HIGHLAND 6TH, 7TH & 8TH GRADE CROSS COUNTRY

Hello and Welcome to Highland Middle School Cross Country!
We are excited to start our season on **Wednesday, Aug 26, 2026**

In order to be eligible for sports, you must complete the following 3 items:

1. **REGISTER** for your sport using Final Forms.
    - **Parents** AND **Students** must login to sign forms in Final Forms in order to be eligible to participate.
2. Have a **CURRENT PHYSICAL** uploaded to Final Forms or on file with the Athletic Office - sports physicals are good for two years.
    - WIAA Preparticipation Physical Form
3. **PAY YOUR FEES**: HMS student-athletes are required to pay a one-time $35 Participation Fee and $25 ASB Fee
    - Fees can be PAID ONLINE HERE or you can pay at our Business Office.

Practices:

Practices will begin the week school starts. Steve Rupe is the head coach. Be on the lookout for schedules/communication via Final Forms soon! **Make sure you are registered in Final Forms in order to receive communication from Coaches and have entered the most current email.**

Practices typically run Monday-Thursday in addition to a couple of Friday practices. **Please note, the Activity Bus does NOT operate on Fridays. Students who attend Friday practices need to have their own transportation.**

- Practice takes place right after school at 2:30. Players will change in the locker room and head to the Main Gym for attendance by 2:45.
- Practice ends at 4:45
- 6th, 7th & 8th grade students need to participate in **7 practices** in order to be eligible to compete in meets.

After practices, students need to have:

1. a ride available to pick them up at 5:00, *or*
2. permission to walk or ride their bike home, *or*
3. signed up to take the **Activity Bus.** Activity buses are available after Monday-Thursday practices (no buses on Fridays.) The first bus leaves the school at 5:00 and the second bus leaves at 5:10 (depending on where you live).
    - **Please make sure your child is registered to ride the late activity buses after practices. Your child will not be allowed to board the activity bus if you have not registered for the 2026/27 school year.**
    - [Click Here] to register. **You only need to do this once for the whole school year!**
    - [Click Here] to see which bus your child needs to ride. It's important your child knows which **route color** (ex: red, blue, yellow, or green) to get on. They also need to know their stop. *Activity buses do not stop at regular after-school bus stops.*
    - If you are not sure if you have registered, please contact the transportation department at: transportation@mead354.org

After Games:

- Meets may end after the 5:00 activity buses leave, so please have transportation available at Highland after each home meet or after the bus returns to the school after an away meet.
- You may also take your student home straight from a meet if you sign them out with their coach

*In the event of school being canceled, all practices and games will be canceled.

Schedules:

Coaches will hand out team specific schedules after the first week of practice.

Click Here for Game Schedules on Arbiter Sports

- Click on the opponent to see the addresses of the school
- If you are viewing the Arbiter Sports site on your phone, download the Arbiter Sports app for a more reader friendly version!

Athletic Eligibility:

Students need to participate in 7 practices in order to be eligible to compete in meets.
Grade checks will be conducted every two weeks.

- Students are required to be passing a minimum of five (5) full-time subjects in order to be eligible for participation in sports.
- In addition, an athlete must achieve either a 2.0 GPA or be earning at least a “C” in four (4) full-time subjects, or be placed on academic **probation** for the next grading period. If, at the end of the probationary period, the athlete is still not achieving a 2.0 GPA or earning at least a “C” in four (4) full-time subjects, that athlete is placed on academic **suspension**.
    - While on **probation** student athletes will not be limited in participating in a sport. During this time student athletes should work with their teachers and coaches to improve grades in those classes that are deficient.
    - While on academic **suspension** student athletes will **not** be allowed to participate in activities, suit up for games, or travel with the team.
- Click [here] for our more information on athletic eligibility including attendance, travel, and our athletic code of conduct

Uniforms:

Highland will provide a **uniform**. Uniforms will be returned and inventoried at the end of the season.
Additional Highland Middle School gear is available [here]

Other general athletics information can be found [Here]

If you have any other questions please feel free to reach out to a coach or athletic director.

- Head Coach: steve.rupe@mead354.org
- 7/8th Asst. Coaches: anna.conner@mead354.org; joilyn.madsen@mead354.org
- 6th Asst. Coaches: jolisa.wenkheimer@mead354.org; tia.rupe@mead354.org
- Athletic Director: marcy.gallinger@mead354.org