

# Bay View Cross Country

Thank you for your interest in the Bay View Cross Country team! We are excited to coach your child this year. Our goal is to promote activity through participation, foster development of healthier lifestyles, athletic skills, self-esteem, fair play and good citizenship.

Practice starts September 5th. Please plan on picking up your child after each practice at 4:20

In order for your child to have a successful and fun season **we strongly suggest that your child begin running BEFORE September 5th.** (Our first meet is only 5 days into the season.) Runners are encouraged to train at their own pace, with the goal being an ability to run/jog for approximately 20 minutes without stopping or walking. Ideally, athletes should train every other day, up to 4-5 days a week.

## FAQ's & Guidelines

### What is Cross Country?

*Cross country is long distance running. It's a team sport. It is not held on a fixed track like track and field. Athletes race across open terrain, mostly through a combination of woods, fields and hills. Course distances and terrains differ for each race.*

### How are athletes/teams scored in Cross Country?

*Cross country scoring is different from most sports - the lowest score wins. As each athlete finishes the race, he/she is given a place card while in the chutes. The athletes are asked to turn this card in to the Bay View coach at the end of the chute. The places of the first 5 athletes for each team are added together to determine the team score. Remember, the total score of the team is what counts, each runner matters!*

### What if my child hasn't run much? Can he or she still run Cross Country?

*Absolutely! We group kids based on their fitness level. Girls and boys practice at the same time but are considered separate teams. **Due to safety concerns and training off campus, we do require students to run a 10 minute mile.***

### Can my child participate in another sport or activity at the same time?

*Yes. Athletes have participated in cross country and another sport like soccer before. We will modify their workouts when appropriate. When there is conflict in schedules, we will work together to figure out a solution.*

## Attendance

*Students will be removed from the program if 3 unexcused absences occur.*

## How long are the races?

*Middle school cross country races are approximately 1.5 miles.*

## Weather

*We will run rain or shine but we will not practice if there is thunder or lightning. If bad weather should start during practice coaches will take runners to shelter. Please remind your child to dress appropriately for practices and meets.*

## Equipment

*Athletes should have proper running attire which includes running shoes. Most injuries will be alleviated by having a proper fitting running shoe. Runners should have a healthy snack and a water bottle each day before practice and especially for race days. It is imperative to keep runners hydrated during the day for optimal performance.*

## Away Meets

*Transportation to away meets will be provided by Lamers Bus Co. (With the exception of our home meet at Meadowbrook Park. Students will need to find a ride to and home from our home meet.) Directions to away meets are posted on the Bay View Athletics webpage and are also listed on our schedules which will be distributed to athletes on the first day of practice. Students will arrive back at the Bay View between 5:30 and 6:15 PM. Time varies depending on race site variables. Students are allowed to bring cell phones on the bus, which will help you in planning your pick up time. Since coaches do not stay with students as they wait for pick up your prompt arrival is appreciated.*

## Sign Out Procedures

*A parent/guardian **must sign-out** their child with a coach if your child is not riding the bus home from a meet,. NO exceptions.*

