

Avon Middle School Cross Country

This first page includes information you will need throughout the season. Put this page on your refrigerator at home, but please read the rest of the pages too!

****NEW THIS YEAR****

All 3 middle school teams will practice together each day. At meets, we will appear as three different schools on results sheets, but for all intents and purposes **we are one team**. We're making this change to try and give the best cross country experience possible to the athletes, but this is new, and **your patience and flexibility will be a big help** in making this a success!

COACHING STAFF

All messages to and from coaches will happen in ParentSquare. This includes day-of updates for weather or meets, so please check notifications.

North: Kettie Mothersead, Ryan Horner, and MaryAnn Abramson

South: Kim LaHaye, Gavin Thornberry, TBD

West: David Williams, Denise Williams, and Jessi Wernsman

Weekly schedule:

*We will practice at a different location each day of the week. After school, your children will be bussed to the practice location, and we will practice until **6:15pm**. Please be prompt.*

Mon: Washington Township Park (shelter up top)

Tue: Avon North Middle School (door 17)

Wed: Gibbs Memorial Park

Thur: Cedar Elementary (around the back)

Fri: Avon West Middle School (Track)

Meet Schedule and Location

(Evening meets often start a little late as we wait for all schools to make it to the meet location.)

Wed Aug 19th, 5:30pm	XC vs Cascade, Zionsville	Cedar Elementary, Avon
Tue Aug 25th, 5:30pm	XC vs Danville, Brownsburg West	Avon North Middle School
Thu Aug 27th, 6:00pm	Oriole Hokum Karem	Cedar Elementary, Avon
Wed Sep 2nd, 5:30pm	XC vs Tri-West, Brownsburg East	Avon North Middle School
Sat Sep 5th, 9:00am	Grizzly Classic	Franklin Comm Middle School
Wed Sep 9th, 5:30pm	XC vs all Avon Schools	Cedar Elementary, Avon
Wed Sep 16th, 5:30pm	XC vs Perry Meridian, Decatur	Avon North Middle School
Tue Sep 22nd, 5:30pm	Hendricks County Meet*	Cascade Middle School
Sat Sep 26th, 9:00am	NSC Conference Championship	Edgewood Intermediate
Sat Oct 3rd	Middle School State*	Lavern Gibson, Terre Haute

*The County and State meets won't be the full roster

Bring to every practice:

- comfortable clothes to run in
- good quality running shoes (ask a coach if you need recommendations)
- reusable water bottle
- towel for core work

Parent Meeting

We'll host a parent meeting after practice on Tuesday, August 4th at 6:15pm. We'll meet in an auditorium at North.

Final Forms

Your child must be completely cleared in Final Forms in order to practice. Get them a physical, it's good for the entire year of athletics.

Fees

Total fees will be \$90 per student-athlete (\$50 per sport season, \$25 once per year for Athletics, and \$15 for team t-shirt). Shirt money is due by August 7th.

Jerseys/Gear

We will provide uniform tops, but each athlete should bring their own plain black shorts for races. Their "team shirt" will function as their warmup top that they wear over their uniform before and after racing. You will have the option to purchase extra spirit gear, but only the t-shirt is required!

Expectations for student-athletes:

- Bring a positive attitude to practice each day
- School comes first. Cross Country is a privilege that you earn by doing well in school!
- Communicate with a coach if you are injured or hurting.
- Work hard! Cross Country is simple: if you put in the work and the miles, your times will improve.

Expectations for parents:

If you've read this far, thank you for your time! We're so excited to coach your middle schooler. Our goal is to give your child a positive team experience where they can make friends and memories while learning the value of hard work and pushing themselves. Each year, the student athletes grow so much over the course of an eight week XC season. Here's what you can do to help:

- Communicate with a coach if your child has to miss practice. Unexcused absences will result in missing chances to compete.
- Encourage your child to get good sleep each night and fuel the hard work they are doing! Eating is training, especially right after practice.
- Encourage them to hydrate during school and snack before practice. Showing up to practice dehydrated or hungry leads to stomach cramps and bad days.