



MAYWOOD MIDDLE SCHOOL XC HANDBOOK

WELCOME!

Dear Parents/Guardians and Runners,

All students are welcome to compete in Cross Country. Runners should come prepared to run every day! There are no cuts, however Maywood XC Runners **must run 20 minutes or less in one of the four district dual meets to be eligible to run at District Finals at Lake Sammamish.**

Please read the following information that includes our expectations, procedures, and general XC information for the season.

We will need volunteers for Home Meets and for our Annual 'Mr. Eggers Popsicle Run'.

Go Maywood!

Mrs. Gina Winegar

Mrs. Kris Ellis

ELIGIBILITY

Cross-country is a privilege. In order to participate in cross-country at Maywood you must meet the following criteria:

- You must be passing all your classes & have a 2.0 or higher GPA
- Behavior in school and at practice must be appropriate.
- Uniform must be complete.
- You must participate in **8** practices prior to your first meet.

Grades will be checked within 10 school days of the beginning of the season. If you have a failing grade or your GPA has fallen below a 2.0, you will be placed on academic probation for 10 school days. You may practice during these 10 days but may not compete during this probationary period. At the end of the 10 school days, grades are checked again. If you are passing all classes with no F grades or the GPA has increased to a 2.0 or higher, than you may participate in competitions. If after the 10-day probation you are still failing you, are no longer eligible and will not be able to participate for the rest of the season.

BEHAVIOR EXPECTATIONS FOR STUDENT ATHLETES

As a member of any athletic team, student athletes are expected to conduct themselves according to the code of conduct set out by their coaches and the expectations outlined in the student handbook. If, during the course of the sports season, a student has been found to violate these behavior expectations they may be ineligible to participate in practice or competition for the duration of the discipline consequence.

Remember that you are a representative of Maywood. Always be polite and thankful to the host school.

“Always be a good sport, be a good sport all ways,”- **Bob Robertson**

PRACTICES

Practices are a very important part of your success in cross-country. It is up to you to stay focused and give 100% every day. You are the only person that can push yourself to your potential. **TKT-Tough Kid Tuesday-mandatory practice if you plan to participate in that week’s meet!**

Please wear appropriate clothes for practice. When finished dressing for practice you will walk around the track, until you hear three whistles, which indicates that you should start running the warm up.

At XC practice, we do not sit down, unless we cannot stand up!

Weekly Practices:

Mon. Tues. & Thurs. will run from 2:45 until 4:15.

Wed. practice will run until 3:40- 5:10.

The activity bus leaves at 4:25 PM Mon. Tues. & Thursdays.

Wednesday the bus will depart @ 5:20 PM sharp.

PARENT PICK UP: Students being picked up by parents will be waiting in the **FRONT OF THE SCHOOL** and should be picked up by 4:25 on M, T, Th, and by 5:20 on Wed. **NOTE: For safety reasons, we ask that parents use the front parking/pick up and not to pick up at track/field area. Thank you for your cooperation.**

UNIFORMS AND PRACTICE ATTIRE

Each runner will be issued an MMS uniform. We only wear our uniforms for meets and picture day. NOTE: Students MUST bring their uniform on picture day. NO EXTRAS will be issued for students who don't have theirs and unfortunately they will not be in the team photo. Uniforms are turned in at the end of the season.

We race and train in shorts! If you wear a shirt under your singlet it should be all white or all black. Shoes are the most important piece of equipment a runner will need! You should wear running shoes only. Quality running shoes are available at several retail outlets. You can find great deals online if you know the size and style of shoe you want. You **do not need** to purchase spikes as all the courses we run on have stretches of asphalt. Try to purchase socks made of a material that breathes i.e. Duo max or Coolmax; avoid cotton socks. If they get wet they stay wet. If you wear a shirt under your singlet it should be all white or all black. To be best prepared for a XC Meet, runners should pack a jacket or sweatshirt, water, and a healthy snack. If weather permits, gloves and beanie can be helpful.

AWAY AND HOME MEET EXPECTATIONS

- When we arrive at an away meet, we will put our gear together and we expect you to be in our team area if you are not racing or cheering for the other runners.
- **Warm-up/walk through** - The host team will conduct a walk-through of the course. Take this seriously! Make a mental note of where the course turns, where the mile mark is and any potholes or other hazards are.
- We will warm-up as a team, but you should also do a lot of easy running prior to your race. Just before your race starts (7-10 minutes) you should run several 20 yards blasts. Try to get your heart rate up so when you start running you are better prepared for the pace of the race.
- **THE RACE**- we run 1.875 miles (3000 meters). To avoid traffic get out fast. Protect yourself by being aware of the other runners. Try to set a pace

where you can run hard but still have some energy left for the last part of the race. After you pass the mile mark you have only .87 of a mile left and you should begin to pass as many runners get as possible.

- **At the finish** - run hard and **LEAN AT THE FINISH**. It is easy to get passed at the finish. As you approach the finish open your hands and get up on your toes, the race is now an all-out SPRINT!

Post-race - try to avoid sitting down until it is time to go home. It is best to run a slow cool down run to reduce the soreness in your muscles. Drink plenty of water and eat a healthy snack.

TRANSPORTATION PROCEDURES FOR MEETS

Home Meets: When we have home meets, students may leave campus after their race is finished. Activity buses are not an option for XC runners on Home Meet Days.

Away Meets: We dress and load the busses right after dismissal.

- 1. Bus Riders:** Those riding the bus home will load the bus together back to Maywood. We will do our best to let the runners know approximately what time the bus will be arriving back at Maywood and have them phone parents when we leave the school. These times will be based on prior experience but cross-country meets vary greatly in times so they may not be entirely accurate. Please be patient in this regard. Keep in mind we will be arriving back too late for the activity bus so it is important that runners have someone to pick him or her up when the bus arrives at Maywood.
- 2. Going Home with Parent(s):** When athletes have finished their race, they are free to go and will check out with a coach using the 'Sweaty Hug' Procedure. If a student is going home with someone other than their parent/guardian, they must bring a handwritten permission note signed by parent/guardian stating who their child has permission to ride home with. No emails, texts, or phone messages/calls are permitted. It must be a signed note given to a coach otherwise, the student must ride back on the bus to Maywood. Thank you for your cooperation.

Let's get running!
We Are Maywood!!