

EARLY MORNING PRACTICE INFORMATION

1. **Be on time.**
2. Practice uniforms for volleyball and basketball are **blue or grey P.E. uniforms only**.
3. Coaches will dismiss for showers in time for all students/athletes to shower and dress. **Use time wisely** so you will not be late for class. Tardiness to class will be unexcused.
4. You may bring your own towel or **pay .25 cents** to use a school towel. Please return **school towels** to coach so that they can be washed.
5. Showers have **soap/shampoo dispensers** for you to use. **If you bring your own soap or shampoo they must be in proper storage containers and stored in gym lockers or taken home.** Open bars of soaps will be thrown away. *Make sure soap and shampoo bottles are properly closed and stored.* If shower do not have soap in dispenser let your coach or Mrs. Tschirhart know and we will fill dispensers ASAP.
6. **Lockers** in locker rooms are for you to use. Report to Mrs. Tschirhart the locker number and you will be assigned a combination lock & number. We will keep your locker # and locker combination on file. You must use school issued locks. *Do not bring your own or they will removed.*
7. Take **all** your **dirty clothes** and **hangers** home.

Thank you for your cooperation and may God continue to bless you.