



RRMS
Cross
Country

Middle School Sports!

- **FCPS' 2nd 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 join the team?!

- **All participants must complete and return the following:**
 - **After-School Registration Form**
 - **Cross Country Registration Form**
 - **Physical Packet the physical forms.**
- **Forms must be complete and submitted to begin practicing.**
 - **Deadline is 9/16 at 3 PM - NO EXCEPTIONS!**
- **Students must attend at least 3 practices prior to their 1st meet.**
 - **If you turn in your forms late, you cannot participate in a meet until you complete 3 practice sessions.**

Practices

- **Mondays & Wednesdays during 1st session (2:30 - 3:30 pm)**
 - **Note: practice extends a little longer than our other session 1 clubs**
 - **Monday holiday on 10/14 - Practice will be held on Wed & Thurs that week - so 10/16 and 10/17**
- **Starting on 9/9 - if your forms are turned in, plan on starting practice on Monday!**
- **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!**

How to be prepared for practices -

- Students must wear sneakers & comfortable clothes to practice - keep your sneakers in your locker. The main office cannot accept drop-offs.**
- Fill up your water bottle before 2:30. No Water = No Practice**
- If you have an inhaler and the paperwork is in the school health room for you to carry it, make sure it is with you!**
 - You are not allowed to participate in practice if you do not have your inhaler on you.**
- Students must actively participate in practices, be on time and ready to start by 2:30, and be in good standing (academic and behavior) to participate in meets.**
- You will be provided with an RRMS jersey for the meets - but you will need to provide your own running shorts, undergarments, shoes.**

Other Club Commitments

- There are a lot of club options after-school. We try to avoid scheduling conflicts; however, it's not always possible as we only have so many days/sessions during a week.
- Most clubs are open enrollment with flexible attendance, but some do have attendance requirements. You **may** have to make decisions about which clubs you are choosing to attend.
- Fall Theatre Production - Mrs. Pafumi is willing to work with us so if you want to do Cross Country, there shouldn't be a conflict with theater.

Meets

- **Will be held on Saturday mornings**
 - **9/21, 9/28, 10/5, 10/19**
 - **If you have to miss a meet because of prior plans, just let the coaches know in advance.**
- **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 (jersey) will be provided**



Volunteer Requirements for Parents/Guardians

- These meets are not possible without volunteers - this is standard for this sport and will continue as so when your student enters high school.
- Volunteer Requirements - coming soon!
- Volunteer Sign-Up - coming soon!
- Requested donations -
 - Snack items - can be dropped off in the main office
 - tent
 - tarp
 - games/cards (things that can be easily transported that students can use during their down time)

