



We are excited to be able to offer a cross country season this year! Cross Country is a distance running sport with competition being a two mile race.

Middle school cross country will be a bit different in 2020. **There will not be league competition but we will have some intramural races throughout the season.** The meet schedule is being developed but the plan is to hold a few meets at Island Lake State Park on Saturday mornings in October. There are several changes to the traditional schedule and plan due to the pandemic. We ask for patience throughout this process. Things will undoubtedly change as we go through the season. This is an opportunity for us to model thinking flexibility and adjusting as needed with a positive attitude - we know that if we all support each other and embrace that flexibility, this will be a positive experience for all involved!

The basics: The season will run from 9/21 to 10/30. Practices will be in two groups. Group A on Mondays and Thursdays and Group B on Tuesdays and Fridays (see below for details). Practices will usually be at the middle school track but occasionally will be at Island Lake State Park (drop off at Kent Lake beach area - first parking lot on the left once you enter off Kensington Road). Meets will be (tentatively) Saturdays in October - we have to wait on numbers to finalize what that will look like.

Team Communications!

'BAND' app - REQUIRED - you will not know what is happening without it.

bit.ly/slcsxc2020

Download onto your phone too

Tip: The Band App is also accessible on a standard computer - it can be easier to access paperwork that way if needed. Just Google 'Band App' and sign in

Registration: 'Paperwork' will be online this year except for physicals which must be turned in the first day. **It says Centennial but it is for both schools this season : [Online registration](#)**

Pay to play: Online and a link will be sent out when ready. \$100 for 7th and 8th grade and \$70 for 6th. Let us know if you'll need some help with that amount.

Physicals: [Review this carefully](#)

If you ran cross country last year	Special, one year extension form: https://www.mhsaa.com/portals/0/Documents/health%20safety/healthquestionnaire.pdf	
You ran running club this summer	All set	
If you are in 6th grade or didn't run cross country last year	~ I need a copy of your most recent physical	~ IF that physical is dated between 4/15/19 and 4/15/20 - we need a copy of the physical AND the one year extension form: https://www.mhsaa.com/portals/0/Documents/health%20safety/healthquestionnaire.pdf
		~ IF that physical is dated after 4/15/20 - all we need is a copy of the physical.

Spirit Wear: MUST BE ORDERED BY 9/26

There are many awesome spirit wear options to pick from this year. The team shirt is not required this season. Our personal favorites are the headband, cinch sack, throwback joggers, and hoodie.

CMS: bit.ly/cmsxc2020

MMS: bit.ly/mmsxc2020

SAFETY PROTOCOL

Pre-Workout Screening:

- Everyone participating (student, coach, volunteers) must do a SLCS Daily Health Screening **BEFORE** attending each practice. The link will be on the Band app and on the team site at bit.ly/slcsrunning once it is ready.
 - This is to be done **BEFORE** the student attends practice. Temperature must also be less than 100.3 degrees
 - If you answer YES to any question or do not pass the screener (have had contact with someone with a positive COVID test or some of the symptoms) you must let your coach know so they can inform the district. Do not come to practice if you feel sick at all or have not passed the screener
 - Wash hands for at least 20 seconds before leaving home/school

- Coach will confirm that everyone has completed and submitted their Daily Health Screening before practice can begin. **If you have not completed the screener but are at practice, you will need to go home.**

- Temperature checks
 - Coach will check the temperature of those participating. Anyone with a temperature higher than 100.3 cannot participate and must go home.
- **Everyone must wear a mask**
- Remember to maintain at least 6 feet of distance when entering the facilities
- If you are carpooling with someone not in your household, all should be wearing masks

Arrival and Workout

- Everyone must wear a mask upon entering the facilities but may remove them once we run and are socially distant. After checking in, head to a cone (8th green, 7th yellow, 6th orange) to drop off your water and then start walking the track until activity begins. **Any time we are not running, you need to be wearing a mask per MHSAA and executive order guidelines.** Be sure to stay 6 feet apart from others.
- CMS drop off - CMS bus loop. Runners enter the track using the gate between the CMS fields and the track
- MMS drop off - MMS bus loop. Runners enter the track via the gate closest to the loop and check in
- Runners must bring the following to every practice
 - Water bottle with name (you may want more than one if it is small)
 - Hand sanitizer
- Everyone must stay 6 feet apart at all times
 - We warm up and run in pods: 8th grade at the green cones, 7th at yellow, 6th at orange
 - If you need to, sneeze or cough into a tissue or the inside of your elbow - avoid touching your face
 - Water bottles/food must not be shared
 - Do not spray water from water bottles on others

Spectators

- Currently, only TWO spectators per athlete are allowed at meets - with social distancing and masks

Practices:

- **Drop off/Sign in starts at 3, practice will start around 3:20 and go to 4:30.**
- When practices are at the middle school track:

- CMS drop off and pick up - CMS bus loop. Runners enter the track using the gate between the CMS fields and the track
- MMS drop off and pick up - MMS bus loop. Runners enter the track via the gate closest to the loop and check in
- Occasionally practices will be at Island Lake State Park. Drop off will be at Kent Lake Beach, which is the first parking lot to the left once you enter off Kensington Road. Practices will start a little later there. Watch the calendar on the Band app.
- **First week:**
 - Monday 9/21 and Thursday 9/24 - cross country runners from last year and summer running club runners
 - Tuesday 9/22 and Friday 9/25 - new runners
- After Tuesday 9/22 we'll know numbers. A Sign Up Genius will be sent out on the team app for families to sign up for Group A or Group B. If you have no preference, we ask that you wait until Thursday 9/24 to sign up.
- Group A will practice on Mondays and Thursdays, Group B will practice on Tuesdays and Fridays. This will allow the most practice days while also allowing for social distancing.
- It won't be perfect, but flexibility is key in 2020. If you plan to carpool or run with friends, coordinate quickly to get the spot in the group you prefer. With such large numbers, it isn't possible for the coaches to craft a schedule that will work perfectly for everyone.
- **IMPORTANT:** Runners need to be picked up on time. If they cannot be picked up on time, alternative arrangements need to be made or they will not be able to participate.

Other team Information:

- Runners should wear a pair of running shoes for all practices and meets. You should be able to find running shoes at any athletic store. Running Lab in Brighton will give a discount if you say you run with CMS or MMS.
- Runners should dress for the weather (hot, cold, rain, etc.). A good rule of thumb when dressing is to add 10 degrees to the temperature when deciding what to wear.
- We will not run in heavy rain and cannot have indoor practices. Cancellations or changes will be shared through the Band app.

Meets:

- The schedule of the meets will be sent out once numbers are finalized.
- Tentatively, the first three Saturday mornings in October will be the meets.
- Held at Island Lake State Park. A State Park pass is needed (you may already have a recreational pass on your license plate – check for a “P.” If not, there will be an \$11.00 one-time entrance fee.)
- Tentative plan: Runners will be sent off in waves. A clock will be at the finish for times - for example, wave two could be sent 30 seconds after wave one, so they would have to subtract

30 seconds off the time. Runners would then complete a Google Form with their time so it can be available on a results sheet if desired.

- No sign out needed because all meets will be home meets. Normally we expect all runners to cheer on their team, but it is best to head home after your run to reduce crowd size this year.
- Tentative: Halloween Costume race at the end of October - more info as we get closer :)

VOLUNTEERS:

- There have been several parents that have helped out throughout the summer. We thank those parents and also encourage help when it is available, especially at the meets. If you are able to continue that help at practices, please let us know at cmsrunning@gmail.com.
- Volunteers would have to follow the same guidelines as coaches and runners found at the start of this document.

Coaches:

CMS	Brenton Montie - cmsrunning@gmail.com	MMS	Andrew Davey - runmms@gmail.com
	Rebecca Mann		Kari Smith

Cheat Sheet of tasks that need to be done

Check off List

FORM/TASK	(X)
Joined Band App - bit.ly/slcsxc2020	
Physical (both sides - Students and parents sign these forms.)	
MHSAA health questionnaire (if needed)	

<u>Online registration</u>	
Spirit Wear Order (ordered online by 9/26) CMS: <u>bit.ly/cmsxc2020</u> MMS: <u>bit.ly/mmsxc2020</u>	