

2025MSMS Cross Country Season Calendar
Emails to: pruzich@usd266.com and using BAND app*
Coaches Dan Moran, Jennifer Kerr and Patty Ruzich
Thursday, August 14, @ 6:00pm Parent Meeting at MSMS Gym

August/September 2025

Mon	Tue	Wed	Thu	Fri
11 AUGUST	12 AUGUST	13 AUGUST <i>OPEN HOUSE</i>	14 AUGUST <i>Parent-Teacher Conferences</i> <i>PARENT MEETING</i> <i>6:00pm Main Gym</i>	15 AUGUST
18 AUGUST <i>FIRST DAY of SCHOOL</i> <i>FIRST Practice *</i> <i>Physical & Activity Packet must be in</i>	19 AUGUST <i>Practice</i> <i>Physical & Activity Packet must be in</i>	20 AUGUST <i>Practice 2:15-4:00</i> <i>Practice is both Weights & Running</i>	21 AUGUST <i>Practice</i> <i>Physical & Activity Packet must be in</i>	22 AUGUST <i>Practice</i> <i>Physical & Activity Packet must be in</i>
25 AUGUST <i>Practice</i>	26 AUGUST <i>Practice</i>	27 AUGUST <i>Practice 2:15-4:00</i> <i>Practice is both Weights & Running</i> <i>Uniform checkout & practice in them</i>	28 AUGUST uniforms <i>Team Pictures</i> <i>NO after school practice</i> <i>6pm EXTRAVAGANZA</i> <i>Check in 5:45pm @ Track—Time Trials</i>	29 AUGUST <i>NO PRACTICE</i>
1 SEPTEMBER <i>LABOR DAY</i> <i>NO PRACTICE</i>	2 SEPTEMBER <i>Practice</i>	3 SEPTEMBER <i>Practice 2:15-4:00</i> <i>Practice is both Weights & Running</i>	4 SEPTEMBER <i>Practice</i>	5 SEPTEMBER <i>Practice</i>
8 SEPTEMBER <i>PRACTICE</i>	9 SEPTEMBER <i>Valley Center</i> <i>Valley Point Golf</i> <i>Meet 4:00pm</i> <i>Leave 2:00 PM</i>	10 SEPTEMBER <i>Practice 2:15-4:00</i> <i>Practice is both Weights & Running</i>	11 SEPTEMBER <i>Practice</i>	12 SEPTEMBER <i>Practice</i>
15 SEPTEMBER <i>Practice</i>	16 SEPTEMBER <i>Goddard -Lake Afton</i> <i>4:00 or 5:15pm</i>	17 SEPTEMBER <i>Practice</i>	18 SEPTEMBER <i>Practice</i>	19 SEPTEMBER <i>Practice</i>
22 SEPTEMBER <i>Practice</i>	23 SEPTEMBER <i>HOME meet</i> <i>4:00pm</i>	24 SEPTEMBER <i>Practice 2:15-4:00</i> <i>Practice is both Weights & Running</i>	25 SEPTEMBER <i>Practice</i>	26 SEPTEMBER <i>Practice</i> <i>Band Night @ Fball game</i>

***Practices begin after school and always will end at 4:00pm.**

October 2025

29 SEPTEMBER Practice	30 SEPTEMBER Wellington Meet Hargis Creek Watershed 4:00 pm Leave 1:45 pm	1 OCTOBER NO PRACTICE NO STUDY HALL GO HOME... REST & HYDRATE SCHOOLWORK	2 OCTOBER Winfield Meet Veterans Home 3:00 pm Leave 12:45 pm???	3 OCTOBER Practice
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Mon

Tue

Wed

Thu

Fri

6 October Practice	7 October Newton Meet 4:00pm Centennial Park Concerts 7:00pm	8 October Practice 2:15-4:00 Weights & Running	9 October Practice	10 October Practice
13 October Practice time	14 October LEAGUE MEET Newton Centennial Park 3:00 pm Begins Uniform Check In	15 END TERM! Uniforms Due Collect at lunch (we will wash)	16 P-T Conference Uniforms Due (we will wash)	17 NO SCHOOL

Wednesday Practices - we do not attend athletic study hall. Athletes report to gym area to change and are supervised by Coach Ruzich until Coaches Moran and Kerr are released from their meetings. We will take attendance and complete our warm ups then we will divide into 2 groups. Each group will get in a run and workout in the weight room. **We do finish at the usual 4:00pm time.**

PLEASE DONATE GATOR/POWERADE

***Communications**—we will communicate with parents via the BAND app and with the athletes via a course in their Google Classroom. Meet information, practice or meet cancellations or changes, etc. will all be sent via BAND. **If you have a message that only coaches need to see, such as a personal concern or your child missing practice for an appointment, etc., then please email or text Coach Ruzich at: 316-990-7750 or pruzich@usd266.com.** She will pass on the info to the other coaches if needed or meant for them.



MSMS XC

Scan this QR code and join!

Reminder that posts made in the BAND app are seen by all and it gets to be too much for all to see.

The link to the BAND app is: <https://band.us/n/aba495Ucf7W9v> or use the QR code shown. **ALL need to join the app...last year's parents were all cleared out.**

***Transportation** - athletes will all ride with the team on a school bus or van to the meets. The bus will always return to the school parking lot after each meet. Coach Ruzich will be on the bus both ways. You are allowed to sign your child out at the END of a meet so they may ride home with you. They may only ride home with another adult if you have texted or emailed Coach Ruzich in advance with the info.

***Uniforms** - Your child is responsible for their uniform and cleaning between meets. At the end of the season we will collect those uniforms and launder them. Lost or damaged uniforms will be paid by the student to the MSMS. We encourage the athletes to wear their Team Tshirt, if they purchase one, to school the day of the meet and over their uniforms at meets. If you choose not to purchase one of these shirts, then it would be great if they could wear any MAV shirt they have.

QUESTIONS: Please reach out and ask questions. We know for you parents of 7th graders this is all new and we are always happy to help explain or answer any questions you might have. One main question is usually about shoes. We run around campus on both sidewalks and grass. Meets take place on grass. Your athlete just needs a comfy pair of running shoes. Each brand is different so just make sure they have a pair that fits well and is comfortable. Practice clothes are just shorts and shirts of their choosing. Most usually change into them after school and before checking in for practice. Don't forget a reusable water bottle, hopefully with their name on it. This is so critical for both practices and meets.

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### **OPTIONAL CROSS COUNTRY GEAR**

**Page 4 has the Order Form to purchase additional Cross Country gear for you, your family and/or your athlete.**

**The deadline for orders is August 22nd.  
We will not be able to take orders after this date.**



## CROSS COUNTRY TEAM APPAREL

**mopo**  
CUSTOM ART & DESIGN  
316.305.7712

Please have all order in turned in to coach Moran by **August 22th**. Items will be delivered the first week of September.

Accepting cash or check. Checks can be made out to **MSMS Cross Country**.

BELLA+CANVAS CVC  
Short Sleeve Tee Unisex & Youth Sizing  
**\$20.00**



BELLA+CANVAS CVC  
LS Sleeve Tee Unisex & Youth Sizing  
**\$22.00**



PORT & COMPANY Fan Favorite Hoodie  
Hooded Sweatshirt Unisex & Youth Sizing  
**\$32.00**



BELLA+CANVAS TANK  
Unisex & Youth Sizing  
**\$18.00**



ATHLETE'S NAME \_\_\_\_\_

|                | XS | S | M | L | XL | 2XL | 3XL | YS | YM | YL | QTY | TOTAL |
|----------------|----|---|---|---|----|-----|-----|----|----|----|-----|-------|
| T-Shirt Black  |    |   |   |   |    |     |     |    |    |    |     |       |
| LS-Shirt Black |    |   |   |   |    |     |     |    |    |    |     |       |
| Hoodie Black   |    |   |   |   |    |     |     |    |    |    |     |       |
| Tank Black     |    |   |   |   |    |     |     |    |    |    |     |       |

Portion of proceed go back to cross country team.

GRAND TOTAL