**Cross Country Information 2021**

Coaches: Jenna Beaty jenna.beaty@saintmaryschool.net

Kristin White Kristin.white@saintmaryschool.net

Sign up for REMIND, it is how we communicate. Text @smcsxc to 81010

This is not the summer training Remind

Practices:

Mon, Tues, Weds, Thurs Friday 3:00-4:15 or 4:30. Season lasts until Wednesday, October 21st. There is no bus after practice, so you must pick your child up.  
THERE IS NO PRACTICE ON September 6th & 24th, .

Uniforms/practice uniforms:

Practice: Please wear running shoes and running or PE clothes. We follow SMCS dress code at practices and races.

Races: Runners will be issued a uniform jersey. UNIFORM JERSEYS ARE EARNED. RUNNERS MUST ATTEND 4 PRACTICES PER WEEK UNTIL OUR FIRST RACE UNLESS THERE IS A PARENT NOTE. Arrangement must be made with Coach Beaty for regular absences.

Please wear plain black shorts with uniform jersey.

Races: Runners MUST wear uniforms. Uniform shirts MUST stay on at all times. Races are two miles in length. No iPods or water can be carried during a race.

Race transportation: See schedule. You have to drive your runner to and from races. We will be relying on parent transportation. If you can be a parent driver, please check with Coach White on getting cleared. Notification for needing a ride must be done the Monday prior to the race or space may not be available.

Snacks: Please donate $5 per runner towards the race day snacks. Money turned into Mrs. Beaty or Mrs. White.

Counties, Saturday October 20th: This year, there will be three races: Varsity girls, Varsity boys, and consolation. Races start at 12 p.m., runners will earn their spot, not all runners participate

FSU Invitational: October 15th more information to come, not all runners participate, there is limited registration per team

Nutrition/hydration: We are trying to restrict fast food, sodas, and energy drinks during the season. Please have water at every practice and race. Water jugs will be available for refilling.

Home race: We need volunteers to work the home race on Wednesday Sept. 15th & October 6th.

Attendance: If your athlete cannot make a practice, please let us know either by phone or email. If they miss 3 practices (unexcused) they will be considered probationary. Athletes MUST be dressed and in the PLC by 3:05 every day for practice. Three tardies count as an unexcused absence.

Parent Volunteers: We would love running parents to come to our workouts! Let us know if you are interested!!

ALL school rules apply at practices.

We are hoping to have a wonderful, safe, and fun 2021 Cross Country season.