



2019 Stevens Middle School Cross Country

Dear Runners and Families,

Coach Kirkman and Coach Schmidt are looking forward to September and the upcoming cross-country season. To prepare...please try to get in some training over the summer. Even a little bit of running will be better than starting "cold" on the first day of practice!

Cross country is a running sport. Getting in shape through running is a great benefit of the sport. Our practices will be designed with many activities to help athletes get into shape. We will vary our runs and the intensity of our workouts. Diet and exercise prior to the beginning of the season will be helpful. That being said, our goal is that all athletes are able to run a complete course of 1.5 miles by our first meet September 18th.

You must obtain and complete the Port Angeles School District sports participation packet. This packet can be found on-line at www.portangeleschools.org or it can be obtained at the Stevens Middle School office. **All paper work must be turned into the office at Stevens. Coaches can't accept/process any of this paperwork.** The forms in this packet must be completed and returned by the 1st day of practice September 5th. A portion of this packet deals with a medical evaluation (physical) that needs to be completed once every two years. In addition, there are fees that need to be paid. These include the activity participation fee (\$50) and the individual sport fee (\$25), for a total of \$75. Once all forms have been turned in and all fees paid, the office will issue a clearance. **You MUST have clearance from the office to practice.**

August 1st or sooner

1. Begin running on your own. Start with short runs. Make sure you have good running shoes!
2. Obtain packet from SMS or on line.
3. Make sure there is a physical on file at Stevens. If not, make an appointment with your family doctor ASAP.

Last part of August – First practice (September 5th)

1. Turn in sports packet to secretary at the front desk.
2. Pay fees to secretary.
3. Obtain clearance card.

September

1. Thursday, September 5th - First day of practice 3:30 – 4:45.
2. NO CLEARANCE ...NO PRACTICE.
3. Parent meeting to be announced first full week of practice.

Runners need to provide their own:

1. Running shoes.
2. Sweat-shirts and sweat-pants. (think layers)
3. Shorts.
4. Water bottle. No sharing of water bottles.
5. Stevens will provide a uniform for race days. Athletes will return uniform at end of the season.

Practice: Practices are held Monday through Friday, 3:15-4:45. Runners are expected to make all practices. **Runners must participate in 8 practices and be able to run a full course (1.5 miles) without walking before participating in their first meet.** All absences from a practice should be excused in advance with a note, or when a runner returns to practice with a note. Email is also a great way to communicate with coaches.

Stevens Athletics Attendance Policy:

- 1st time: Any unexcused absence will result in missing the next contest.
2nd time: The second unexcused absence will result in removal from the team.

Behavior: Runners are expected to work to their ability in practice and be supportive of their teammates and runners from other schools. If a behavior concern arises athletes will be notified. Failure to fully participate in practices and/or continued behavior concerns will result in runners not participating in meets and/or removal from the team.

Cross Country Meets

Most cross country meets begin at 3:30. This year girls run first, boys to follow 5 – 10 minutes later. The first meets will not exceed 1.5 miles, and the last meets including the championship meet will not exceed 2 miles. Schedule will be updated on the Olympic league website linked on the Stevens homepage. The last meet is currently scheduled for October 30th. We will pass out the meet schedule at the beginning of the season.

We look forward to a great running season!

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