

Lake Pleasant Cross Country Team Information

Boys and Girls 3rd – 8th grade

- Practices will be on Tuesdays and Thursdays from 7:00 AM until 7:40 AM.
- ***Students must have Medical insurance confirmation form filled out front and back—with parent signature witnessed by office personnel or notarized before turning out.***
- I am looking for some parent volunteers to help out during morning practices and meets. Please contact me if you are willing to help out this season.

Long distance running does require practice so being at practice is very important.

We do not cut students from the Cross-Country program but we do have minimum requirements to participate in the meets. In order to be successful in Cross Country students should be able to actually **run their entire race**, not walk. We will be working on this skill during practices. At the end of the season there is a district championship. This is a limited participation meet. Students must qualify by competing in at least 2 meets during the season and be the top 5 finishers in their division from our school. This is determined by comparing their best meet times throughout the season's meets. All team members are encouraged to come and cheer on their teammates at this exciting meet.

Distances of races:

- 7th and 8th graders run 1.5 miles
- 5th and 6th graders run 1 mile
- 4th and under run 3/4 of a mile.

Practice Times:

******* (FIRST PRACTICE WILL TAKE PLACE ON TUESDAY, AUGUST 21st) *******

- We will practice **Tuesday and Thursday** from 7:00-7:40 AM. **(meet on the basketball courts)**
- **All runners must come dressed and ready for warm-ups by 7:00 AM. Bring a water bottle!**
NOTE: The locker room will not be available before practice but doors will be open when practice is over. After practice students will have time to change clothing.
- All runners must check out with Coach Wagner at the end of each practice session.
- If there is no school, there is no practice. If it is raining, practice is cancelled.

Equipment:

- Runners need to have the following equipment to run on the Lake Pleasant Cross Country Team: **Running shoes, athletic style shorts, t-shirts and a water bottle for practice.** Running shoes are the most important piece of equipment your runner has.
- It is recommended runners bring a change of clothes for school as they will get sweaty during practice.
- Uniforms will be provided for runners with the top finishing times in each division. If a runner has purchased a cross country shirt from last year, this can serve as a uniform at meets. There are a limited amount of Cross Country shirts that can be borrowed. **All Uniform tops will be passed out and returned at each meet!**

Meet times and expectations:

- The meets are all “to be announced,” but most will be held on Saturday mornings from 7:00 AM to 10:30 AM.
- All runners must be accompanied by an adult when at a meet. **NO EXCEPTIONS.** All runners are also expected to be at the meet **20 minutes prior to the first race.**
- Before you leave a meet please check in with me to return your jersey.

General Information and Expectations:

- Runners must be academically eligible to run on the Lake Pleasant Cross Country Team. Runners are eligible if they are passing in all classes. If a runner is not passing a class athlete will be inactive and cannot run in a meet until the grade improves.

NOTE: Runners are “student athletes”. The word “student” comes first because their number one function at school is to learn and be successful in academics.

- All runners will have transportation to and from meets and from practices **arranged by their parents/guardians.**
- Runners need **a full water bottle** at every practice and every meet.
- **Attendance at all practices and meets is expected.** Please speak with me if you are going to miss a practice or meet.
- **The morning of a meet, runners should eat a light breakfast 45-60 minutes before they compete and have a snack and water available after they race. Students are also encouraged to eat breakfast or a snack after practices. Avoid dairy products before running.**

Participation Fee

There is a participation fee for students active in our school sports program. The fee is \$25.00 per student athlete, with a maximum of \$50.00 with families of two or more students participating. This is a one-time yearly fee. (For example, a student that is on the football team may try out and compete on the basketball team and/or the softball team. He would only pay one \$25.00 participation fee.)

The attached Tax Credit form can be used for this fee under "8275 Participation Fees".

The Participation fee is payable by cash, check or money order made out to Lake Pleasant Elementary. **Please return form and payment to the main office before the first Cross Country meet of the season.** Please see Mr. Hammon if there is a financial hardship situation.

Tax Credit Donations

Donations are appreciated and welcome! Parents and community members can deduct this donation dollar for dollar off their Arizona tax, maximum \$200 for an individual, \$400 for a couple/family.

Forms are available in the main office or online. **Specify Lake Pleasant Athletics—Cross Country!**

Meet location and times will be given to each runner Thursday before a meet. You may also pick up this information outside of room 271.

Contacting the Coach:

- You can contact me at jwagner@pusd11.net, or school phone (623) 773- 6575
- **I am looking forward to an amazing season!**

Thanks for your support!

Mrs. Juli Wagnet