



## Middle School Cross Country 2017

Cross Country at the Rice Lake Middle School is a coed, running sport for all 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8th graders.

The season begins August 28 and runs through October 6.

We participate in 4-6 invitational meets around the area.

This sport is for beginning runners, but our season is short, so practices will build quickly in difficulty and intensity.

Practices involve a 2-3 mile run on the streets and trails around town.

The runs are usually followed by a running game, activity, or form drills.

We also have many fun runs like our annual Mud Run, Ice Cream Bike and Run, Sprinkler Runs and the Playground Tour. Cross Country is a physically demanding sport, so we try to make it as fun as possible.

However by the end of the 1<sup>st</sup> week of school it will be expected that athletes keep a reasonable pace with the rest of the team.

**Practices begin August 28-31, 3:30-4:30pm meeting at the middle school basketball court.** These practices are optional, but athletes are **strongly** encouraged to attend as our season is short and we start with meets the second week of school. If this is impossible, please run at least 2 miles on your own each of these days.

Mandatory practices will begin the first day of school and will run each day from 3:20-4:45. **It is important that students plan to attend all practices unless they are not in school that day.** Students who do not attend practice will need to bring a note the next day unless they leave school ill. Excused absences are similar to absences that are excused for school. Students who miss 2 practices may be asked to miss the following meet. Parents may be notified if their children do not attend practice. Our first meet is in Cameron on September 7th, so it is important that athletes be in attendance at all practices.

Parents need to plan to pick up their students at 4:45 as their will be no adult supervision after that.

Participants need only a good pair of **Running Shoes** and athletic clothes to change into for practice. In addition a water bottle to have at practice is a great idea. Uniforms will be provided.

Prior to the beginning of the season, please pick up an Athletic Code, Concussion Form, Information Card, and parent signature card(attached) and return before the first day of school. No new athletes will be added after the 1<sup>st</sup> week of school. If you need more information, please feel free to contact Mrs. Jensen [jensenj@ricelake.k12.wi.us](mailto:jensenj@ricelake.k12.wi.us) or Mrs. VanNatta [vannattac@ricelake.k12.wi.us](mailto:vannattac@ricelake.k12.wi.us).

We are looking forward to another great season.

**Start Running Now**

Coach Van Natta and Coach Jensen

\_\_\_\_\_ and I have read through  
the Cross Country physical and attendance  
expectations and agree to follow them.

Athlete's signature

Parent's signature

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Also remember to turn in to the office before the start  
of school . . .

\_\_\_ Concussion information form

\_\_\_ Athletic Code of Conduct

\_\_\_ Athletic Registration form