

New Prague Middle School Cross Country



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Practice Expectations: We are going to have a lot of fun as we work together to improve!
Be to practice on time! Practices will begin at 2:50 pm.

The expectation when signing up for a team is that you will attend ALL practices. This helps maintain the integrity of the program and makes everyone accountable. Attendance will be taken daily. With that being said, we know things happen.....

Absences - Please inform the coach before practice or as soon as possible when you know that you will not be able to attend a practice.

If you didn't let a coach know before practice that you would be missing, then 1.) **the athlete will be talked to AND/OR** 2.) **the parents will also be notified of their child's absence from practice.** If the absences continue to be an issue, the athlete will sit out the next meet.

***We will contact parents if an athlete misses more than two practices with no communication.**

Other reminders/expectations:

- 1.) **Come to practice prepared.** We go outside every day for practice (except for inclement weather, practice will be inside), so bring extra clothes and shoes that allow you to practice in any type of weather and a water bottle and snack. This includes our meets as well.
- 2.) **Practices/Meets may be cancelled due to weather.** Announcements are made by 1:00 pm the day of practice or the meet. A message will also be sent out on the REMIND app.*
- 3.) **You must have transportation home from the middle school after all practices and meets.** Pick-up time for after practice is 4:30 pm.
- 4.) **Participate with good sportsmanship.** When you join a team, you represent your parents, coaches, school, and community. Be respectful to your teammates, competitors, and yourself. Obey school rules at all times.
- 5.) **Riding home with parents.** Athletes can ride home with parents after meets. Please sign your athlete out with a coach before you leave so we know you took them. We would hate to leave an athlete behind.
- 6.) **Uniforms:** Athletes will be issued a tank top and will be expected to turn it in at the end of the season. However, athletes are encouraged to wear their own black shorts as part of the uniform.

Cross Country Website:

1. <http://www.npaschools.org>
2. Click on Schools, select Middle School
3. Click on Activities/Athletics
4. Click on Athletics
5. Click on Fall Sports, select Cross Country

What you will find:

1. Parent Letter
2. Cross Country FAQ
3. Online registration for Cross Country
4. Meet results posted (please let us know if you prefer your athlete's results NOT be posted online).

*Sign up to receive Remind text messages.

- Text the message @npmscro to the number 81010

***Cross Country Meets:**

- * *Wednesday, Aug. 27th @ Orono / Orono Twilight* (this is for 7th & 8th graders ONLY - for those who practiced with the HS CC team the weeks of 8/11 and 8/18)
- * Thursday, Sept. 4th @ Tri-City United (Montgomery National Golf Course)
- * Thursday, September 11th @ Waconia (Crown College)
- * Thursday, September 18th @ Owatonna (Havana Hills Golf Course) - **MS ONLY**
- * Thursday, Sept. 25th @ Home (Cedar Lake Farms)
- * Thursday, Oct. 2nd @ Burnsville (Neil Park) - **MS ONLY**
- * Tuesday, Oct. 7th @ Jordan (High School)

*The high school teams will also have a meet on most of these dates. We generally run at the beginning or the end of each meet. We will communicate this through Remind and the athletes.