



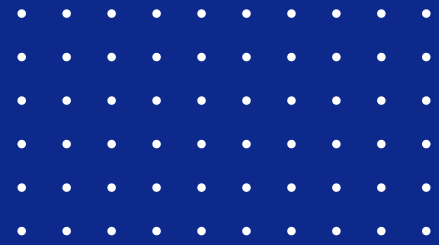
RRMS

Cross Country

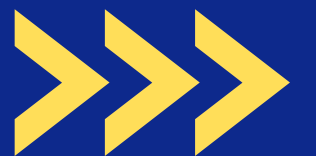
HAVE YOUR COMPLETED PHYSICAL PACKET?

**YOUR FAMILY WILL NEED TO SUBMIT THE
PACKET ELECTRONICALLY ON FINAL FORMS**

Middle School Sports



- **FCPS' 4TH YEAR**
 - **FALL – CROSS COUNTRY**
 - **SPRING – TRACK & FIELD**
- **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 (RM 224)**
- **COACHES: MRS. MAGWIRE (RM 328), MS. BROSKEY (RM 327), MRS. BUQUICCHIO (RM 306)**





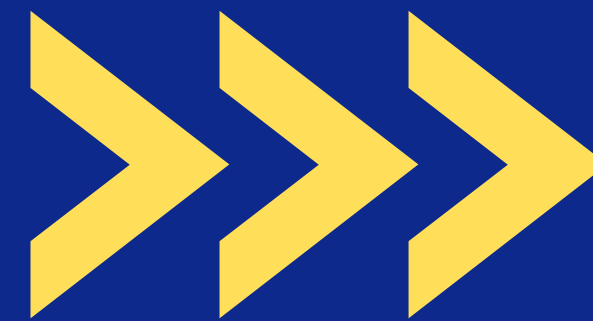
How do I join the team?!

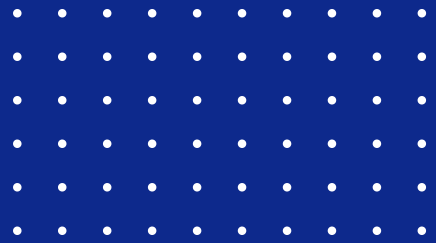
Required Forms

- **After-School Registration**
- **Sports Physical Packet** (on Final Forms)
- **Cross Country Registration** (on Final Forms)

Form Due Dates

- Forms are due by 9/10 at 3PM to begin practicing on 9/14 – NO EXCEPTIONS!
- Fall registration closes on 10/5; however, you cannot practice or compete until all forms are submitted.





Practices

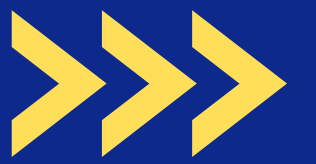


- **Mondays & Wednesdays during 1st session (2:30 – 3:30 pm)**
 - **Note: practice extends a little longer than our other session 1 clubs**
 - **Monday holidays on 9/21 and 10/12 so practice will be held on Wednesday & Thursday those weeks.**
- **1st Practice is on 9/14 – you cannot attend if all forms haven't been submitted.**
- **Coaches will lead students through conditioning to prepare students for the meets**
- **Students must attend 4 practices before their first meet and then 2 per week to compete each week.**
 - **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!**





Preparing for Practice



Appropriate Running Attire:

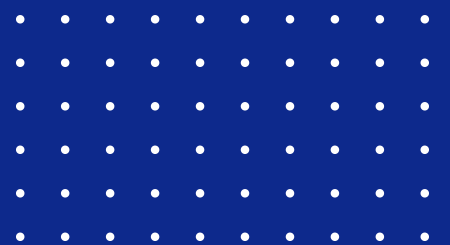
- **Students must wear sneakers & comfortable clothes to practice.**
- **Set reminders to pack your bag for Mondays and Wednesdays.**
- **Consider keeping your sneakers in your locker.**
- **The main office cannot accept drop-offs.**

By 2:30:

- **Get changed.**
- **Sign-in to the after-school attendance (required for safety & you won't get credit for practice if you aren't signed in).**
- **Fill up your water bottle. No Water = No Practice**
- **If you have an inhaler, it must be with you. If you are supposed to have an inhaler, but don't have it with you = No Practice.**

During Practice:

- **Students must actively participate and be in good standing (academic and behavior) to participate in meets.**
- **Try your best and show good sportsmanship!**



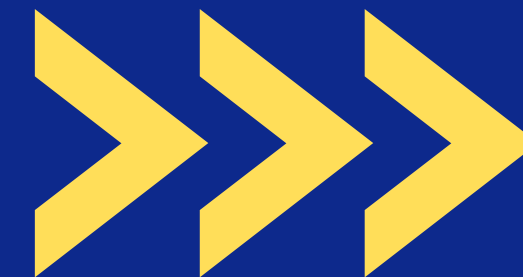


OTHER CLUB COMMITMENTS

- **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. If you want to do Fall Theater and Cross Country, please discuss with Mrs. Pafumi before accepting your spot in the performance.**



Meets



- **Will be held on Saturday mornings**
 - **10/3, 10/10, 10/17, 10/24, 11/7 (Championship)**
 - **You will need to fill out a meet form every week to let the coaches know if you are running or not.**
- **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**
- **You will be provided with an RRMS jersey for the meets – but you will need to provide your own running shorts, undergarments, shoes.**
- **For meets – be prepared with layers of clothes, extra water, snacks, and an easy activity to keep you occupied while you wait.**

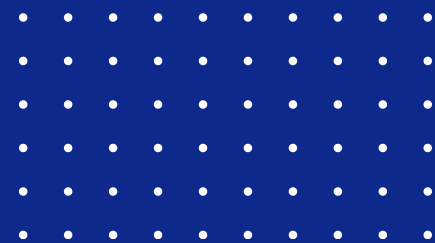
SCHEDULE

Date	Time	Event
Monday, September 14	2:30 - 3:30 PM	Practice
Wednesday, September 16	2:30 - 3:30 PM	Practice
Wednesday, September 23	2:30 - 3:30 PM	Practice
THURSDAY , September 24	2:30 - 3:30 PM	Practice
Monday, September 28	2:30 - 3:30 PM	Practice
Wednesday, September 30	2:30 - 3:30 PM	Practice
Saturday, October 3	6 AM - 10 AM	Meet #1
Monday, October 5	2:30 - 3:30 PM	Practice
Wednesday, October 7	2:30 - 3:30 PM	Practice
Saturday, October 10	6 AM - 10 AM	Meet #2
Wednesday, October 14	2:30 - 3:30 PM	Practice
THURSDAY , October 15	2:30 - 3:30 PM	Practice
Saturday, October 17	8 AM - 12:30 PM	Meet #3
Monday, October 19	2:30 - 3:30 PM	Practice
Wednesday, October 21	2:30 - 3:30 PM	Practice
Saturday, October 24	8 AM - 12:30 PM	Meet #4
Monday, October 26	2:30 - 3:30 PM	Practice (championship meet runners only)
Wednesday, October 28	2:30 - 3:30 PM	Practice (championship meet runners only)
Wednesday, November 4	2:30 - 3:30 PM	Practice (championship meet runners only)
Saturday, November 7	6 AM - 12 PM	Championship Meet



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
 - Tarp
 - Games/cards (things that can be easily transported that students can use during their down time)



Questions?

