

Menomonie Middle School Cross Country



To: Parents/Guardians of Middle School Cross Country Team Members:

Greetings! Thanks for your interest in Cross Country. This letter is meant to introduce you to the sport of cross-country and inform you of key information related to our season.

Who can participate in cross country?

All three grade levels of the middle school (6th, 7th and 8th grade boys and girls) can compete. We practice together and attend the same meets. No running experience is necessary, we will build from current fitness levels.

What do I need to fill out?

The following items can be picked up/turned in to the office and are [available online](#):dm

- o MMS Rules and Regulation sheet (pink) with Insurance Waiver
- o Emergency Card
- o Physical Sheet (green) or Alternate-year physical card (tan)
- o \$50.00 activity fee (please see Mrs. Potter in the office or a coach if the fee a hardship for your family... paid only once per year and covers all activities for the year)

Practice?

Practices will begin **Thursday, September 7th, 2023 at 3:15 pm.** We will practice daily from 3:15 pm until 4:40 pm during the week. Please pick up your student as close to 4:45 pm as possible. Please arrange your pick-ups for after practices/races to be in the **front of the school (front gym entrance).** **We will only practice on days when school is in session. If your student will be absent, please email or call a coach to let us know!** Meet schedules will follow shortly.

Clothing?

Athletic shoes designed for running are best. Some local stores may offer a discount if you tell them you are out for cross country. If you cannot obtain appropriate shoes, please see a coach for assistance.

Runners should have practice clothing suitable for the weather. We will run outside in the rain, unless there is lightning/thunderstorms. Suitable clothing may include sweatshirts/sweatpants or windpants if the weather is cooler! Otherwise, t-shirts and shorts are fine for practice. School dress code is enforced.

For uniforms on race days, please wear shorts (your own) along with a middle school sport team shirt. Team members who do not have a shirt may purchase one for \$15.00 from the front office. This same athletic shirt may be worn for ALL middle school sport teams.

What is cross country about?

1. First and foremost, we are here to have fun! We will do other team building activities/games to help foster team spirit.
2. IMPROVEMENT. Cross country is both a team sport and individual sport, and we will track student's race times and progress so that they can see the strides they have made. We will work with our runners from their current fitness level and build!
3. Learn to be a good team member.

What are the expectations for my child?

1. Be dressed and ready at the specified time.
2. Attend all practices unless excused for another activity/commitment.
3. Be positive and enthusiastic during all practices and meets, and do your best.
4. Follow all school/team rules.
5. Safety first! The team runs on the area roads and sidewalks, as well as the middle school cross country trails. **Students are expected to be within sight and hearing distance of a coach at all times**, as well as follow all traffic signals, and cross roads safely.

What happens during a cross country meet?

Both girls and boys race 2 miles (3200 meters) in their races. Boys and girls race separately. We will gradually work up to racing 2 miles at practice. The runners navigate their way around the course using colored flags. Yellow means turn right. Red means turn left. Blue means go straight. The courses are mostly grass/wooded areas with occasional running on pavement.

Our website and results for all our runners and teams are available here:

<http://www.athletic.net>

We are looking forward to working with your student! Please feel free to contact us with questions or concerns.

Coaches

Natalie Topper(Head)	natalie_topper@msd.k12.wi.us	715-232-2606 ext 40205
Amy Zuber (Asst.)	amy_zuber@msd.k12.wi.us	715-232-1673 ext 30615
Jessie Weinberger (Asst)	jessie_weinberger@msd.k12.wi.us	715-232-2606 ext 40207

Sign up for team text updates by texting the message @4ah447 to the number 81010 as shown to the right.



