

Glen Crest Cross Country 2023

Coaches:

Michelle Bolker
Mark Odell
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Informational Meeting
Thursday August 24th, 2023
(2:40 - 3:20)

First Practice
Upper Field- please wear running clothes and running shoes and a water bottle!

All participants ***MUST*** have current sports physical turned in!
Wednesday, August 30th
(2:45 - 3:25)

Questions?! Feel free to email any of the coaches!

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We are very excited to have you join the team! Inside this packet you will find information on the team and several forms to complete if joining.

	Item to Turn In/Read	Due Date	Additional info
1	Sports Physical (not in packet; obtained from doctor/medical personnel completing the physical)	By 1st practice, Wednesday 8/30 or earlier	Please turn into the nurse's office ASAP. Athletes cannot practice without it. Physicals must last through the end of the season. November 5th, 2022 is the last possible date for an eligible physical.
2	User's Fee	Due date will be noted on MySchoolBucks.	THIS IS NEW! Parents / Guardians of athletes who are partaking in XC will be billed for participation through <u>MySchoolBucks</u> . The athletic fee is \$45.
3	Cross Country Team Information (all you need to know about the team, practices, meets, scoring, running, stretching, etc.)		Please read and keep! Also available Google Classroom
4	Schedule of Meets and Practices		Please keep!

Welcome to Glen Crest Cross Country!

What We're About

Get excited! You have decided to join a team sport that is both unique and challenging. There are no try-outs and all males and females in 6th-8th can join! All our runners have a chance to make personal accomplishments in a team-oriented setting (meaning athletes run by themselves but their running performance helps the overall team), hopefully learning a lot about their own strengths, while making lots of new, great friends. The team emphasizes fitness and enjoyment of running, while encouraging athletes to challenge themselves and improve their performance. Safety and injury prevention is also of major importance, so the team emphasizes proper stretching, food, and water intake to fuel the body for the best runs.

Our athletes arrive with many different levels of ability. Some athletes are strong runners who have been with the team a year or two, others will join XC to meet some friends and try out the sport of running. Either of these types, plus all those in between, are encouraged to join. We always support one another and love to cheer our teammates on, no matter what place we finish. If you keep at it every day after school, it's true, you might be a bit sore or sometimes want to stop,,,,,but we can promise that you'll be amazed at how much easier running will feel- and how much speedier you are- by the end of the season.

Important Stuff to Know

1. **Participation:** Cross Country is open to any 6th, 7th, or 8th grader who can complete a full mile without walking (even if completed very slowly). Team members are required to pay a **\$45.00** user/participation fee and have a valid physical on file in the nurse's office by the first practice (Wednesday, **August 30th, 2023**) in order to practice with the team and run in the meets. Please make checks payable to: Glen Crest Middle School.
2. **Practices:** Attendance at every practice is mandatory. Practice starts at 2:45 pm every day on the Upper Field (behind the school's blacktop). All practices will end by late bus time (3:25 pm). If you plan to pick your child up, please be at school at the end of practice. Please understand that if you are late on more than three separate occasions (whether for meets or practices), that your child may be removed from the team. Refer to the schedule for practice and meet dates and times. **Only two misses, or excused absences, will be permitted for family reasons, appointments, religious classes, etc. Only one miss will be allowed for unexcused absences (such as skipping practice.)** Absence from school due to illness does not count as a missed practice. You may also not miss practice to attend an intramural. Please be committed to this team; we need you at practice every day!
 - If you cannot attend practice because of an emergency, let one of the coaches know as early as possible.
 - If you need to see a teacher for extra help/study or have a detention during practice time, bring a note from that teacher to one of your coaches before practice. Also, you should find out the workout from a coach and/or running buddy so that you can run at home.
 - If you are medically excused from PE class you will not practice and will be required to go home. We have no choice in this decision; it is mandated law.
3. **Meets:** Meets are when our school runs against other schools. We compete against five other middle schools in our conference, and occasionally with other schools from the area. (The middle schools in our conference are: Herrick, Westlake, Marquardt, Glenside, and O'Neill) Most meets are at parks close to the schools or on the school grounds. A typical meet has four races; runners are grouped according to gender and grade level.

-Structure of meets: Meets typically begin around 4:30 pm and are mostly held twice a week on Tuesdays or Thursdays (refer to practice/meet schedule). The meets generally last a little under 2 hours and 4 races are held during a typical meet. For the first four meets of the season, the 8th grade races will run before the 6th/7th grade teams (whether the boys or girls run first is up to the host school; coaches will let runners know the exact order prior to the meet). Typically, the order of these first four races will be 8th grade boys, 8th grade girls, 6/7th grade boys, and 6/7th grade girls. In the last half of the season (or last 4 races), the race order will switch to 6th/7th grade girls, then 6th/7th boys, followed by the 8th girls and 8th boys race. (This format is new as of a few years ago; it allows for newer/younger runners to see experienced 8th graders in action, as well as allows for some scheduling relief for parents- the same group will not always be the last to run at every meet!) All races are 1.5 miles, except for the 8th grade boys and girls, who run 2 miles. Each race takes about 20-25 minutes for athletes to complete. Most meets are finished by 6 pm.

****Home meets are held at Glen Crest Middle School.**

-Spectators: are very welcome at every meet! Athletes are welcome to invite family and friends that would like to cheer them on- this makes us faster! All courses have bathrooms located on site, and the races always have lots of action, so please consider attending to cheer on your child and his/her teammates. (However, please note that the XC coaches can only supervise the team members and are not responsible for siblings, friends, etc. at the meet.) During a typical meet, coaches review the course with their teams at the start of the meet (sometimes a walk-through of the course is conducted) or at a practice prior to the meet date. While spectators are allowed to cheer at any location along the course, a great place to watch the runners is the finish line, or "chute" as it's called in cross country- just look for the multi-colored flags!

-Transportation to meets: Athletes will ride the bus from school to all meets, including home meets. For away meets, all students will go directly home after school and come back to Glen Crest at 4:00 to take the bus to the away meet. If a runner must leave the meet after his/her race, he/she should ride only with the parents/adults directly on the emergency form, making sure to sign out with a coach on the clipboard before leaving. If a child must ride home with a friend's parent, a permission note is required- the friend's parent must then sign out for all children riding home with him/her. There will be a bus that returns students to Glen Crest after all meets, including the home meets. If your child does take the bus home, please be at the school to pick them up by 6:15-6:30 pm since the school is not always open to make phone calls.

-Scoring of the Meet: In a Cross Country meet, only the first five runners from each team are counted towards the total team score. For example, if Glen Crest's first five runners came in 2nd, 3rd, 5th, 6th, and 9th place, our team would earn 25 points. The goal is to earn the lowest possible score- which would ideally be 15 (1st+2nd+3rd+4th+5th= 15). The team with the lowest score wins. Each grade level race is scored separately.

4. **Attire:** Team members can wear any appropriate running clothing for practices (most runners just wear their PE uniform). Running shoes (not walking, tennis, cross trainers, sandals, etc.) are required at all practices and meets to prevent injury. Please make sure you have these on a daily basis!

***At the meets, team members must wear their light blue Glen Crest XC shirt and appropriate bottoms (shorts or sweatpants).**

XC SEASON 2023

MEETS AND PRACTICES

*A CURRENT PHYSICAL MUST BE ON FILE IN THE NURSE'S OFFICE TO PARTICIPATE IN ALL OF THE FOLLOWING PRACTICES & MEETS! *

Date	Event	Additional Information
8/30	FIRST PRACTICE	Physicals, Agreement Form, and Concussion form are all due before practice! YOU MAY NOT PRACTICE WITHOUT!
8/31	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/1	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/4	NO PRACTICE	
9/5	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/6	AWAY MEET	Hubble Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/7	AWAY MEET	Marquardt Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/8	NO PRACTICE	
9/11	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/12	AWAY MEET	Glenside Middle School @ 4:15pm- MEET IN SPARTAN HALL
9/13	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/14	AWAY MEET	O'Neill Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/15	NO PRACTICE	
9/18	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/19	HOME MEET	6th/7th report to Glen Crest at 4:15pm 8th graders meet in RM 307
9/20	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/21	AWAY MEET	Herrick Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/22	NO PRACTICE	
9/25	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/26	HOME MEET	6th/7th report to Glen Crest at 4:15pm 8th graders meet in RM 307
9/27	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/28	AWAY MEET	Franklin Invite @ 4:15pm - MEET IN SPARTAN HALL
9/29	NO PRACTICE	
10/2	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
10/3	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
10/4	CONFERENCE	MORE INFORMATION TO COME
10/5	CONFERENCE	RAIN DATE 🌧️ - MORE INFORMATION TO COME

