



SMS Cross Country 2024



Head Coach: Scott Quirk - Scottquirk@wsdr4.org
Assistant Coaches: Robb Rowe & Rachel Brandmeyer

Google Classroom Code: **egyq266**

Please Enroll in the google classroom and complete all of the forms there!

Welcome to cross country! In order to have a successful cross country season, there are a number of items to review. Please read the following information and complete the required physical forms before the 1st day of practice **September 3rd, 2024**. **If you have not scheduled a physical appointment with your doctor, please do so ASAP.**

What is Cross Country?

Cross country is a running sport. Athletes run approximately 2 miles (each race is a little different) on grass and dirt, against other competitors. Girls and boys run in different races. The races are held in all weather: rain, heat, cold. The only exception is if there is lightning.

Expectations:

Cross country is an open sport. Athletes do not have to try-out for the team, but they do have to meet a few requirements.

- Must have a physical on file, using the MSHSAA physical [Form #1](#) and [Form #2](#) before the 1st day of practice (9/3). These are turned into the office at South Middle. **(VERY IMPORTANT TO COMPLETE THESE)**
- Must have a completed [Athlete Participation and Emergency Form](#), by the 1st day of practice (9/3). **(VERY IMPORTANT TO COMPLETE)**
- Must attend and participate in all practices and attend all meets.
- Must sign up for our [Google Classroom](#)
- Must be able to run up to 3.1 miles (without walking) by the **1st Meet**. (Speed is not a requirement!)

Communication:

I will post a tentative schedule each week (usually on the weekend). I will try to email these out to all parents and athletes that have completed the [Athlete Participation and Emergency Form](#), I will also try to post every week on our [Google Classroom](#). Google Classroom code at the top of this document.

Practices:

Practices are **EVERY DAY** from 2:45-4:00 pm meeting in the large gym, with the majority of practice outside. Athletes are expected to be at every practice. We understand that occasionally athletes may miss a practice. If an athlete misses a practice, the coaches will discuss the absence with the athlete and determine what course of action to take. The actions could be anything from a warning, to extra drills, to staying after practice, to sitting out of a meet, to dismissal from the team. If an athlete is injured, he/she is still expected to be at practice, without participating in the drills. Athletes should be sure to eat breakfast and lunch while staying properly hydrated throughout the season.

Participation:

Each athlete needs to participate to the best of their ability. In order to prevent injuries and to help all of the athletes be successful, we will be structuring our practices to accommodate different levels of runners. Running is hard work and athletes will be sore and tired after practice. We will address stretching, injury prevention, nutrition, and fatigue during practices.

Pick-up:

Athletes are expected to be picked up after practice by **4:10**. If an athlete is unable to be picked up on time, we will discuss the situation with the athlete and family to determine a plan.

Gear/Uniforms:

Athletes may wear normal P.E. class clothing for practice. A good pair of running/athletic shoes is recommended, to prevent injuries and for comfort. EVERY athlete must have their own water bottle. Athletes will be given a school uniform for meets. The uniform consists of running shorts and a running tank top. These will be distributed in the first few weeks of practice and will be collected at the end of the season. Athletes will have to pay for any missing items. Athletes may wear compression shorts/sliders under the shorts and may wear a compression shirt under the tank top. Solid colors (white) are preferred.

Meets:

There are 5 scheduled cross country meets. Athletes must ride the bus to the meet. Athletes are required to wear their uniforms to the meet. When the meet is over, there will be a bus back to South. Athletes may go home with their parents, but they **MUST** sign out first. The coaches have to account for every athlete before the bus can leave.

To Do List:

- Complete the Athlete Participation and Emergency Google Form
- Complete part 1 and 2 of the physical and turn into the office at school
- Sign up for our Google Classroom for communication during the season

All of these are linked above

TENTATIVE SCHEDULE*:

- *9/25/24 Frontier Quad-Meet Time is TBD**
- *10/1/24 Blackhawk Invitational Time is TBD**
- *10/3/24 Bowling Green Invitational TBD**
- *10/8/24 Mexico Invitational TBD**
- *10/10/24 Orchard Farm Invitational TBD**

We look forward to a fantastic Cross Country season!