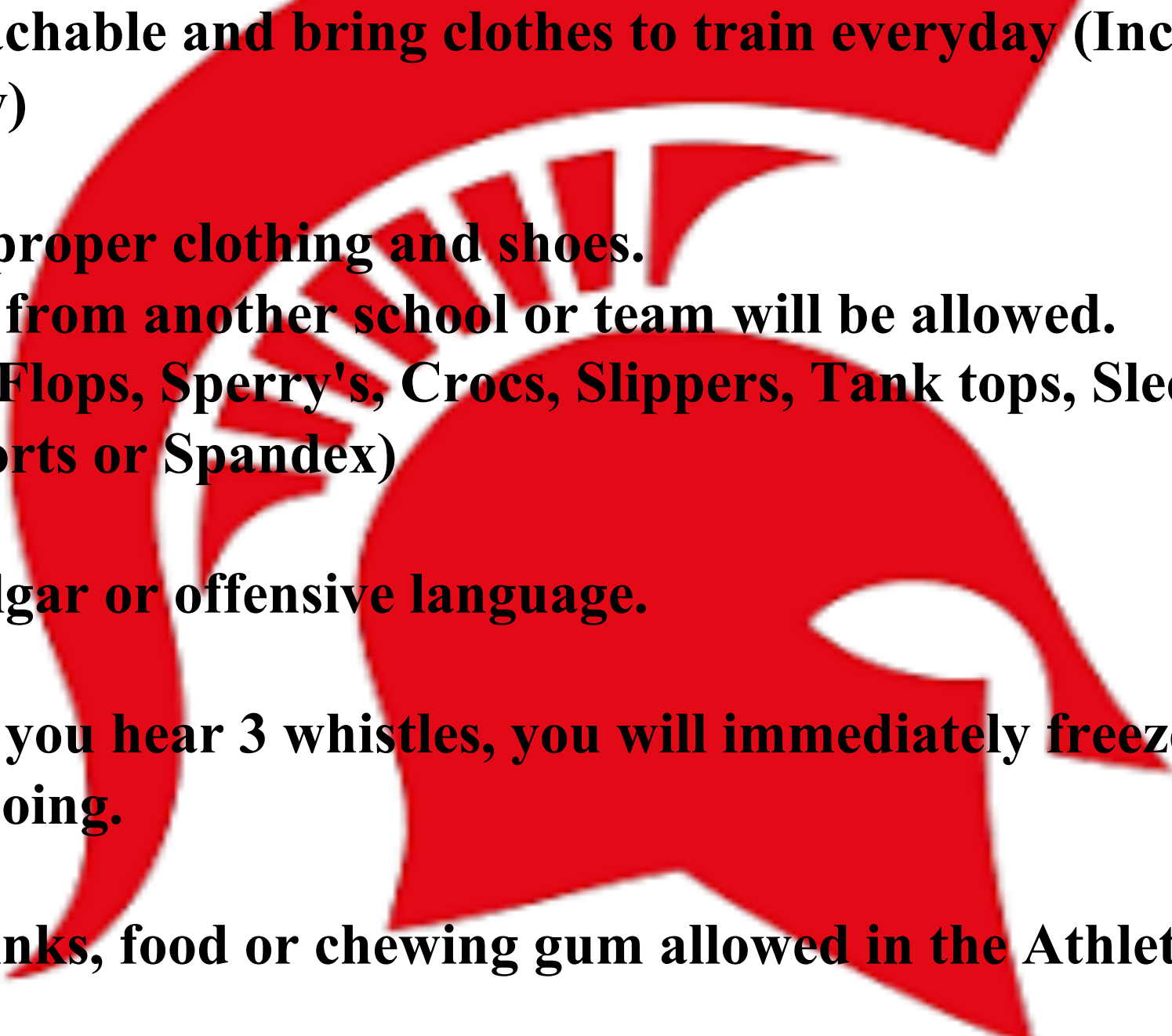


# Athletic Performance Center RULES

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- 1. Be coachable and bring clothes to train everyday (Including Gameday)**
  - 2. Have proper clothing and shoes.**  
**No attire from another school or team will be allowed.**  
**(No Flip-Flops, Sperry's, Crocs, Slippers, Tank tops, Sleeveless Shirts, Sofee Shorts or Spandex)**
  - 3. No vulgar or offensive language.**
  - 4. When you hear 3 whistles, you will immediately freeze and stop what you are doing.**
  - 5. No drinks, food or chewing gum allowed in the Athletic Performance Center.**