

CMS X-Country Information

Paperwork

-waiver, consent form, a current physical (within the last year), and \$79 athletic fee all need to be turned in to the coach.

-The physical has to be turned in before the athlete is allowed to participate in practice or meets! They can still attend practice. The physical can be an athletic or the 6th grade physical.

Practice

-Monday 8/17 is the first practice from 3:45-5:20. Practices are at Creekside. We practice everyday after school.

-The Thursday 8/27 practice will be at Emricson (so we can learn our course). Athletes need to be picked up at Emricson at 5:20pm (lower parking lot between the tennis courts and softball field).

-Picture day is Friday, August 28th during practice. Athletes should wear navy blue or black shorts, if possible.

-If you are unable to pick up your child at the end of practice, you must have a ride arranged for them at the end of practice!

Meets

-Athletes are encouraged to stay for the entire meet to cheer on their teammates.

-Meets generally start between 4:15-4:30pm but may start later than that.

-Athletes are bussed to and from all away meets. For any meets at Emricson Park, there is only a bus to Emricson Park.

-If you want to take your child home from an away meet, they MUST be signed out so we can account for them.

-If an athlete needs to be taken home by another parent, a signed note/email is needed from the athlete's parent. If no note is given, the athlete must ride the bus home.

Other Information

-Parent Meeting is Monday, August 24th in the Cafeteria at 5:30pm.

Coaches

Todd Clement- tclement@wcusd200.org

Jamie Weger- jweger@wcusd200.org

Diego Cruz- dicruz@wcusd200.org