East Tipp Cross Country

2022 Season

Open to 6th, 7th and 8th graders who are interested in running COMPETITIVELY and

can run 2 miles without walking

**Before an athlete can attend practice the following must all be completed.**

1. Complete all sections in Final Forms. This includes forms being electronically signed by the parent AND student. Students need to log in to sign forms.

2. Sports Physical turned in to East Tipp

3. A liability waiver and medical consent form turned in (can be turned in at first practice). On East Tipp website under Athletics/Cross Country, labeled as “permission form”.

Participation Fee – There is a $50 participation fee to be paid by August 26th.  This can be paid through final forms or by check (payable to East Tipp MS – cross country in memo).

* There will be a call out for those interested in Cross Country at East Tipp after school on Thursday August 18th. A detailed information packet will be handed out at that time
* Grade checks will be conducted according to East Tipp’s Eligibility Guidelines
* Practices will typically be held Monday through Thursday right after school until 4:30 at East Tipp beginning on August 18th. A practice schedule will be provided at call outs. There will not be practice on meet days.

• Athletes on the cross country team will be required to have a good fitting pair of running shoes, black running shorts, a water bottle, a positive attitude, a desire to run and the willingness to work hard.

Practices

* Athletes should change clothes for practice and bring all belongings outside and meet at the track bleachers by 3:15.
* Athletes must have their own water bottle
* If an athlete misses school they cannot attend practice
* In the event of incliment weather we will practice inside.
* If for some reason practice is cancelled, parents will receive a notice and the school will announce so athletes can go home when school is dismissed.
* Athletes need to be picked up at 4:30 from practice.

Meets

Meets are 3k (1.86 miles). We do not have bus transportation, parents must drive their athlete to and from the meet. Athletes should arrive by the designated time on the schedule dressed and ready to start.

Should you have any immediate questions feel free to contact me.

Coach Matthew Weathers

indianaoffroad@hotmail.com

East Tipp Cross Country

2022 Meet Schedule

August 27th Mav Stampede

September 6th Rossville Hornet Invite

September 10th Renselaer Central Invite

September 15th CC Invite

September 20th City/County Meet

October 1st Indiana Middle School XC Championships (for qualified athletes)