



LUMEN CHRISTI SPORTS TRAVEL RULES & CHECKLIST

1. WHILE YOU ARE AWAY: REPRESENTING LUMEN

When we travel as a team, it is important to dress and represent our school, faith, parents and coach. We will respect the school host and property at all times and we will be defined by our character. When we stay in hotels we will respect the property and behave in a manner that will not disturb other patrons. We will not leave school/hotel rooms messy and we will clean up after ourselves.

All meals will be team functions. We will always support our fellow Lumen teams and be in attendance as a team in the stands to support them while they are in play.

Lights out will be no later than midnight and may be sooner depending on game schedules. Coaches from each sport may adjust this for their teams. Coaches may make a choice to collect all electronics at 11pm (if they are an issue) and will return then by 8am. Parents will always be able to reach the coach on their cell should any emergencies arise during those hours.

Players will travel in the vehicles they are assigned to when travelling to away games. There may be times when a player does not travel with a parent when the parent is driving (*Example- coach will change who travels with him/her so they can have communication time with all players*). Players may travel home with parents as long as coach is aware of this in advance. Players may travel home with other players if they have written notice or coach has spoken to that player's parents in advance. Please note that the school and coach are responsible for your safety and these guidelines must be followed to assure the safety of each player.

2. PACKING FOR THE TRIP: CHECKLIST

- Both sets of uniforms
- Team bag
- Team sweat suit Or Travel Gear (Worn)
- Team warm up shirt
- Game shoes and socks (multiple socks)
- Additional clothes (pants, shirts, underwear, socks, etc.)
- Winter Coat
- Gloves & Hat (winter gear in case travel issues)
- Pillow
- Sleeping bag/mat/blankets
- Towel
- Hygiene supplies (shampoo, soap, deodorant, toothbrush/paste)
- Medical Supplies (prescription medicines, asthma inhalers, etc.)
- Glasses (contact lenses, cleaning fluid, etc.)
- Electronics (Phone, iPad, iPod, chargers, batteries)
- Money/Snacks (money for 3 meals per day, pack or buy snacks/drinks) (\$\$ for entertainment)
- Homework (Check with teachers ahead of time and bring all needed materials)