

AMS Cross Country 2020 Parent Information Letter



Welcome to the AMS XC team! We are so excited that you have chosen to participate in this awesome sport! This letter will contain a lot of important and helpful information. Please refer to this throughout the season!

Season Goals

- Increase running endurance and stamina
- Run 2 miles in less than 18 minutes
- Learn how to run properly
- Challenge ourselves to reach new goals and promote a healthy lifestyle
- Create fun and positive friendships

Expectations

- Work hard each and every practice
 - Show up with a positive attitude and a willingness to work
- Listen to all adults
 - You must listen to coaches, bus drivers, and adult volunteers. They are there to help you and keep you safe!
 - This is a big team, so it is so important that you are following the rules even when adults are not directly near you
- Be considerate of other people!
 - We will be practicing off campus 1 day a week. Please be aware of other people that might be at the parks. Be considerate and polite!
- Kind and positive language/actions! Good sportsmanship!
 - Use kind words at ALL times. Not only are you representing yourself, but you are also representing Avon. Make sure your words and actions are acceptable! Use your manners (please and thank you!) Encourage your teammates and cheer them on!
- Refer to the Team Reach App for any changes in the schedule
- Report any injuries to coaches immediately!
- Drink plenty of water at practices and meets
- **BRING A WATER BOTTLE AND TOWEL TO EVERY PRACTICE!!!**
- **CELL PHONE POLICY- All Cell phones are to be off (no vibrate) during practice, bus rides and meets. We are not responsible for lost or stolen cell phones. If a parent needs to be contacted a coach will contact you via the Remind App or text message.**

Wednesday Practices

Wednesday practices will be off-site. Possible locations:

- **French Creek Reservation** (4540 French Creek Rd. Sheffield, OH 44054)
 - Park is off of French Creek road. First right past the railroad tracks!
 - Go to the back of the park and take a left at the fork in the road. Meet at the picnic tables by the playground.
- **LCCC** (1005 N. Abbe Road Elyria, OH 44035)
 - Meet by the tennis courts
 - Turn left off of N. Abbe Road into the college
 - Turn left at the first road
 - Tennis courts will be on the left hand side
- Refer to the schedule for practice times. (schedule will be available on or before July 15th)
- Once school starts, Wednesday practices will be held from 4:15-5:30PM. It is important that you are on time for these practices. Feel free to carpool with your friends!
- We understand that many PSR classes/other activities take place these evenings. Please let us know if you need to leave practice early.

All athletes are expected to attend all practices and competitions. This is to ensure that athletes are properly trained in addition, attendance is crucial to developing a positive team atmosphere. We ask that you only join the team if you are 100% committed to our program.

Monday, Tuesday, Thursday, and Friday Practices

- Monday, Tuesday, Thursday, and Friday practices will be at Avon Middle School
 - Meet on the grassy area next to the large, painted rock.
 - Refer to the schedule for practice times.
- During the school year, players are expected to be dressed and outside by 3:15. Pickup is promptly at 4:30PM.
 - **Important!** Clean up all messes and be respectful after school. We could possibly get asked to leave if students are misbehaving and/or leaving messes.
 - This is how after school practices should roll:
 - 3:00- Bell rings, pack up everything you need (books, homework, instrument, etc).
 - 3:05-3:12- Get changed in locker room quickly. Use the restroom. Fill water bottle.

- 3:12-3:15- Meet outside near the rock. Eat your snack. Throw away wrappers. Sign in under your name in the binder.
 - 3:15-3:30- Leaders start group in stretching. Everybody should be stretching and listening to the group leaders.
- Students will forfeit their chance to compete in meets if they are doing any of the following:
 - Throwing water bottles
 - Throwing dirt, rocks, mulch
 - Wandering around the school/campus unsupervised
 - Leaving trash inside and/or on the field
 - Destroying any property
 - Yelling and/or running in the school building after the bell rings

Other Practice Information

- Athletes are expected to attend all practices. **If a conflict should arise or an athlete is sick, parents must send a Team Reach message or email Coach Connelly and Coach Ruddy. An absence is only excused if it is in writing!**
- There are two weeks that we have a meet on a Thursday. That will be in lieu of our practice.
- Practices are subject to change due to weather. We will cancel practices via Team Reach no later than an hour before practice. We still run in rain so come prepared!

Cross Country Meet Logistics

- Races are usually 2 miles in distance
- Most meets will have 4 races:
 - Varsity Boys (top 7 boy runners from the week before)
 - Varsity Girls (top 7 girl runners from the week before)
 - Open Boys (all other boy runners on the team)
 - Open Girls (all other girl runners on the team)
- Races will be competed on all kinds of terrain (grass, mud, hills, gravel, etc.)
- Meets are held rain or shine! They only postpone/cancel due to lightning!
- Meets are scored with every place having that point value
 - Example: 1st place would get 1 point. 42nd place gets 42 points.
 - The first 5 runners who finish on the team are the only points that are scored for the team. Places 6 and 7 are used as tie-breakers.
 - Lowest team score wins that meet.

- Runners are expected to be prompt in meeting at the starting position. Runners may start racing when the gun is shot off. Runners must return to the starting point if they official sounds the gun off multiple times.
- Parents can watch their child compete from the sidelines. You can move to different positions throughout the race!

What To Pack For A Meet

- Running shoes (absolutely no flip flops!)
- Uniform t-shirt
- **PLAIN, BLACK SHORTS!!!**
- Spike shoes (if you have them, not necessary)
- Water bottle and healthy snack
- Dry/warm clothes (hoodie, sweatpants, gloves, hats, etc.)
- Rain gear (rain jacket, umbrella)
- Extra socks
- Duffle bag and plastic bag to put dirty clothes in
- Inhaler (if you are medically supposed to have it)
- Watch

Cross Country Meet Locations and Times

- The first meet that students will have the opportunity to participate in is the Classic at Mastic on August 12th. This is a 2 mile that is open to all 7th-8th graders in the area. Athletes do not have to run this, but we always offer it to runners since it is a close to home race. This is the only meet in which you will have to register yourself. You have until August 10th to sign up. There will be no practice this day.
- The Eagle Run will be taking place the morning of Saturday, August 15th. We would love to have runners sign up and support our school! You can sign up for either the 5K OR the 1 mile fun run. It is totally up to you! This is not mandatory, but we would love to see you there!
- The dates, times, and locations of our meets are below:

Date	First Race Time	Meet/Location
August 29th	8:00 AM	SWC Preview @ LCCC (meet by tennis courts)
September 5th	8:00 AM	Avon Lake Invite @ LCCC (meet by tennis courts)

September 12th	8:30 AM	Bruce Lerch Invite @ Brecksville High School
September 17th	5:00 PM	Avon Race to Remember @ Veterans Park (meet by concession stands)
September 26th	Noon	Vertical Runner @ Strongsville High School
October 3rd	Vermillion	
October 10th	Medina Cross Country Festival	Canavan Elementary School 825 Lawrence Street.

October 17th SWC Championships Location TBD

- All times are subject to change. We will send out confirmation times a few days prior to the race via Remind.
- **Important!! LCCC and Veterans Park are considered “home meets”. You will be responsible for providing transportation to and from these meets.**
- Bussing will be provided for all other meets. Students are expected to take the bus with their teammates to and from the meets. IF students have to leave the race with a parent, you **MUST** fill out a transportation release form at **LEAST 24** hours before the race. This must be signed by parents, a coach, and Mr. Lanham. No student will be allowed to leave without this form! There is a copy attached to this letter. If you need an additional form, let your coaches know!
- Bussing dropoff and pickup will be in the front of the middle school.

Team Dinners

- Team dinners will be held on the following dates: 8/28, 9/11, 9/25, and 10/16. The dinners are organized by parent volunteers. The coaches have reserved the Middle School Cafeteria. We will be using Signupgenius.com to orchestrate desserts, paper products, etc.
- Our team will still hold a practice from 3:15-4:00. We will then come in and eat from 4:00-4:30 at the Avon Middle School cafeteria.
- Pickup is at 4:30 on these dates!
- The main course will be catered by Sorrento’s (pasta and pizza). A designated parent(s) need to call (934-6644) to place the order and arrange for it to be picked up and delivered to the middle school by 3:50pm. Drinks, Side dishes and desserts will be organized and provided by families too.

- We will be collecting \$25 from each athlete to cover dinners for the entire season. Cash only please! The coaches will give the money to the designated parent each week for the Sorrentos order.
- COACHES CANNOT BE RESPONSIBLE FOR THE BREAKFAST OR DINNERS. COACHES NEED TO SUPERVISE THE RUNNERS DURING THIS TIME.

Team Gear

A link will be sent out via Team Reach in July for team gear and uniform shirts.

Uniform Shirt Families will receive an ordering form to purchase team uniform shirts. These will be the same as last year, so 8th graders who already have one do NOT need to purchase again. Feel free to buy more than one shirt.

Cross Country Pictures

- Team and individual pictures will be taking place by LifeTouch Photo. Order forms will be sent home with athletes as soon as we get them! Money is due the day of pictures. We will let you know when we have the date for picture day.

Runners of the Week

- Each week we will be recognizing one girl and one boy runner who exhibits an outstanding, positive quality. This may include: most improved runner, most positive teammate, hardest working athlete, etc.
- Please note that all runners will not win this award. Athletes will be picked at the coaches' discretion.
- Runners will receive recognition at Friday practice along with a certificate and Mitchell's gift card!

Follow Us On Twitter!

- Follow our AMS XC account @ AMS_XC

Baum's Page

- Provides meet scores and placements
- Directions
 - Type in baumspage.com
 - Click “Cross Country” in top banner
 - Click on the meet name/date

End of Season Banquet

- The end of season banquet will be held during our team dinner the night before our Championship meet. More information will be sent out closer to this date.

If you have any questions throughout the season, please feel free to message your coaches via email! Thank you so much for your support! We look forward to a wonderful season!

Coach Connelly, Coach Ruddy, & Coach Bittle