## OPTIONAL

## YOU CAN BRING YOUR OWN SWEATS

## Stratford Track/X-Country Sweats Rules

- 1) Please only wear your sweats to practice and meets. Do not wear them in gym class, on weekends playing outside, or in school.
- 2) Please remember your sweat numbers, because sometimes your sweats may get in a pile with other sweats and you will have to find yours.
- 3) Always put your sweats in a gym bag or back pack when you are not using them at a meet. Sweats left unattended could be easily stolen. If you take them off right before a race, give them to a friend.
- 4) Never lend your sweats to someone else.
- 5) The replacement cost of the sweats if you lose or damage them is about \$30. We ask that you take care of them during the season when you are borrowing them, and at the conclusion of the season you return them <u>WASHED</u> and <u>DRIED</u>.
- 6) If you cannot abide by the above rules please do not check sweats out. You may bring your own sweats if you want.

I have read over the above rules regarding sweats and I understand and agree to follow the rules regarding the borrowing of the Track Sweats during the season.

Athlete	Grade sweat #
Parent Signature	Date