

Dear Parents and Runners,

Welcome to the Oyster River Middle School Cross Country Team! We are an interscholastic team, so we practice together and then compete against other schools. We have no try-outs or cuts. All Oyster River Middle School students, grades 5-8, are welcome to participate. Our main goal is to have fun while working together to improve as a team and as individuals. We offer a good balance of opportunities for enjoyment, athletic improvement and learning, while providing an appropriate level of competition for middle school students.

There is no charge to be on the team. When we have meets we travel by Oyster River bus. The team competes on a variety of cross country courses at various schools in Southern New Hampshire as well as our "home" course at DeMerrit Hill Farm (DHF). Races are generally two miles long, with boys and girls running separately. **Usually practices start right after school and end by 4:15 PM (in time for the late bus).** Practices at DHF will end a little later and will require students to be picked up at the Farm. Meets will also end later in the evening, generally around 7pm, but it varies. **The State Meet is on Saturday October 20th and is mandatory for all runners (6th – 8th grades). This meet lasts all day,** so please plan accordingly.

Thank you for your interest and support of Oyster River Cross Country. We are looking forward to a great season and hope you want to be a part of it.

Sincerely,

Your Coaches: Dave Montgomery, David Geschwendt, Heather Concannon, and Julieann Woodbury
(email Dave (dmontgomery@orcsd.org)– if you have any questions)

OYSTER RIVER MIDDLE SCHOOL CROSS COUNTRY TEAM GENERAL INFORMATION

General policies of the Oyster River Middle School Cross Country Team:

Cross Country has developed the following policies as a way to be fair to all kids participating in the program.

We have always tried to be flexible in dealing with kids involved in other activities. At the beginning of the season we ask all runners to tell us if they have any potential conflicts between other activities and cross country. Runners who demonstrate a willingness to work out conflicts in a responsible manner will be encouraged to do so.

It is essential, however, that all runners who plan to participate on the team clear their personal and family schedules to be able to run in the State Championship. **This is a Saturday commitment on October 22nd**. If you are unable to make this commitment it would be unfair to the team for you to participate this season.

The goal of cross country is to have fun while improving yourself as a runner. Obviously, you will only improve if you are willing to work at it. For this reason, attendance at practices and meets is important. It is assumed that all participants will make every effort to be at all practices and meets. If conflict comes up the runner is responsible for giving a note with the students' name, grade and an explanation to one of the coaches prior to the absence. **The note does not have to come from a parent.**

Practices: Most practices, unless otherwise announced, will start immediately after school and end by 4:00 PM. Athletes should be ready to run with t-shirts, shorts, sneakers and a water bottle. Runners will usually be finished in time to take the late bus. Transportation arrangements will need to be made for the few practices that will run late (check your schedule for this information). There are many kids on the team, and carpooling can often be set up.

Important!! If your child uses an inhaler (for asthma) or needs an epi-pen (for bees, etc), he/she MUST bring have them in order to practice or compete.

We are lucky enough to have some practices at DeMerritt Hill Farm (DHF). These practices will also end at 4:00, but runners will need to be picked up at the DHF. **Please make every effort to be on time picking up your runner as everyone would like to be home on time.**

"Decision Day": To better introduce the sport of cross country to kids who are new to our team, we are including 'Decision Day.' We will ask new runners to run with us for the first three practices before making their own choice about staying with the team or not for the full season. Those who choose to take a uniform at the end of practice on 9/14 will be committing themselves to participating fully for the remainder of the season. Coaches will respect the decision made by any runners who decide at that time that cross country is not for them.

Uniforms - Runners will be lent a uniform for the season (after Decision Day). A uniform consists of a running singlet, and we ask students to supply their own running shorts. The shorts should match the color scheme of the singlet. If a singlet is lost or damaged the replacement cost is \$15. Runners

should only wear their uniform to meets, not to practices. It should be returned directly after the State Championship meet.