

Robinson MS Cross Country 2026

We are excited to begin another season of **Middle School Cross Country** with you all! Please see below for key general information regarding practice/training, equipment, meets, and more. Please note additional information will be shared throughout the season. GO RAMS!!

Student Athlete Communication

ALL athletes MUST join our MS XC Schoology GROUP for important updates

Schoology Group: MS Cross Country

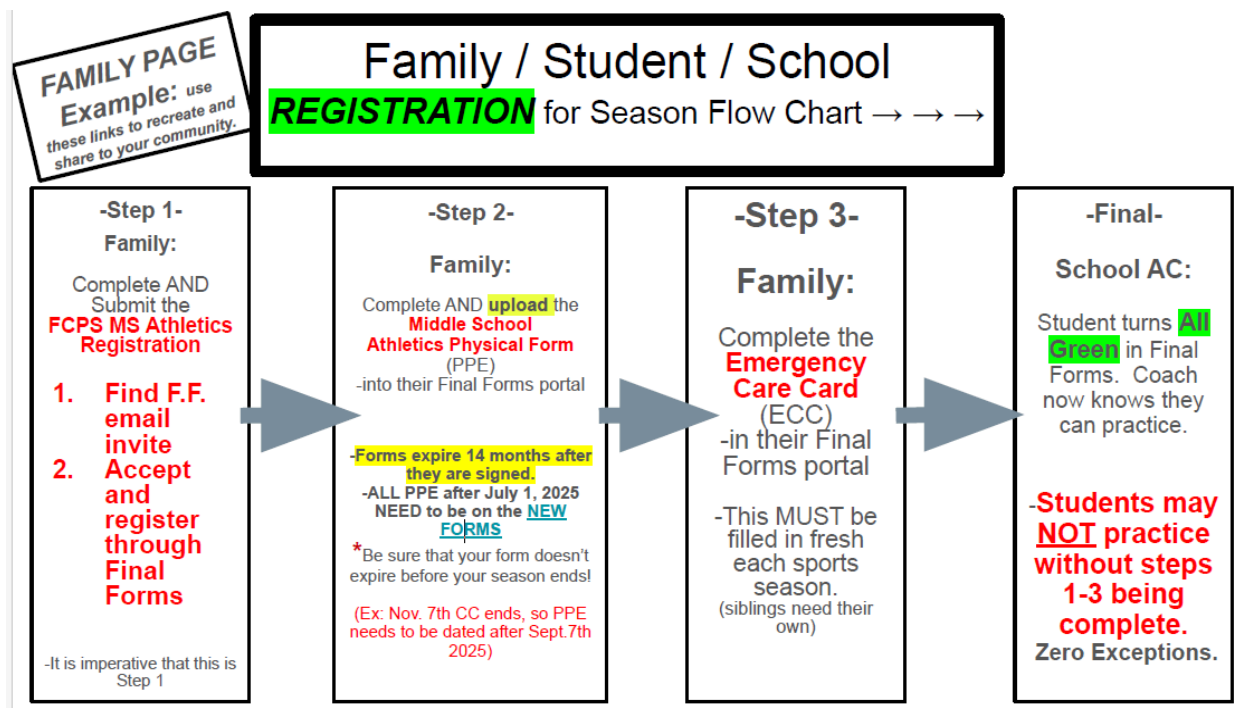
Access Code: 7KFZ-HVFB-6MZ82

**Be sure to select "add GROUP" not "add Course"*



Digital Form Turn In:

Parents will create an online account and submit all necessary forms through **"FinalForms."** Parents will still submit the same forms (FCPS MS Athletics Registration, Physical, and Emergency Care). **Directions on registration are located on the last pages of this packet.**



Questions with forms?

Please email Afterschool MS Specialist Courtney Molle cemolle@fcps.edu

Questions regarding the season?

Please email Head Coach Kelly Kavanaugh kfkavanaugh@fcps.edu

Practice Schedule Overview

- ★ 1st day of practice (Intro to Season/Time-Trials) - Monday 09/14
- ★ 2nd day of practice (Intro to Season/Time-Trials) - Wednesday 09/16
- ★ Practice is on Mondays & Wednesdays from 3:00-4:40 PM and athletes are expected to attend EVERY practice unless excused (see note below). This is critical due to our short season!

The last regular season practice for ALL students is on Wednesday 10/21 and last regular season meet on Saturday 10/24 for students who do not qualify for the 11/07 Championships.

After the bell rings at 2:45, students are expected to change into their running clothes, get a snack/fill up their water bottles, and **sign in using the QR Code or Sign In Link**. We will meet in the Main Hallway by the MS locker bays.

FCPS Student-Athlete Requirements to Compete:

- ★ The FCPS MS Athletics rule requires students to attend 4 practices to compete in a meet.

However, daily attendance for EVERY practice is an expectation as we only have two practices a week and the season is short. *Please work with the coaches and if your student has to leave early for an apt or come late due to staying after, communicate with Coach Kto work this out.*

General Meet Info:

Below is how meets for the 2026 season will be split. **We will either be in the early AM meet (8:10 first race) or late AM meet (10:40 AM first race).** We would like athletes to be there 1 hour prior to the meet to do a course walk through and warmup if you are driving your student directly to the meet (however, see info below on bus transportation).

Bus Transportation

Bus transportation will be offered to away meets. Students are highly encouraged to ride the bus to the meets with their teammates. If you would like to take your student home, please have a parent check out with a coach before leaving the meet.

8:10 EARLY AM Meet - Estimated (TBD) drop off student at Robinson @ 6:30 AM,

Bus departure @ 6:40 AM, arrive at meet by @ 7:00 AM for course walk through.

If driving your student, drop them off at 7:00 AM at meet location.

10:40 LATE AM Meet - Estimated (TBD) drop off student at Robinson @ 9:00 AM,

Bus departure @ 9:10 AM, arrive at meet at 9:30 AM for course walk through.

If driving your student, drop them off at 9:30 AM at meet location

MEET WARMUP ROUTINE - Athletes you cannot be late, or will miss key elements!

- At 1:10 min out - Arrive at meet 1 hr & 10 min prior to race & put bibs on singlets (10 min)
- At 1 hour from first race - team talk, partial course walk through with team, & wu jog (30 min)
- At :30 min out - form drills (10 min)
- At :20 min out - back to team area; restrooms/water (5 min)
- At :15 min out - jog to the starting line; once there do 3-4 striders on the line (10 min)
- At :05 wait for starter instructions/light stretch

Please note that if they are able, they WILL start races #2-4 sooner!

First Session 7:30-9:45 AM	Second Session 10:00 AM - 12:15 PM
7:50 AM: Coach & Volunteer Meeting	10:20 AM: Coach & Volunteer Meeting
8:10 AM - 8:30 AM: -Race 1: Boys A group BA "1st ½" of rosters (50%)	10:40 AM - 11:00 AM: -Race 1: Boys A group BA "1st ½" of rosters (50%)
~8:30 AM - 8:50 AM: -Race 2: Girls A group GA "1st ½" of rosters (50%)	~11:00 AM - 11:20 AM: -Race 2: Girls A group GA "1st ½" of rosters (50%)
~8:50 AM - 9:15 AM: -Race 3: Boys B group BB "2nd ½" of rosters (50%)	~11:20 AM - 11:45 AM: -Race 3: Boys B group BB "2nd ½" of rosters (50%)
~9:15 AM - 9:40 AM: -Race 4: Girls B group GB "2nd ½" of rosters (50%)	~11:45 AM - 12:10 AM: -Race 4: Girls B group GB "2nd ½" of rosters (50%)

Racing/Competition Singlets

All students get a free Robinson singlet to race in for competitions. Students can wear their choice of shorts (recommnd the color black). Singlets will be passed out to students before the first meet. **These will need to be TURNED IN at the last regular season meet of the season, unless racing at Championships.**

Bib Numbers

Students will again be assigned a bib number they pin on the front of their singlet. These will be passed out at the start of each meet, and they will use the SAME bib for the entire season! Coaches will again pass out bib numbers at the start of meets, and collect all bib #'s after the students race.

We will have a check out system similar to last year with one coach collecting bibs in the team area throughout the meet. **Please check in with their athlete they they have given their bib # back to their coach before they leave the meet! Thank you!**

Robinson MS XC - 2026 Meet Schedule

Meet #1	Saturday 10/03 @ Carson MS 13618 McLearen Rd, Herndon, VA 20171	7:00 AM arrival (1st race @ 8:10 AM)
Meet #2	Saturday 10/10 @ Twain MS 4700 Franconia Rd, Alexandria, VA 22310	9:30 AM arrival (1st race @ 10:40 AM)
Meet #3	Saturday 10/17 @ at Robinson! 5035 Sideburn Rd, Fairfax, VA 22032	7:00 AM arrival (1st race @ 8:10 AM)
Meet #4	Saturday 10/24 @ Poe MS 7000 Cindy Ln, Annandale, VA 22003 *Last regular season meet for all!	9:30 AM arrival (1st race @ 10:40 AM)
	Saturday 10/31	No Meet
FCPS MS XC 2026 CHAMPS	Saturday 11/07 @ Liberty MS 6801 Union Mill Rd, Clifton, VA 20124 <u>*select athletes only</u>	6:30 AM arrival (trophy ceremony around 10 AM)

Championship Meet Overview

Championship meet will be for a select number of individuals. To qualify additionally, athletes have to have run in 2 out of the 4 regular season meets. If your student has an obligation and cannot make the Championship meet you know ahead of time and is in the top 10 on the team, please contact Coach K as soon as possible!

We will have 2 alternates also qualify and train with the team during the championship meet. Please stay tuned for more information. **ALL students are encouraged to attend the championships meet on 11/07 so please have your student also reserve this date on your calendar!**

Meet Expectations

Students are expected to stay for the duration of the cross country meet to support their teammates. Students should bring water/Gatorade and light snacks to stay hydrated/fueled.

Parent Volunteers for Meets

At each meet, we will need 4 parent volunteers to help course marshall or help supervise the team area. **This request will be emailed out to parents in the near future through a volunteer parent sign up genius.**

Please help your Robinson MS RAMS and support our athletes by signing up for at least one meet. Parent Volunteer roles for XC meets are VERY simple and require no previous experience (waiving a flag on the course is the normal role). You will still be able to see your student race.

Training/Competition Equipment

- SHOES: Students should wear proper running shoes to practice every day to train in and/or race. As an optional purchase, students can purchase Racing Spikes (lighter-weight racing shoes) for track meets, but this is not required. You can purchase both training shoes & racing shoes at =PR= Run & Walk. <https://potomacriverunning.com/>
- =PR= Burke Store: 5715 Burke Centre Pkwy, Burke, VA 22015
- =PR= Vienna Store: 111 Maple Ave W, Vienna, VA 22180
- CLOTHING: Students should wear moisture-wicking clothes for running.
- WATER BOTTLE: Students should bring a large 32 oz water bottle to practice if possible.
- WATCH: Students are encouraged to wear a digital watch that can track their time to practice.
- COMPETITION SINGLET: Students will be given a racing singlet to wear to meets during the 2nd week of practice most likely TBA. If you miss this practice, please see Coach K at practice.

Staff/Coaching Contact Information

Head Coach - Coach Kavanaugh (kfkavanaugh@fcps.edu)
Assistant Coach - Coach Baldree
Assistant Coach - Coach Lopez
Assistant Coach - Coach Portare
MS Athletics Specialist - Courtney Molle (cemolle@fcps.edu)

GO RAMS!



Directions by "FinalForms" - Online Registration

1. Parent Registration

How do I get started?

1. Check your email for an **ACCOUNT CONFIRMATION EMAIL** from the FinalForms Mailman. Once received and opened, click **CONFIRM YOUR ACCOUNT** in the email text.
2. Create your new FinalForms password. Next, click **CONFIRM ACCOUNT**.
3. Your account will be confirmed, and you will be logged in.

Please proceed to the next page!

What if I did not receive a confirmation email?

1. Go to: <https://fairfax-va.finalforms.com/>
2. Underneath the Parent Login icon, select the blue "**CLICK HERE FOR A CONFIRMATION EMAIL**" link
3. Enter your email address and click the blue **SEND SECURE LINK** button. If your email is registered on this FinalForms site, you will receive a confirmation email and see a confirmation message at the top of the page. If your email is not found, an error message will appear at the top of the page. In that case, please contact your school administrator to update it.
4. If you're unsure of your email address, click **FORGOT YOUR EMAIL** to search for your name and select it from the dropdown menu. If your name is not listed, please contact your school administrator to update your email address.

2. FinalForms - Registering a student

What information will I need?

You may be asked to provide basic medical history and health information, your insurance company and policy number, your doctor, dentist, and medical specialist contact information, your hospital preference, and emergency contact information.

How do I register my first student?

IMPORTANT: If you followed the steps on the previous page, you may Jump to Step number 3

1. Go to: <https://fairfax-va.finalforms.com/>
2. Click **LOGIN** under the Parent Icon.
3. Locate and click the **INCOMPLETE FORMS** button for the student you wish to register.
4. **If your student plans to participate in a sport, activity, or club**, click the checkboxes for each. After making your selection, click **UPDATE**. You may change your selections until the registration deadline.
5. Complete each form and sign your full name (i.e., 'Jonathan Smith') in the parent signature field on each page. After signing each, click **SUBMIT FORM** and move on to the next form.
6. When all forms are complete, you will see a 'Forms Finished' message.

IMPORTANT: If your district requires it, an email will automatically be sent to the email address you provided for your student, prompting your student to sign the required forms.

How do I register additional students?

Click **MY STUDENTS**. Then, repeat steps number 3 through number 7 for each additional student.

How do I update information?

Log in at any time and click **UPDATE FORMS** to update information for any student.