



Romig Cross Country Running

2026 Info & Calendar



Welcome to the 2026 Romig Cross Country Running Team. We're so excited you're joining us.

- Students must have a purple Romig Sports shirt to compete. These are the same shirts students use for other Romig sports (Track, Basketball, Volleyball...) so they are welcome to use one they already have. If they don't have one, they can buy one for \$15 (Q Parent Connect, or bring cash to Ms. Kayla or Ms. Denise in the office). We will hand out shirts to students who purchase them during an upcoming practice.
- Students will have the option to check-out a purple Romig jacket for the season. If they do, they need to return it at the end of the season, or pay a \$110 replacement fee.
- Meet results are emailed to coaches. I will share with you once I get them. Please be patient with results, as many officials are volunteers.
- Students must attend 10 practices before they can participate in a meet. No exceptions.
- **After practice, please pick up your child at 5:45** to respect the coaches' time. Failure to do so could result in your child being removed from the team.
- For the meets that are not at Romig, students can stay at Romig and then take the team bus to the meet. Alternately, they are welcome to go home and have their family drive them to/from the meet. **If students take the bus to the meet, parents must sign out their child with a Romig coach before departing. Please make this the first thing you do upon arriving at the meet.** If staying after school at Romig, please do not order DoorDash food to be delivered. There will not be time.
- We'll hold three Time Trails on the same practice route so that kids can track their progress over the course of the season.

Sept 3 – Parent Game Day – 4:15 – Kids will come to practice. 5:00 – Parents, please come join us for a game of Capture the Flag on the Romig Turf. (Optional)

Friday mornings in September – There are no afternoon practices on Fridays in September. We offer these optional morning-only practices to free-up family weekend plans.

Sept 8 – Pasta Feed – Kids come to practice at 4:15. At 4:45, we'll head inside for a Team Pasta Feed ahead of Wednesday's meet. Thank you Team Kookooligit for organizing this wonderful team-building event. If you'd like to help, please send me a message.

Oct 5 – Think Pink Relay – Romig hosts this fun meet. Please look for an upcoming message about ways to volunteer.

ASD no longer supports the Remind App. We will use this to communicate with families.

sportsYou



You've been invited to join

Romig XC Run 2026

Please use this to sign-up for my communication notes.

Use your **unique access code** below and follow the instructions.

Access Code

V9VD-UNT2

Join via Website

New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at **www.sportsyou.com**
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App Store



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August

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
First Practice! 4:15-5:45	Practice 4:15-5:45	Practice 4:15-5:45	Practice 4:15-5:45	Practice 4:15-5:45

Rides at Romig after practice at 5:45 please

September

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
Practice 4:15-5:45	Practice 4:15-5:45	Practice Time Trial #1 4:15-5:45	Practice 4:15-5:00 5:00-5:45 Parents vs Students Capture the Flag	Morning Practice 8:15-9:15 No after-school practice
7	8	9	10	11
Labor Day No School No Practice	Practice 4:15-4:45 Pasta Feed 4:45-5:45	First Meet! All Schools Jamboree @ Bartlett 6:00 - 6th boys; 6:20 - 6th girls 6:40 - 7th boys; 7:00 - 7th girls 7:20 - 8th boys; 7:40 - 8th girls	Practice Game Day! 4:15-5:45	Morning Practice 8:15-9:15 No after-school practice



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14 Meet @ Kincaid Park 6:00 - 6th boys; 6:20 - 6th girls 6:40 - 7th boys; 7:00 - 7th girls 7:20 - 8th boys; 7:40 - 8th girls	15 Practice 4:15-5:45	16 Practice Time Trial #2 4:15-5:45	17 Practice Game Day! 4:15-5:45	18 Morning Practice 8:15-9:15 No after-school practice
21 Practice 4:15-5:45	22 Practice Game Day! 4:15-5:45	23 Practice 4:15-5:45	24 Meet @ Girdwood 6:00 - Open boys 6:20 - Open girls 6:40 - JV boys 7:00 - JV girls 7:20 - Varsity boys 7:40 - Varsity girls	25 Morning Practice 8:15-9:15 No after-school practice
28 Meet @ Mirror Lake 6:00 - Open boys 6:20 - Open girls 6:40 - JV boys; 7:00 - JV girls 7:20 - Varsity boys 7:40 - Varsity girls	29 Practice 4:15-5:45	30 Practice Time Trial #3 4:15-5:45		

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Practice 4:15-5:45	2 Practice Game Day! 4:15-5:45
5 Think Pink Relay @ Kincaid 6:00 - Coed Teams 6:45 - Boys-Only Teams 7:15 - Girls-Only Teams Romig Hosts Please consider volunteering	6 Practice 4:15-5:45	7 All Schools Championships @ Kincaid 2:30 - 6th boys; 3:00 - 6th girls 3:30 - 7th boys; 4:00 - 7th girls 4:30 - 8th boys; 4:50 - 8th girls Everyone participates	Thank you for a great season! Go Romig!	