

Cross Country 2009
Kellogg Middle School
Coaches: Mrs. Swint and Mrs. A. Miller

Dear Families of Kellogg Knights:

We are pleased that your student will be participating in the fall sport season. Cross Country at Kellogg promotes teamwork, health, and sportsmanship. Students will all have chances to excel and to receive recognition for their hard work. Our belief is that students who are involved in school activities, and have social ties with peers and adults in the school community tend to be more successful academically. The physical and mental challenges that runners overcome are not unlike challenges faced in the classroom. For this reason, we consider our program to be a learning opportunity that will provide skills that are transferable to the classroom. We ask our students to make academics their top priority, and we will be supportive of that commitment. Additionally, we ask for a level of commitment to the cross-country team, and below we have outlined some guidelines for success:

Dates to Note: (also on the Kellogg Website)

First Practice: Tuesday, September 8, Order forms available for Spirit Wear

Parent Meeting: Wednesday, September 16, 4:45pm

Uniforms Issued: Wednesday, September 16 during practice (volunteers needed!)

Picture Day: Friday, September 18, during practice (picture packets available 9/16)

Meet Dates: 9/23, 10/1, 10/8, 10/15, 10/22, 10/29, 11/3 (see attached schedule for more information)

Kids love to have their parents there for support! We hope to see you out at the meets cheering on the team!

Uniform Collection: Wednesday, November 4 after school (volunteers needed!)

End of Season Party: Wednesday, November 4 after school, \$5 cash in advance to coaches

Attendance:

Attendance at all practices and meets is an important aspect to being a part of the cross-country team. Each practice is carefully designed so that students will safely learn new skills and strive for their personal best throughout our eight-week program. Two **unexcused** absences will result in an intervention and possible exclusion from the team.

Excused absences: pre-arranged appointments, family commitments, excused absences from school, illness and injury. Students should bring a note to, or parents may email, amber.miller@shorelineschools.org or Bronsa@ontheballfitness.biz.

Unexcused absences: Any absence that is not excused. Also, any “non-suits” (being present but not able to participate at a practice or a meet due to forgotten running shoes, shorts, paperwork, etc.) will count as one-half of an unexcused absence.

Practices and Meets:

Students must be in the back gym at 3:05, ready for practice. This includes being dressed for practice in appropriate clothing and footwear, preparing by taking any medications (inhalers for asthma), having a water bottle, and coming with a cooperative team attitude. Part of being ready also includes using the restroom before 3:10 since we may not have access to restrooms while we run! Practice ends at 4:40 each day. **Students must complete the ten practice requirement before the first meet (Sept. 23) to compete in the first meet. As part of the Cross Country team, all athletes will be expected to compete in every meet.**

Uniforms: Students will be issued uniform shorts and jersey to be worn only on meet days. The good news is that we have new uniforms as of last season. The bad news is that the fabrics are “sheer.” We highly

recommend that athletes wear spandex shorts and tank tops underneath their uniforms. We will also take order for a sport performance shirt that also works great under the tanks and a sweatshirt that they can wear to school.

After Practice/Meet Transportation:

To ensure student safety, please arrive by 4:40 to pick up your student. For most of the season Activity Buses are available on Tuesdays and Wednesdays. *Arrival time after away meets is determined by travel time, number of competitors in the meet and freeway traffic.* Cell phone use to call home while still on the bus will be allowed/encouraged. On meet days if a student is to go home with their parents, they must have written permission for each occasion. We are fortunate to have bus transportation available and encourage all students to take the bus to and from meets. Also note that during meets laptops will **NOT be brought on the bus** – they will be locked up at Kellogg to be picked up when we return.

Plan your carpools!

Dates	Monday	Tuesday	Wednesday	Thursday	Friday
9/8 – 9/21 Practice Ends 4:40	Parents Pick Up @ 4:40	Parents Pick Up @ 4:40	Parents Pick Up @ 4:40	Parents Pick Up @ 4:40	Parents Pick Up @ 4:40
9/22 – 11/3 Practice Ends 4:40	Parents Pick Up @ 4:40 No Bus	Activity Bus AVAILABLE	Activity Bus AVAILABLE	Parents Pick Up After Meet No Bus	Parents Pick Up @ 4:40 No Bus

Safety:

For practices we use the Kellogg track, the Shorecrest track and run through Hamlin Park (with adult supervision), located to the south of Kellogg. Students must always run with a group of students while in the park. Coaches work with students to prevent injuries by teaching them correct warm-up, conditioning, running skills, cool-down routines, and recuperative stretches or activities. Please have your child speak with their coaches if they are having any pain when running. Articles on common running injuries are available via the PTSA web site.

Tips for the Cross Country Athlete:

- ▶ Quality running shoes are your most important piece of equipment. Discounts at Super Jock & Jill.
- ▶ Bring warm, water-proof clothes for practices and meets. Be prepared for weather changes.
- ▶ Drink water all day to stay hydrated. Avoid sugary sodas, which will not provide proper hydration.
- ▶ Run on soft surfaces such as grass, trails and gravel. Avoid concrete.
- ▶ Eat a well balanced diet.
 - Carbohydrates are your body’s fuel of choice – this includes fruits and veggies!
- ▶ For best results, always give 100%!

We would like a chance to introduce ourselves to you, briefly explain our program, and answer any questions you might have. Please join us for a short meeting after practice, September 16 at 4:45 (location to be determined soon).

Sincerely,

The Cross Country Coaches
 Bronsa Swint bronsa@ontheballfitness.biz
 Amber Miller amber.miller@shorelineschools.org

Cross Country Permission Slip/Contract 2009

I have reviewed the Cross Country information regarding attendance, practice and meets, important dates, uniforms, when after-school transportation is and is *not* available, academic and safety guidelines with my student and am prepared to support my child's athletic success this season.

I give permission for my son/daughter to run off campus during supervised, group activities.

I understand that laptops may not be taken on the bus when the team travels to away meets. They will be locked up at Kellogg and can be retrieved when the team bus return from the meet.

Student Signature _____

Student's Name _____

Girls 7th Grade Team _____ Girls 8th Grade Team _____

Boys 7th Grade Team _____ Boys 8th Grade Team _____

Parent Signature _____

Parent's Name: _____

Parent's Email _____

Please print legibly

We value your help!

I am available to volunteer:

- Uniform distribution September 16 after school
- Uniform collection November 4 after school