



# WASHBURN RURAL MIDDLE SCHOOL BOYS AND GIRLS CROSS COUNTRY FALL 2010



The WRMS Cross Country program is in its third year of existence at WRMS in the fall of 2010. The program is open to all 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls.

The first day of Cross Country practice will be Monday, August 16<sup>th</sup>, and will be from **3:00 to 5:00pm**. The first practice will meet in the school's new multi-purpose (wrestling) room off the main gym and we will run after our meeting. Each practice thereafter will start in the multi-purpose (wrestling) room. **Practices will run Monday through Friday the rest of the season from 3:00 to 4:15pm.** Each athlete needs to have their ride pick them up at school no later than **4:45pm**. Athletes will be able to change in the locker rooms and lockers may be checked out only if available.

Cross Country will consist of 7 total meets, five on Saturday mornings and two Thursday afternoons. 7<sup>th</sup> grade races will be a maximum of 1 mile (1600m) and 8<sup>th</sup> grade races will be a maximum of 2 miles (3200m). The first meet is scheduled for Saturday morning, September 4, 2010 in Manhattan, KS at Warner Park.

All students are invited to participate and run Cross Country. If a student does participate in WRMS Cross Country they may not run any outside of school road races during the active season. Runners are invited to participate who may consider running high school Cross Country. Athletes are also invited to participate who are looking for a good way to be active or condition for a winter sport such as basketball or wrestling, or those who are going to participate in WRMS track in the spring. Beginning runners are also highly encouraged to participate.

**All runners need to come prepared to practice. Athletes need appropriate running or cross training shoes, a t-shirt, and athletic shorts. Boys may not practice only in sleeveless undershirts or shirtless and girls must wear a shirt at all times over a sports bra.**

It is important that each runner/athlete makes it to every practice. Practice time is crucial to conditioning. Practices will consist of conditioning plans that include on and off road running/workouts around the campus roads of WRHS and WRMS, the environmental lab, WRHS's 5K Cross Country campus course, and track workouts. A typical workout day will consist of a minimum of 2 miles run from workouts and games. Workouts will also differ and change depending on the running abilities and conditioning of each athlete. Athletes in better shape at the beginning of the season will be able to condition at a faster pace and do longer workouts. Athletes are required to have 14 days of training or practice before they are allowed to participate in a meet per KSHSAA rules.

All athletes must have a KSHSAA physical form on file in the office before they will be allowed to participate or have uniforms and sweats checked out to them. There is also a parental permission form to participate in activities that must be completed on the form. The form needs to be signed by both the student and a parent.

Our school maintains a "hotline" for information related to events and activities at school. It is called the WRMS Activities Line and it will have information related to the school's sports and activities programs. The phone number is 339-4326. You will need to listen and follow the prompts to the appropriate sport. If you need directions to away meets they will also be listed on the WRMS Activities Line.

If you have questions regarding the school's Cross Country program please contact Coach Jeff Pierce at WRMS at 339-4337 or at [piercjef@usd437.net](mailto:piercjef@usd437.net).

I'm looking forward to an exciting and highly successful third season of Cross Country at WRMS.

Coach Jeff Pierce