



MARBLEHEAD PUBLIC SCHOOLS

Athletic Department

2 Humphrey Street
Marblehead, MA 01945



VETERANS MIDDLE SCHOOL - INTERSCHOLASTIC CROSS COUNTRY

COACH

Kylynn McKinley - MVMS Interscholastic Cross Country Coach

FOR

Middle school girls and boys, including 5th and 6th graders

OBJECTIVE

To develop knowledge of the basic fundamentals of cross country, including running form, pacing, and endurance. Each student-athlete will be encouraged to reach their full potential while promoting teamwork, sportsmanship, and a positive attitude. Most importantly, we aim to create an environment where all athletes can enjoy the experience and have fun.

EXPECTATIONS

The expectation is that all team members work together to ensure a positive and efficient practice environment. This includes being prepared, supporting one another, and following team guidelines. All athletes are expected to stay for the full duration of practice, including any setup or wrap-up responsibilities as needed. We will do our best to maximize our time each day. If someone is going to miss, needs to leave early, or has any other needs, please email Coach McKinley at mckinley.kylynn@marbleheadschoools.org.

GOAL

Our goals for the Middle School Cross Country program focus on building a strong foundation in running, including proper form, pacing, and endurance. We aim to meet each athlete where they are, supporting both experienced runners and those new to the sport. Safety, focus, and respect are expected at all practices and meets. Athletes should listen, give their best effort, and support one another. Most importantly, we want athletes to enjoy the experience, build friendships, and develop a love for running!

EQUIPMENT

Proper attire for practice includes a t-shirt (short or long sleeve), shorts, sweats, or leggings, and running sneakers. Shoes should be appropriate for running and provide proper support. Slip-on shoes of any kind, including Crocs, are not permitted for practice. Please make sure your student-athlete brings a water bottle to every practice. Optional items may include a light jacket or layers depending on the weather.

INFORMATION MEETING:

WHEN	Thursday, September 3rd at 2:35 in the cafeteria
FIRST PRACTICE	Tuesday, September 8th
TIME	3:00 p.m. - 4:00 p.m.
LOCATION	Seaside Park
SCHEDULE	Monday, Tuesday, Wednesday, Thursday

Please return this form signed by Monday, September 7th.

I have read the above agreement. I understand and agree with the guidelines.

Player: _____

Parent: _____