

Orchard Mesa Middle School

Attached:

Middle School Athletic Clearance Form (Pink)- Mandatory
Stack Team App- Need to Download
Gear Order Form- \$18 (You can wear past OM cross country shirts)



OMMS Cross Country
Club



Cross Country Club - Wednesdays from 3:20 to 4:15

Parents/Guardians must provide pick-up from the front of OM. Please, download the app as this will have all information on it.

Dear parent/legal guardian and student,

As we welcome the fall season, we are excited to announce that your student has expressed interest in joining the **Cross Country Club at OMMS!**

Before your student/athlete begins this exciting journey, please complete the attached **District 51 Middle School Athletic Permission Form** (both front and back). The completed form should be returned to me (Mrs. Bavor) or to the school office on the day of our first practice, **Wednesday, October 1, 2025**.

The Cross Country Club is open to all **6th, 7th, and 8th graders**. At our first practice, we will go over routines such as stretching, running opportunities, and safety while running.

Important Information:

- **Insurance:** Insurance coverage is required for participation and is the responsibility of the parent/guardian. For information about school insurance options, contact the office or visit www.studentinsurance-kk.com.
- **Focus of the Club:**
My goal is to help students develop a love for running and improve their individual fitness rather than focus on competition. I will run alongside students, encouraging them to challenge themselves, support one another, and work toward personal goals.
- **Practice Expectations and Safety:**
Students will jog or run half a mile to our destination, may walk during the activity time, and will jog back to school together for safety. Personal music devices are **not allowed** so students can hear instructions and remain aware of others using the path. Come when you can! It is a club. Students must be dressed appropriately (school dress code) for the weather and wear good running shoes to help prevent injuries. Practice will continue as long as it is safe to do so.
- **Meeting & Pickup:**
 - **Meeting Location:** Room C112 at **3:25 PM**
 - **Pickup Time:** **4:15 PM** in front of OMMS (students must wait in the vestibule until ride arrives)
- **What We Do:** Students arrive at 3:15 to change, eat a snack, and sign in. We start with dynamic stretching, then run the track, do strength/ endurance drills, play field games, or run to the Los Colonias Amphitheater/around the Butterfly Pond or run the pedestrian bridge. We finish with static stretching.
- **Communication:** Parents and or runners need to join the **Stack Team App: Knights Cross Country app** to stay updated about schedule changes or cancellations. The app is our primary communication method.
- **Events:** We participate in a 5K each spring and fall. Information about our first 5K, will be announced on the Stack Team App. It is voluntary
- **Attendance:** I take attendance each week. If you have questions about your student's participation, email me or message me on the app—I'll respond the next day. The monthly schedule is on Stack Team App. Please have your student mark if they are coming that week so I can plan workouts. Attendance is flexible—come when you can!
- **Pick Up -** Pick up students out front. They must wait inside until their ride arrives. Walkers and bikers leave through the east door. Students joining Rec will check in right after practice. Each day, students log how they are getting home when they check in.

We are looking forward to a fun, active season and can't wait to get started!

Sincerely,

Mrs. Bavor

Should you have any questions or concerns at any point in time, please do not hesitate to contact me at 970-254-6320 ext. 38131 or via email at sandra.bavor@d51schools.org. I am genuinely enthusiastic about the prospect of working with your child.

3:15 Change and have a snack

3:25 [attendance](#) and dynamic stretching (Frankensteins, Butt Kicks, Sweep the Floor, A skip (1) , B (high new leg out) , C skips High Knee front and side) , High Knees, Side to Side Stretch, Hug Knees to Lunge with Waist, Back, Front (Over the Fence),

3:35-4:05- Mix of Activities Below

-Off Campus Running

Run to Los Colonias Amphitheater and Back

Run the bridge

Run Around Butterfly Pond

-Track Work Out

Head of the Line

Tempo Runs,

Beat Your Time,

Interval Training,

-Games that include running:

Ultimate Frisbee, Shark and Minnows, Flag Football

4:05- Cool Down and Static Stretching

4:15- Guardian Pickup

**With all off campus activities kids will walk/jog, run or do a mix of all. Students are expected to jog or run half a mile to our destination. After reaching the destination, they may choose to walk during the activity time. Once the activity ends, they will be required to jog the half mile back to school. This is for safety so the group can stay together.*

4:05- Cool Down and Static Stretching

4:15- Meet Rides Inside Front Vestibule (South) - Walkers/Bikers go out East Doors.

Sometimes due to weather I may change up what we do for safety.

Cross Country Slip

Name _____ Grade _____

Why did you chose to do cross country:

What is your goal in Cross Country: _____

What can I help you with as a coach: _____

Anything I should know about you:

What are you excited about after today?

Cross Country Slip

Name _____ Grade _____

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What is your goal in Cross Country: _____

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Anything I should know about you:

What are you excited about after today?

