



RRMS  
Cross  
Country

# Middle School Sports!

- FCPS' 1st season
- Fall - Cross Country
- Spring - Track
- Participating in the fall doesn't commit you to the spring
- Open to all RRMS students, regardless of skill level.  
No tryouts.
- Athletic Coordinator: Ms. Speir (Room 224)
- Coaches:  
Mrs. Magwire (Room 328) & Mrs. Kroes (310)

# How do I get involved?!

- All participants must complete and return the physical forms.
- All participants must complete a registration form.
- Students must attend at least 4 practices prior to their 1st meet.
  - If you turn in your forms late, you cannot participate in a meet until you complete 4 practice sessions.

# Practices



- **Mondays & Wednesdays during 1st session (2:30 - 3:15 pm)**
  - **Monday holiday? Practice will be held on Wed & Thurs**
- **Starting on 9/11**
- **Coaches will lead students through conditioning to prepare students for the meets**
- **Students must attend 2 practices per week to compete**
  - **If you must miss a practice, you need to notify the coaches in advance (by email or in person). If you have unexcused absence(s), you will not be allowed to race that Saturday.**
  - **Safety is most important!**

# Meets

- **Will be held on Saturdays**
  - **9/30, 10/14, 10/21, 10/28**
  - **Possible championship on 11/2**
- **Meet locations and times are TBD**
- **Students must ride the bus from Rocky Run to the meet and back to Rocky Run**
- **Parent drop-off and pick-up at Rocky Run**
- **Uniform will be provided**



