



Washburn Rural Middle School Boys and girls cross country Fall 2017



The WRMS Cross Country program is open to all 7th and 8th grade boys and girls. The first day of practice will be Tuesday, August 15th. All practices will meet in the school's wrestling room.

Practices will run Monday through Friday from 3:00 to 4:15pm unless otherwise stated on the calendar provided at the first meeting. Each athlete needs to have their ride pick them up at school **no later than 4:30pm**. Athletes will be able to change in the locker rooms and lockers may be checked out only if available.

Cross Country runners will have the opportunity to participate in *up to 6 meets*. 7th grade races will be a maximum of 1 mile (1600m) and 8th grade races will be a maximum of 2 miles (3200m). A calendar of practices and meets will be provided to each runner the *first day of practice*. Specific information regarding the meets including directions and approximate race times will be provided to the athletes at practice ***the day before*** each meet. WRMS Cross Country runners ***may not*** run any outside of school road races during the active season.

All levels of runners are welcome and highly encouraged to participate. Though we hope that all cross country runners enjoy the sport and have fun at practice and the meets, this is a competitive sport. Practices are rigorous as we prepare our athletes to compete in one mile and two mile races. This means we could run and/or do conditioning that adds up to a 3 or 4 mile workout. We do not expect all athletes to be at peak performance level when the season begins, but we do expect the athletes to put forth effort and avoid walking through practice. It is possible that a student may not be allowed to participate in a meet if the coaches do not think the athlete is ready based on the effort put forth at practice.

All runners need to come prepared to practice. Athletes need appropriate running or cross training shoes, a t-shirt, and athletic shorts. Boys may not practice in sleeveless undershirts or shirtless and girls must wear a shirt at all times over a sports bra. If a student will possibly require the use of an inhaler ***the student is responsible to have their inhaler with them at all times during every practice and at meets.***

It is important that each runner/athlete makes it to every practice. Practice time is crucial to conditioning. Practices will consist of conditioning plans that include on and off road running/workouts. A typical workout day will consist of a minimum of a 2 mile run from workouts and games. Athletes are required to have 12 days of practice before they are allowed to participate in a meet per KSHSAA rules. All athletes must have a KSHSAA physical form on file in the office *before* they will be allowed to participate or have uniforms checked out to them. There is also a parental permission form to participate in activities that must be completed on the form. The form needs to be signed by both the student and a parent. In addition to this form athletes must have an emergency card and concussion form on file before participation.

We're looking forward to an exciting and highly successful season of Cross Country at WRMS.

If you have questions regarding the Cross Country program please contact Head Coach Christi Evans at WRMS at 339-4341 or at evanschr@usd437.net.