

Reeds Brook Cross Country



Grab your running shoes!

The Reeds Brook Cross Country team invites all runners to join, whether you are an experienced racer or are new to running. This is a no-cut sport; there is a place for everybody that wants to train and work hard. Training will consist of distance running, workouts and drills to improve running form, and activities and games to get us moving! Competition races are *once a week* and are run mostly on trails (see the attached meet schedule - also available on the school website) *between 1.7 and 1.9 miles*. Practices will take place at Reeds Brook after school starting Thursday and will adhere to the following format:

Thursday, September 5th: 2:00 - 3:30pm

Friday, September 6th: 2:00 - 3:30pm

Then we will fall into a typical week schedule:

****Mondays: 2:00 - 4:00pm**

****Tuesdays: 2:00 - 4:00pm**

****Wednesdays: 2:00 - 3:00pm (late bus available)**

****Thursdays: Meet (Race) Days (2:00 to approx. 6:00pm depending on travel)**

****Fridays: 2:00 - 3:00pm (late bus available)**

On practice days that end at 3:00pm (Wed & Fri) students will be able to ride the late bus home, but on other days students will need to be picked up by the end of practice or meets.

Remember: in order to participate, you must have had a physical within the year and have submitted the necessary paperwork into the office.

The FOCUS of our team

- Promoting positive growth and competition
- Culture of hard work, perseverance, and grit mentality
- Enjoying setting and achieving goals to better ourselves
- Cultivating a unified team of mutual support and encouragement

Equipment: Racing uniforms will be provided to all runners to be used on meet/race days. They need to be cared for and returned at the end of the season. Other equipment that *will not* be provided includes:

- Running shoes (*required for practice and competition*)
- Shorts and shirt for practices
- WATER bottles
- Sweatshirts, pants, and other clothes to layer over uniforms (and bags for these items as well)

****An order form is available to buy running sweatshirts, T-shirts, and shorts. Forms will need to be turned in to coaches no later than **Monday, September 9th******

Layering: While the season will start with warm days, fall will soon be here and it will get colder for practices and meets. It is important that athletes bring extra clothes, such as pants, long sleeve shirts, sweatshirts, and shell jackets that can be layered over running clothes and taken off if it gets too warm. This includes rain gear. Even if the day seems nice, it's wise to be prepared with layers in case the weather changes on us.

Practice Expectations:

- 1) An important part of cross country is *consistency* with training. Completing runs over and over allows your body to develop *endurance* so you are able to improve the time and distance you can cover when you run. For that reason it is important that you show up to scheduled practices - if athletes need to miss practices or meets, they need to speak to one of the coaches.
- 2) Only students with *appropriate running shoes and clothes* will be able to practice so make sure you come prepared!! Jeans will not be accepted. Make sure you also come prepared with WATER!!
- 3) Each day students will be required to sign-in and sign-out of practice on the roster sheet. **This is a safety issue and extremely important! With a large team completing runs of different lengths, the coaches need to be able to make sure every athlete is accounted for! Help make sure all athletes remember to do this!**
- 4) Some runs may take you off of the Reeds Brook/Hampden Academy campus and onto the roads of Hampden. Run ONLY on sidewalks and crosswalks, and be mindful of traffic and other pedestrians.

Race/Meet Day Expectations:

- 1) Like practices, come to meets prepared with the proper equipment: uniform, running shoes, clothing layers, WATER!, and healthy snacks.
- 2) Remember that at meets and competitions you are representatives and ambassadors of Reeds Brook and nothing but your *best behavior and sportsmanship* will be expected. We are there to celebrate the hard work that we and other teams have put into the season.
- 3) At the conclusion of meets it's preferred that athletes return on the bus with their teammates; however, *parents may choose to sign out their child with the coaches*. All sign-outs by adults other than an athlete's parent must be approved via a signed note by the Reeds Brook office before the meet takes place.

Academic Policy: Participating in a sport is a privilege, and in order to do so you must maintain your grades. Grade checks will be done by the office throughout the season and you need to make sure your grades are in good standing. If you need to stay after school with a teacher, that takes priority over practice. Please let the coaches know if you need to make arrangements to focus on your studies.

We are looking forward to an excellent season filled with fun and hard work!!!

Please contact us or the Reeds Brook office (862-3540) with questions

Coach Kash & Coach Blood
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