

## RAA CROSS COUNTRY 2022

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### TEAM ELIGIBILITY

A 2.0 GPA, current physical, current activity form, attendance, timely transportation, and diligent work ethic in and out of school are required to stay on the team and compete in meet competitions. Suspensions restrict participation in school extra-curricular activities.

### PRACTICES:

- Generally held Monday, Tuesday, Wednesday, Friday from 4:00 pm until 5:15pm. (See Calendar!)
- Students must remain in Homeroom until all students have been dismissed.
- Students must dress out immediately and report directly to Room 27 (Mr. Atkins' classroom) for check-in.
- PLEASE PICK YOUR CHILD UP RIGHT WHEN PRACTICE ENDS** as coaches enjoy seeing family, too! Three late pickups may result in dismissal from the team.

### MEET INFO: (locations and times: <https://www.leonschools.net/Page/987>)

- Every week from August 24th-October 5<sup>th</sup> (See Calendar!)
- Please arrive at the meets 30 minutes before the race starts. Girls run first. See website above for times.
- Transportation will be provided by parents/guardians to every meet except the Everhart meet (during school hours; we take a team bus to and from.)
- Pack healthy food to eat after school on meet days.
- You must attend school and practices to run in meets

### GRADES AND CITIZENSHIP:

You are expected to do well in your academics and display good citizenship at all times. Athletes will be placed on probation if they are receiving detentions or if grades and citizenship start slipping. Teacher concerns or informal reports of misbehavior will result in sitting out of practice and/or meets.

### UNIFORMS AND GEAR:

- Proper athletic gear is required for practices and meets. Bring a water bottle to fill up during practices and meets. STAY HYDRATED AND EAT CLEAN!
- Singlets will be issued by the coach and must be worn at all times during competition meets.
- Singlets worn to school on meet day (TeamSpirit!) must have a proper undershirt to be in dress code.
- Shirts are required to be on at all times. No midriff shirts or shirts that would show undergarments. Leggings need to be athletic material (not see through) and an appropriate size. Very loose or short shorts may require compression shorts/spandex underneath.
- No jewelry at practices or meets. Watches with timers and trackers are encouraged!
- No cell phones or headphones out during practices or competitions.

### TEAM PARENTS:

Parents, family, friends, siblings are all welcome at the meets to cheer on our Rams!

<http://volunteers.leonschools.net> (online volunteer application)

Any parent wishing to help out during practices or meets with tables, tents, snacks, drinks, transportation, please talk to Coach Atkins or the Athletic Director Mr. Wyly. You must be an approved LCS volunteer to be on campus. Help is always welcome!! We also love to have a get-together at the end of the season for the kids after the Championship Meet. Other ideas, events, and team-building activities are very welcome and encouraged!

Remind text message signup:

Text @raaxc to 81010

RAA XC 2223

This is used to send out updates and messages to parents and athletes from the coaches and also from Team Parents.

Please sign up ASAP!