

Cross Country

Welcome to NRMS Cross Country 2022! Welcome back to our returning 8th graders and hello to our incoming 7th graders! 😊😊

Coaches~

Mrs. Franko (5th grade Maverick Pod) sarah.franko@northroyaltonsd.org

Mrs. Connelly (5th grade Raptor Pod) jessica.connelly@northroyaltonsd.org

What is Cross Country and why is it a team sport?~

Cross Country requires student athletes to run a 2 mile race on a designated course. Each runner will receive a time and a place at the end of each race. The first 5 places are added up for each of the boys and girls teams to determine our final team score. The lowest team score wins! There are "varsity" races, which consist of our 5-7 fastest runners, and "open" races for all other runners. Each Cross Country Athlete will have a race to run!!

Physical/Final Forms/Participation Fee~

Physical--Each athlete **MUST** have a valid physical signed by a physician on file. Physicals can be found on our Cross Country Website, as well as the North Royalton Middle School Website. Physicals can be uploaded into Final Forms or turned into a coach or Mrs. Brauer in the office.

Final Forms--Parents AND athletes must fill out Final Forms to be able to participate in ANYTHING related to Cross Country. QR Code →



Participation Fee--There is also a participation fee that must be paid before the first meet, but it covers all sports played for the entire school year. This form can also be found on our Cross Country and school website.

Summer Conditioning~~

We will be doing 4 fun, optional summer conditioning events: June 22, June 28th, July 6th and July 12th. Attendance is not mandatory, but if you can make it we will have fun!!! You **MUST** sign up for Remind to be informed about the summer conditioning sessions, including weather cancellations. You also **MUST** have final forms completed to attend. In order to prepare yourself for our first meet, a 2 mile race, on August 30th, you **WILL** need to run over the summer. Running 3-4 times per week will help you to build the endurance you will need to start the season! **By the 1st day of practice on August 1st, you must be able to run for a minimum of 15 minutes without stopping!!**

Practice~~

Practice will start August 1st and will be held Monday-Friday from 8- 9:15 am. Once school starts practice will be right after school from 3:00-4:15. You will bring your CC bag and change in the locker room immediately after school. On days we do a long run, practice may last until 4:30. Parents and athletes will know in advance.

Practice locations:

On campus-- the track, our home course

Off campus---Long runs in the Metroparks. On average athletes will run 2-7 miles, depending on time and ability level. Athletes **MUST** sign a road rules contract and we need parent volunteers to help with street crossings.

Equipment~~

Shoes-- You will need a pair of good running shoes that are properly fitted. Vertical Runner in Brecksville always takes great care of our athletes and gives a discount if you mention that you run CC for NRMS.

Water Bottle---Proper hydration is **ESSENTIAL!** Please make sure that you have a water bottle marked with your name **EVERY** day! Especially when school starts because hydrating during the day will determine your abilities at practice to do your best.

Uniform--- You will be issued a uniform that will be your responsibility throughout the season. It must be worn at all meets. There will also be an opportunity for athletes and families to order CC Spirit Wear (t-shirts, sweatshirts, hats, jackets, etc.)

Meets and Saturday Invitationals~

Meets~ There are usually 5 Tuesday meets against 1-3 other schools.

Saturday Invitationals~

There will be 4 Saturday invitationals. TBD. Bus transportation is required TO the meet, but parents may take their child home after his/her race is run with a transportation form. Two Saturday Invitational meets coincide with the high school CC team and will stay/go early to support them.

Attendance at meets and practice~~

Attendance at ALL meets is mandatory!!! If there is an issue please speak to a coach. Excessive absences will result in removal from the team.

Order of Events at weekday league meets

All Girls Race First (top 5 will score for the team)

All Boys Race Next (top 5 will score for the team)

- A race lasts up to 30 minutes, depending on athletes, course conditions, weather, etc.

Communication~~

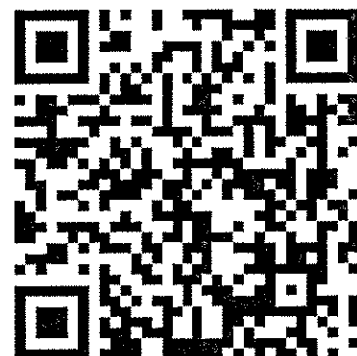
Communication will be via Final Forms (email) and the REMIND app. Each weekend, a TWICC (this week in cross country) schedule will be sent out via Remind so families can plan their week. We also have a website which is full of important information.

To Join Remind:

text @nrmscr to the number 81010

To view the Website:

Scan the QR Code



Requirements~

Grades-- You are a scholar athlete. Grades come first. If you are ineligible you will not participate.

Behavior-- Your coaches will be in close contact with your teachers and administrators about your behavior in school and at practice/meets. You are representing NRMS every single time you run in practice or wear our team uniform in meets.

