Cross Country Parent/Guardian Information



August 27, 2024

Coach Varrie Smart Coach Miosoti Espinal Waller



What is Cross Country?

- Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass.
- In Middle School, there will be 4 meets on 4 Saturdays in September and October
- Races are 2 miles long

Practices

- Tuesdays and Thursdays from 2:25-3:25
- Additional practices may be called depending on needs of the team
- Students may ride late buses after practices (late buses depart between 4:30-4:50 pm)
- First practice is on Thursday, September 12

Monday, September 9***

- Paperwork day & Expectations for students
 - 2:25-3:25 after school
 - Students may ride the late buses home

Practices

• Student MUST participate in at least <u>3</u> practices prior to running in any cross country meet



What do I need for practices?

- Running Shoes (No Crocs)
- Clothing appropriate for running and the weather
 - T-shirt/sweatshirt
 - Shorts/sweats/pants appropriate
- Bottle of water

<u>Meets</u>

- Saturday, September 21 8:30 am at Twain MS
- Saturday, September 28 8:30 am at Key MS
- Saturday, October 5 **10:30** am at Carson MS
- Saturday, October 19 8:30 am at Poe MS

Transportation to and from Irving is provided for all Meets

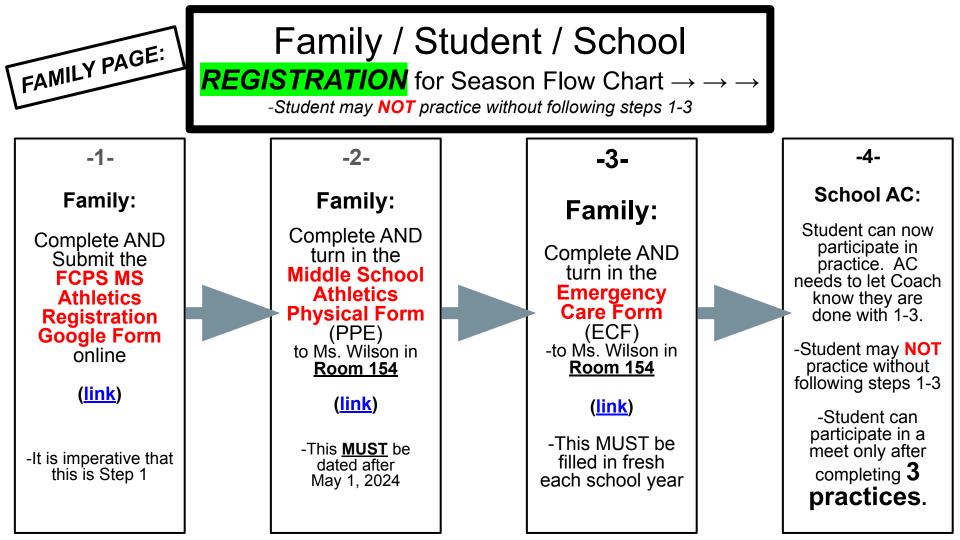
What do I need for Meets?

- Running Shoes (No Crocs)
- Irving provided racing pullover
- Clothing appropriate for running and the weather
 - T-shirt/sweatshirt
 - Shorts/sweats/pants appropriate
- Bottle of water (required)
- Snacks (Optional)
- ** Asthma Inhaler/medication (if applicable)

Participating in Irving MS Cross Country Meets

- Students must ride the team buses to and from Irving MS
 - Due to the nature of the meets we do not make exceptions for this requirement.
- Students must bring their inhaler/any other medication with them to the meet
- Must stay in the athlete holding area for Irving MS when not racing
- Must follow the Students Rights and Responsibilities behavior expectations

What do we need to do to ensure our child can participate?



What do I need to do next?

- Student-athletes in FCPS are required to be covered by medical insurance.
- If your student is not covered by another plan, please go to the following link for more information about <u>Voluntary Student Insurance</u>.





What do I need to do next?

- <u>Review the Middle School Sports Athletic Health Education</u>
- Each student-athlete and a parent/guardian will complete a registration process that includes the state-mandated concussion education program



Where do I turn in my MS Sports Physical & Emergency Care information?

 Please drop off all Cross Country Forms to Ms. Wilson in Room 154

Washington Irving Middle School

Practice Course

- Approximately 1 mile
- Running the course twice is the equivalent of a Cross Country race

