

# Cross Country Parent/Guardian Information

August 27, 2024

Coach Varrie Smart  
Coach Miosoti Espinal Waller



# Cross Country Interest Meeting

## 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

# Cross Country Interest Meeting

## 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**

# Cross Country Interest Meeting

## Monday, September 9\*\*\*

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

# Cross Country Interest Meeting

## Practices

- Student **MUST** participate in at least **3** practices prior to running in any cross country meet

# Cross Country Interest Meeting

## 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

# Cross Country Interest Meeting

## Meets

- 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**

# Cross Country Interest Meeting

## 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)



# Cross Country Interest Meeting

## 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

# Cross Country Interest Meeting

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

**FAMILY PAGE:**

# Family / Student / School

**REGISTRATION** for Season Flow Chart → → →

-Student may **NOT** practice without following steps 1-3

**-1-**

## Family:

Complete AND  
Submit the  
**FCPS MS  
Athletics  
Registration  
Google Form**  
online

[\(link\)](#)

-It is imperative that  
this is Step 1

**-2-**

## Family:

Complete AND  
turn in the  
**Middle School  
Athletics  
Physical Form**  
(PPE)  
to Ms. Wilson in  
**Room 154**

[\(link\)](#)

-This **MUST** be  
dated after  
May 1, 2024

**-3-**

## Family:

Complete AND  
turn in the  
**Emergency  
Care Form**  
(ECF)  
-to Ms. Wilson in  
**Room 154**

[\(link\)](#)

-This **MUST** be  
filled in fresh  
each school year

**-4-**

## School AC:

Student can now  
participate in  
practice. AC  
needs to let Coach  
know they are  
done with 1-3.

-Student may **NOT**  
practice without  
following steps 1-3

-Student can  
participate in a  
meet only after  
completing **3**  
**practices.**

# Cross Country Interest Meeting

## 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 **Voluntary Student Insurance**.



Link

# Cross Country Interest Meeting

Link



## What do I need to do next?

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

# Cross Country Interest Meeting

**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

