT SVUSD AND THE CITY OF LAKE FOREST.

By signing below, **I understand that any violation may result in me getting sent home at any given hour of the day.** In this case, transportation home will be provided by the parent. As a parent, I will provide transportation home if my athlete is found to have violated any team/district policies.

Athlete: _____ Parent: _____ Ph: _____

Print Name/Date: _____ Print Name/Date: _____