



SHADOW RIDGE MIDDLE SCHOOL

Cross Country 2024-2025

Adams 12 Middle School Sports Handbook

General Purpose

To promote controlled situations that will help Middle School students learn the value of competition, self-discipline, and pride in accomplishment. To provide consistency for all schools in the conduct or promotion of controlled activities.

Philosophy

The Adams 12 Middle School Athletic Association seeks to provide competitive and/or non-competitive activities of a kind that will best promote good sportsmanship, character, physical development, coordination, and a wholesome interest in activities for all students.

Schools should effectively accommodate both the interests and abilities of students for maximum participation in a meaningful educational experience. The physical and mental maturity of all participating students should govern the scope of each activity.

Eligibility of Players

To represent a school in any interscholastic athletic competition a student must be eligible under the following rules.

- Students must comply with participation eligibility as per home school district guidelines. ● Students must have a completed physical on file with the school.
- Grade division: Seventh grade students will participate in 7th grade contests only. Eighth grade students will participate in 8th grade contests only. (Exception- unless schools have mixed-level teams as approved by the District AD)
- Participating in athletics is a privilege and we want our student-athletes to demonstrate great character both in sports and in the classroom. Student-athletes are expected to be respectful and participate in the classroom.
 - **Attendance-** A student-athlete with 3 or more unexcused class period absences or 6 or more unexcused class period tardies will not be eligible for the next scheduled competition day. Attendance will be pulled between competition dates and if a student is found to have more than the number of unexcused absences or tardies listed above, they will be ineligible for the next scheduled competition date.
 - **Behavior** If a student-athlete is suspended (ISS or OSS) at any time during the season, they will be ineligible for the next scheduled competition day.

Cross Country Coaching Staff

Coach	Name	Phone	Email	Practice Days/ Time
Head	Sonya Maldonado	720-972-7787	mal025644@adams12.org	Monday, Wednesday and Friday, 4:00 to 5:30
Assistant	Matt Carroll		TBA	
Athletic Director	Lindsey Zimmerman	720-972-5047	zim029717@adams12.org	

TEAM STANDARDS AND EXPECTATIONS

An athlete who expects to be successful, competing in soccer without hard work and effort will struggle; becoming a successful team player requires *practice, time, patience* and *strong character!* Character building is done at school, in practice and games, and at home.

ATHLETE EXPECTATIONS

We want our athletes to not only be the best players they can be, but the best people. The expectations below help lead to that.

- Bring the correct attitude and effort every day.
- Be coachable. Listen, learn and believe what you are being taught. Ask questions if you do not understand.
- Realize that success requires hard work.
- Make positive decisions in school and practice/games.
- Representing the team during the school day is expected. A behavior referral from a teacher can impact playing time.

PARENT EXPECTATIONS

- Support your athlete by praising commitment and hard work. Don't make excuses for them.
- Support the team by cheering for other athletes and team accomplishments.
- Support positive nutrition and hydration habits.
- Let the coaches coach, players play and officials officiate.
- Pick up students within 10 minutes of games and practices ending.

PRACTICE EXPECTATIONS

- **7th grade** practices are Tuesdays, Thursdays and Fridays from 4:00 to 5:30 pm.
- **8th Grade** Practices are Tuesdays, Thursdays and Fridays from 4:00 to 5:30 pm.

*****Athletes are expected to be at every practice. Practice is an opportunity to get better.

Athletes should come outfitted for practice properly: wearing appropriate clothing for working out in the gym. A water bottle is a necessity.

COMMUNICATION PROTOCOLS

Communication is an essential component of success in any organization. Our communication to our athletes will be through practice each day and email. Parents should rely on their athlete as a primary source of information.

We do not anticipate having major issues, but should any arise, please follow the following protocol:

1. Allow 24 hours of “cool-off time”. The athlete and parent discuss the issue. Athlete discusses the issue with the head coach.
2. After the athlete and head coach talk, if need be, the athlete, parent and coaching staff will meet.
3. If still unresolved, the athlete, parent, coaching staff and athletic director will meet.

As well, Adams 12 Five Star Schools maintains a strict zero-tolerance policy regarding hazing and initiation of any kind. Building administrators will review and potentially investigate any situation that involves hazing or initiations within a student group. Adams 12 Five Star Schools Superintendent Policy 5110 and Athletic Code of Conduct prohibit bullying, hazing, intimidation or threats.

EQUIPMENT

Cross Country requires very little investment in equipment. Competition uniforms will be provided (see **Uniforms** for game attire requirements). We do expect our athletes to have the following:

- Appropriate running shoes: a good pair of shoes will help to prevent injuries.
- Appropriate dress: includes athletic shorts and shirts for practice.
- Water bottle
- Healthy snacks to eat before or after practice.
- Jewelry will have to be **removed** for **all meets**.

TRANSPORTATION

Student athletes will be transported to and from all competitions. Students can be signed out after the competition once the event has ended. Students can only be signed out with the coach by PARENTS or FAMILY members **listed on infinite campus**. There will be no exceptions to this policy.

PLAYING TIME

We plan to do our best when it comes to playing time for all athletes. Factors that impact playing time both positively and negatively:

- Arriving to practice on time, staying attentive and effort at practice
- The number of players on the opposing team
- Behavior at school and during practice
- Attendance at school and practice

Minimum Practices

- Adams 12 Middle School Athletic Association will allow a maximum of 3 practices a week and practices must be limited to 1.5 hours or less.
- Adams 12 Middle School Athletic Association requires at least 2 practices prior to an athlete competing in a league event.
- Each school may hold an additional 4th practice on weeks with no games/events and 3 practices on weeks with one game/event. It is recommended that practices take place for 1-1.5 hours. (maximum 1.5 hours)

Officials

- It is recommended that game officials be members of a recognized official association. Officials used in tournaments should be registered officials from the local official's association. In the event that officials are not available, schools may use an alternate official as approved by the school AD to officiate a game.

Coach Ejections

- A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest. He/she may not coach in any other contest at any level during this time.
- If an Adams 12 coach is ejected, that coach will be responsible for meeting with the District AD and Superintendent.

League Start Date and Schedules

- Athletic Directors will work with the District AD to agree on start date for the following year ● Ideally, member schools shall agree upon schedules for the next year's contest no later than the last meeting in June.

[MS Cross Country, Fall 2024](#)

Week 1-

Monday, 8/19 practice

Wednesday, 8/21 practice

Friday, 8/23 practice

Week 2-

Monday, 8/26 practice

Wednesday, 8/28 practice

Thursday, 8/29 MEET #1 @ Margaret Carpenter rec center- Boys race at 5:45 pm, Girls race at 6:15 pm

Friday, 8/30 practice

Week 3-

Monday, 9/2- HOLIDAY/No School

Wednesday, 9/4 practice

Friday, 9/6 practice

Week 4-

Monday, 9/9 practice

Wednesday, 9/11 practice

Thursday, 9/12 MEET #2 @ NW Open space- Boys race at 5:45 pm, Girls race at 6:15 pm

Friday, 9/13 practice

Week 5-

Monday, 9/16 practice

Wednesday, 9/18 practice

Friday, 9/20 practice

Week 6-

Monday, 9/23 practice

Wednesday, 9/25 practice

Thursday, 9/26 MEET #3 @ Shadow Ridge MS- Boys race at 5:45 pm, Girls race at 6:15 pm;

Friday, 9/27 practice

Week 7-

Monday, 9/30 practice

Wednesday, 10/2 practice

Thursday, 10/3 practice

Friday, 10/4- No School

Week 8-

Monday, 10/7 practice

Wednesday, 10/9 practice

Thursday, 10/10 District Championship MEET @ Margaret Carpenter rec center- Girls race at 10:30am, Boys race at 11:10am; Awards to follow immediately

Rain out dates:

Meet #1- Thursday, 9/5

Meet #2- Thursday, 9/19

Meet #3- Thursday, 10/3

Meet #4- Friday, 10/11- races at 10:00am, 10:35am

Season Dates

- Cross Country: August-October
- Girls Soccer: August-October
- Boys Basketball: October-December
- Girls Volleyball: January-March
- Girls Basketball- March-May
- Boys Soccer: March-May

Team Banquets and Pictures

- Individual schools and teams will determine if they will have an end of the year team banquet
- Individual schools and team will determine if they will have team and individual pictures

Cross Country (Boys and Girls)

6th, 7th & 8th grade

Meet Limitations/Scoring

- Any athlete may participate in any regular season cross country meet.
- MS cross country meets will be 2 miles in length.
- Meets will consist of a girls race and a boys race.
- Scores will be taken on the top 5 runners for each school at each meet. All other runners will still be timed but not scored.

District Meet and Trophies

- The end of the season district meet will be scored and awards will be given.
- Awards will be given as follows:
 - Trophies for 1st, 2nd and 3rd place teams (boys and girls)
 - Medals for 1st, 2nd and 3rd place individuals (boys and girls)
 - Ribbons for 4th, 5th, 6th, 7th, 8th place (boys and girls)