



## Cedar Lee Middle School 2022 Boys' Cross Country



### Aug 15, 16, 17 & 19: "Try outs" and team composition.

While this week is technically a "try out" week for all fall sports, Cross Country rosters are not limited. Therefore – any student who commits to completing the required distance training will make the team.

You **MUST** be willing to put the work in. At a minimum you should be able to run 2 miles without stopping prior to the first meet. Our training runs will stretch to 3.2 miles (5K) once the season gets going.

For the six meets, 10 runners will run the Varsity race. All others will run the JV race (same course, starts about 10 minutes after the last Varsity runner finishes). Varsity runners are selected on a week-to-week basis for each meet.

Monday 8/15, will be our initial meeting and discussion + AD admin issues. Meet in the gym after 3<sup>rd</sup> run. Tuesday 8/16, Wednesday 8/17 and Friday 8/19 will be full 2:45 – 4:15 practices. Make sure your ride is here by 4:15 on practice days.

### Aug 22, 23, 24 & 25: First Full week of practice

Practices this week, MON-THU (no FRI practice), will be 2:45 – 4:15 at CLMS. Students should be picked up at 4:15 or shortly thereafter on each practice day. Students who are picked up more than 15 minutes late will need to take home a Boys and Girls club form to have parents/guardians complete so that they can be released to the B&G club (here in the cafeteria at Cedar Lee) after 4:30

### Practice during meet weeks (Aug 29 and beyond)

Meets are on Wednesdays so there is no practice on Tuesday (even during a bye week). There is also no practice on days where there is no school. This means that there is no practice MON 9/5 (Labor Day) or TUE 9/6. That week will practice WED, THU and FRI.

### Meet Schedule

Date and time	Location
Wednesday 8/31 2:45 PM	<b>BYE</b> (no meet for CLMS, practice instead)
<b>*Thursday 9/8 3:30 PM</b>	<b>away:</b> Taylor Middle School
Wednesday 9/14 3:30 PM	<b>away:</b> Auburn Middle School
Wednesday 9/21 4:15 PM	<b>home:</b> Marshall Middle School
Wednesday 9/28 3:30 PM	<b>home:</b> Warrenton Middle School
Wednesday 10/5 4:15 PM	<b>away:</b> all-county meet at Auburn Middle School

**Practices:**

MON	TUE	WED	THU	FRI
8/15	8/16	8/17	x	8/19
8/22	8/23	8/24	8/25	x
8/29	x	8/31	9/1	9/2
x	x	9/7	meet	9/9
9/12	x	meet	9/15	9/16
9/19	x	meet	9/22	9/23
9/26	x	meet	9/29	9/30
10/3	x	meet		

**Transportation:**

Students must provide their own transportation to away meets. Students may ride with another team members parents but must have a signed a transportation waiver on record.

**Group Leaders:**

Each grade level will have an assigned Group Leader. The Group Leaders will take turns running warm-ups and stretching at the start of each practice. Group Leaders will be assigned at some point the second week.

**Cooler and Water responsibilities:**

Each practice, one group will be responsible for filling up the cooler with ice, and the 6 large water bottles with water, then bringing both outside to practice, then after practice emptying ice and water outside and bringing both back to the classroom. Group Leaders will assign this task.

MON 8th grade

TUE 7th grade

WED 6th grade

**Jerseys:**

Competition jerseys will be provided to runners after they run 2 miles without stopping. A practice t-shirt will be available to purchase shortly.

**Team Website:**

Any schedule changes or additions will be posted to the team website:

<https://fcps1athletics.com/schools/CLMS>

then click on Boys Cross Country for team page

**Student Athlete Development:**

The prevailing goals of this season are not limited to improving as runners or posting personal best times at meets. We will also focus on the concept of TEAM comradery and achievement. Multiple warnings for behavior issues may result in being removed from the team.